

## Abseiling Leader Scope

<b>Definition of Qualification</b>	<p>This qualification is for people who lead introductory abseiling experiences</p> <p>Possible users include club or youth group leaders, teachers, outdoor activity centre and climbing wall staff.</p> <p>This is a foundation qualification and provides a stepping stone towards the higher Instructor Qualifications.</p> <p>Leaders are only qualified to operate within a safety management system.</p>
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The following is the scope of the Abseiling Leader qualification.

### Environmental Scope

Description	<p>Can set up abseils where</p> <ul style="list-style-type: none"> <li>▪ There is non technical access for the participant of the abseil</li> <li>▪ The set up is on fixed anchors (bolts, chains, bollards, waratahs) or trees or threads that have been inspected in accordance with Local Operating Procedures (LOPs).</li> <li>▪ The leader has visited the site previously and had their set up and operating system (ie: group management etc) approved by a Rock Climbing Instructor or technical advisor.</li> <li>▪ Personal safety can be set up simply using fixed anchors.</li> <li>▪ The site allows for simple client management.</li> <li>▪ While running the abseil the leader can see bottom of abseil</li> <li>▪ Abseiling crags are within 30 mins walk of a road.</li> <li>▪ Where expert assistance is on call and emergency service could be available within 1 hour.</li> <li>▪ The ground at the base of the abseiling area is flat and hazard free</li> </ul>
Examples of terrain within scope	<p>The following are examples of terrain that could be within the scope of a leader depending on the characteristics of the party, expected weather conditions and equipment</p> <p>Artificial structures (e.g. abseil towers, spans, buildings)</p> <p>Te Mata peak</p> <p>Castle Hill</p> <p>Flock Hill</p> <p>Windy Point (Boyle River)</p> <p>Karamatura (Huia)</p> <p>Castle Rock – Wharepapa Sth</p> <p>Albert Tce and Cattlestop – Port Hills</p> <p>Mt Horrible – Timaru (if use trees, bolts and boulders only)</p> <p>Spur Road – Timaru (if use trees and bolts only)</p>

	Hospital Flat – Wanaka
Examples of terrain out of scope	Death wall or Middle Earth– Mangatepopo Valley Kinloch – Lake Taupo (because there is a need to use a rope to manage students to the top of the abseil) Whanganui Bay Paynes Ford
<b>Group leadership</b>	
General	An Abseil Leader must manage risk within the clearly defined parameters of a safety management system.  An Abseil Leader qualification does not define the skill set necessary to develop a safety management system.  An Abseil Leader can work independently but must be indirectly supervised by a higher qualified and experienced individual.
Abseiling	Can provide abseil experiences where: <ul style="list-style-type: none"> <li>▪ there is easy participant access to safe areas at the top and/ or bottom of the abseil</li> <li>▪ While at the safe zones, (top and bottom) participants can be seen and managed by the Leader at all times.</li> <li>▪ A safety rope controlled by the Leader is used for client protection to access the top of the abseil and while abseiling.</li> </ul>
Ratio	Ratios are hard to prescribe and they will vary depending on a variety of factors (e.g. age, sex, behaviour, special needs and ability of students; weather, environment and the ability to manage non active participants)  A leader is competent to manage up to 10 participants when environmental conditions and participant ability are suitable for this
Extending group scope	An Abseil Leader can assist a Rock climbing Instructor in environments specified in the Rock Climbing Instructors scope if: <ul style="list-style-type: none"> <li>▪ Further personal climbing experience has been logged</li> <li>▪ When working outside the scope of the Abseil Leader qualification the leader must be under the direct supervision of the instructor.</li> </ul> All responsibility sits with the Rock Climbing Instructor. Guidelines for this are outlined in the Rock Climbing Instructor Scope.
<b>Training and Assessment</b>	
<b>Revalidation</b>	
	The Abseil Leader qualification remains valid so long as the holder completes annual revalidation requirements via NZOIA and maintains registration with the NZ Outdoor Registration Board.

# Abseil Leader Syllabus

**Abseil Leader profile:** This qualification is for people who:

- Provide introductory abseil experiences.
- Provide positive and well managed experiences for a group.

