

Single Rope Technique Endorsement



Photo: Philippa Rees

Scope and Syllabus

With the support of:



NZOIA™ Cave 1

Single Rope Technique Endorsement

Scope

Single Rope Technique Endorsement Profile

The NZOIA Single Rope Technique (SRT) Endorsement is able to:

- Demonstrate effective personal skills
- Demonstrate effective rescue skills
- Manage a group during single pitch cave SRT sessions
- Apply effective safety management
- Plan and prepare cave SRT sessions
- Instruct groups in the skills required for positive and educational and SRT experience

Scope

The holder of this qualification can organise and instruct and guide single pitch cave SRT trips where rope and anchors are not the primary means of support between pitches.

This endorsement does not extend the range of caves which are in the scope of a NZOIA Cave 1 holder, it adds the option to be instructing and guiding in these caves using SRT.

Prerequisites

Be a current Registered Member of NZOIA

Be 20 years old or over

Hold a current First Aid Certificate

Hold a registered NZOIA Cave 1 qualification

Have the following experience as evidence in a logbook:

Total experience – at least 30 days cave SRT experience (a caving day is considered to be at least 4 hours caving with at least than 1 SRT pitch climbed) in at least 5 different caves

Personal experience – at least 20 days personal caving including SRT

Instructional experience – at least 5 days instructing lead cave SRT in caves.
Experience will include co-instructing or working as an assistant instructor.

Total experience can include training course days. Training course days cannot be included in personal experience. The prerequisite experience requirements are minimums, extra days are recommended.

Registration and Revalidation

Registration and revalidation with NZOIA provide proof of currency for NZOIA qualification holders.

Progressing to NZOIA Rock 2

As the NZOIA SRT Endorsement holder gains more experience, they can progress to gaining the NZOIA Cave 2 qualification. The steps they can follow include:

- Gaining the experience outlined in the NZOIA Cave 2 prerequisites
- Attending an NZOIA Cave 2 training course
- Working with an NZOIA Cave 2 qualification holder

Syllabus

Assessment Notes

The syllabus outlines what the content of the assessment will include and gives an idea of what assessment tasks the candidate will be asked to complete. All judgements on how the candidate meets the syllabus must be based on current good practice and industry standards.

Assessors use three types of direct evidence to judge a candidate's competency:

- Written questions/assignments
- Observation of practical tasks
- Questioning and discussion

There may not always be the opportunity to demonstrate all the instructional skills due to the ability of the client group, environmental conditions and/or venue. If this is the case the Assessor can use questioning, demonstrations, scenarios, peer teaching etc to gather the evidence.

The NZOIA SRT endorsement candidate is expected to demonstrate any of the competencies outlined in the NZOIA Cave 1 scope and syllabus as well as the following competencies:

Technical Competence

1. Demonstrate general knowledge relevant to cave SRT

The candidate will be able to describe and discuss:

1.1 The development of cave SRT in Aotearoa

2. Demonstrate the care and correct use of cave SRT equipment and clothing

The candidate will:

2.1 Carry and use equipment, clothing and footwear that is in good condition and is fit for purpose for the environmental conditions

- 2.2** Have knowledge about clothing and equipment commonly used for cave SRT in Aotearoa including types, characteristics, advantages limitations, cost, care, maintenance and storage for a range of equipment
- 2.3** Use equipment in accordance with the manufacturer's recommendations and current good practice
- 2.4** Describe the types of fixed protection commonly used in SRT pitches in Aotearoa caves

3. Construct a rigging system for an SRT pitch

The candidate will:

- 3.1** Set up a releasable rigging system appropriate to a given SRT pitch with consideration to high wear points

4. Demonstrate effective SRT

The candidate will demonstrate:

- 4.1** Setting up harnesses and equipment for use
- 4.2** Attaching equipment to rope
- 4.3** Systematic checking of self and equipment before ascending
- 4.4** Ascending a rope using SRT
- 4.5** Transitions from ascending to descending
- 4.6** Transferring to anchors at the top and progressing through the rope-protected section to safety
- 4.7** Descending a rope using ascenders

5. Demonstrate effective rescue skills

The candidate will demonstrate:

- 5.1** Assisting a tired climber to the top of the pitch
- 5.2** Lowering a tired caver to the bottom of the pitch using a releasable rigging system

Group Management

6. Plan a cave SRT trip

The candidate will prepare a written plan which outlines:

- 6.1** Risk and hazard identification and management

7. Manage a group during a cave SRT trip

The candidate will be responsible for a group of clients on a cave SRT trip and demonstrate:

- 7.1** Effective group briefing including setting ground rules and safety parameters
- 7.2** Pre-activity equipment checks
- 7.3** Managing time appropriately in relation to the trip and conditions
- 7.4** Effective management of the group including pacing, system for keeping group together
- 7.5** Managing and monitoring clients' physical and emotional wellbeing including their nutritional and hydration needs
- 7.6** Using a leadership style appropriate to the clients and situation
- 7.7** Establishing rapport with the clients in a manner that embraces diversity and maintains a positive learning environment
- 7.8** Coaching, encouraging, motivating clients to ensure they are interested engaged and have a positive experience

8. Apply effective safety management

The candidate will:

- 8.1** Have a first aid kit and be able to deal with first aid situations as required
- 8.2** Demonstrate awareness of the risks and appropriate risk management strategies during a cave SRT trip and the ability to adjust plans when required
- 8.3** Be able to effectively manage changing situations
- 8.4** Demonstrate the knowledge and ability to identify, assess and manage natural hazards in a cave environment including; extreme weather, flood, rock fall, volcanic events, geothermal, earthquake
- 8.5** Take reasonably practicable steps to eliminate or minimise the effect of significant risks for self and others
- 8.6** Demonstrate safe practices and good judgment and decision making
- 8.7** Demonstrate checking the SRT pitch for hazards e.g. unsafe bolts, loose rocks

Instruction

9. Prepare and deliver teaching sessions

The candidate will:

- 9.1** Develop aims based on knowledge of clients
- 9.2** Plan a logical sequence of teaching progressions
- 9.3** Select and prepare a suitable location for client success
- 9.4** Brief the clients and outline the learning outcomes
- 9.5** Use clear demonstrations and explanations
- 9.6** Provide opportunities for clients to practice
- 9.7** Deliver feedback that is timely and specific
- 9.8** Maintain a positive learning environment

10. Teach cave SRT skills

- 10.1** Setting up harnesses and personal equipment
- 10.2** Body movement and equipment techniques required to ascend
- 10.3** Transitions from ascending to descending and descending to ascending
- 10.4** Exiting the top of the pitch
- 10.5** Abseiling using a rack