**An Abseil Leader will be able to:**

**Personal competence**

- Demonstrate the ability to abseil confidently
- Demonstrate basic knowledge of care and appropriate use of the equipment commonly used in New Zealand for group abseiling
- Demonstrate how to tie a range of commonly used knots
- Demonstrate how to construct a solid abseil anchor system
- Demonstrate site and personal safety

**Leadership**

- Demonstrate the ability to prepare an introductory abseil experience that is consistent with the safety management system of the organisation
- Understand the impact of weather on the abseil venue.
- Demonstrate knowledge of the environment to be visited
- Demonstrate the safe and responsible management of the group
- Demonstrate effective safety management at all times.

**Instruction**

- Demonstrate instructing a group in the abseiling skills required for a positive introductory experience.

<b>Pre – requisites</b>	
	The Abseil Leader will: <ul style="list-style-type: none"> <li>▪ Hold a current fist aid qualification completed or renewed within the last 2 years.</li> </ul>

<b>Recommended prior to assessment</b>	
	Risk management decisions and leadership skills require a level of maturity, therefore it is recommended that a Rock Climbing Leader <ul style="list-style-type: none"> <li>• be 18 years or over</li> </ul> Abseil experience is required to demonstrate confident proficiency during the assessment. The following are minimum guidelines <ul style="list-style-type: none"> <li>• 10 or more personal abseils at variety of sites Abseil off own abseil set up</li> <li>• Provide assistance with the setup and management of group abseils at a crag and man made abseil structure.</li> </ul>

	<ul style="list-style-type: none"> <li>• Recommended reading: <ul style="list-style-type: none"> <li>○ Haddock, C. (2004) Outdoor Safety - Risk Management for Outdoor Leaders. Wellington: New Zealand Mountain Safety Council Manual 38.</li> <li>○ Griffin, C (2002). New Zealand Outdoor First Aid. Wellington: New Zealand Mountain Safety Council Manual 33.</li> <li>○ Ministry of Education, (2002). Safety and EOTC. A good practice guide for New Zealand Schools.</li> <li>○ SPARC (2002) Outdoor Activities, Guidelines for Teachers.</li> <li>○ Organisational Codes of Practice</li> </ul> </li> </ul>
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<b>Syllabus</b>	
<b>Personal Competence-The candidate MUST be able to demonstrate their competence at the following:</b>	
Abseiling performance	<p><b><i>Demonstrate the ability to abseil confidently</i></b></p> <p>Can correctly attach abseil device and self to the abseil line.</p> <p>Can set up and effectively use personal safety to access the abseil and while descending (should include the use of Prusik)</p> <p>Demonstrates the use of a variety of friction devices</p> <p>Demonstrates a safe, smooth confident abseil decent.</p>
Equipment	<p><b><i>Demonstrate basic knowledge of care and appropriate use of the equipment commonly used in New Zealand for group abseiling.</i></b></p> <p>For the following equipment:</p> <ul style="list-style-type: none"> <li>– rope (static and dynamic),</li> <li>– slings,</li> <li>– Carabiners,</li> <li>– belay devices,</li> <li>– harnesses, (sit ,chest and full</li> <li>– helmets,</li> <li>– Prusik cord.</li> </ul> <p>Describe the properties, limitations and common use</p> <p>Describe how to minimise wear</p> <p>Describe how to check for damage, and how to store.</p>
Anchor systems	<p><b><i>Demonstrate how to construct a solid abseil anchor system</i></b></p> <p>Demonstrate how to tie range of commonly used knots</p> <p>Should include</p> <ul style="list-style-type: none"> <li>– Clove and Italian hitch</li> <li>– Figure 8</li> <li>– Half hitch</li> <li>– Bowline</li> <li>– Prusik,</li> <li>– Overhand</li> <li>– Tape knot</li> </ul> <p>The system constructed complies with the commonly accepted practice in New Zealand.</p>

	<p>Construct secure abseil anchor systems which minimise potential shock loading share the load have minimal angles and allow ropes to run smoothly</p> <p>Range: There are fixed anchors (bolts, chains, bollards waratahs) or trees or threads</p> <p>The system constructed must be releasable.</p> <p>The focal point of the system constructed must be high enough so as to provide an easy and safe harness attachment point.</p>
Safety	<p><b><i>Demonstrate site and personal safety.</i></b></p> <p>Demonstrate the setup and use of personal safety protection</p> <p>Demonstrate checking the route for hazards (e.g. loose rock) by abseiling it self protected.</p> <p>Describe the emergency procedure in the case of an accident or injury.</p> <p>Display the emergency equipment available /or carried to the site. (must include some form of communication device)</p> <p>Demonstrate an understanding of how to avoid common problems (e.g. abseiler freezes, upside down participant, jammed abseil device, foot entrapment)</p> <p>Demonstrate the releasable abseil system</p> <p>Describe any other hazards at the site and the strategies in place to manage these.</p>
<b>Leadership: The candidate MUST be able to demonstrate their competence at the following:</b>	
Prepare an Abseiling session	<p><b><i>Demonstrate the ability to prepare an introductory abseil experience that is consistent with the safety management system of the organisation.</i></b></p> <p>Identify and define the purpose of the Abseiling session.</p> <p>Prepare an abseiling session that includes collecting or developing information about - risk identification and management, consent, access, equipment, weather information, intentions, gear lists, medical information, food and clothing; and emergency procedures.</p>
Weather	<p><b><i>Understand the impact of weather on the abseil venue.</i></b></p> <p>Obtain weather information for given day and describe the limitations of this information.</p> <p>Explain the implications of the information gathered to the planned abseiling experience</p>
Access/ conservation/ etiquette  (in outdoor environments only)	<p><b><i>Demonstrate knowledge of the environment to be visited</i></b></p> <p>Describe the access restrictions to the area (if any apply) and complies with these.</p> <p>Demonstrates an understanding of the Environmental Care Code</p> <p>Demonstrate and advise clients in minimum impact strategies</p> <p>Demonstrate an awareness of local crag issues (if any apply) and complies with agreements around these</p> <p>Demonstrate an awareness of responsibilities to and respect for:</p> <ul style="list-style-type: none"> <li>- site,</li> <li>- other users, people in close vicinity (will include cultural appreciation)</li> </ul>

Run an Abseiling session	<p><b><i>Demonstrate the safe and responsible management of the group</i></b></p> <p>Manage the individuals and the group effectively by:</p> <ul style="list-style-type: none"> <li>• Using effective communication skills</li> <li>• Setting and reviewing goals</li> <li>• Identifying and reacting to the needs of the group in relation to involvement, interest, enjoyment and achievement</li> </ul> <p>Manage time appropriately in relation to the plan, activity and conditions</p> <p>Demonstrate an appropriate, effective group briefing and activity closure.</p> <p>Demonstrate an awareness and sensitivity to the emotional cultural and special needs of a group.</p> <p>Issue appropriate abseiling equipment and check correct fitting and use</p> <p>Demonstrate a consistent repeatable system for attaching the client to the abseil line and safety rope.</p> <p>Demonstrate consistent management of and controls the safety rope at all times.</p>
Safety Management	<p><b><i>Demonstrate effective safety management at all times</i></b></p> <p>Demonstrate an awareness of the risks and appropriate risk management strategies for a abseil environment.</p> <p>Demonstrate the ability to adjust plans when the circumstances dictate.</p> <p>Demonstrate an understanding of emergency procedures relevant to the activity including serious injury, medical emergency, jammed abseil device, stuck climber,</p> <p>Describe any other hazards at the site and the strategies in place to manage these.</p>
<b>Instruction: The candidate MUST be able to demonstrate their competence at the following:</b>	
	<p><b><i>Demonstrate instructing a group in the abseiling skills required for a positive introductory experience.</i></b></p> <p>Effectively instruct the following basic skills</p> <ul style="list-style-type: none"> <li>• Choice and fitting of suitable harnesses</li> <li>• The system to be used when moving from the safe zone and being attached to the abseil and safety ropes.</li> <li>• Abseiling movement</li> <li>• Use of the abseil device</li> <li>• The system and communication to be used when at the bottom of the abseil.</li> </ul>