



Maroon Outdoor Education Centre



RTO No. 32122

Abseiling and Vertical Rescue (Single pitch) Units from Sport, Fitness and Recreation Training Package (SIS10)

Context

Abseiling is the process of descending natural cliffs. Associated activities include single pitch top rope climbing, and multi pitch lead climbing. Rock-climbing activities are conducted to challenge others in an atmosphere of perceived high risk with minimal actual risk, to build self esteem and enhance self concept and to provide opportunities for students to work with others in a practical situation. The ability to respond to developing situations in a vertical context by applying high level knowledge of roping systems, safe usage practise, group management and vertical rescue skills are inherent in the conduct of rock-climbing activities.

Qualifications

The CARA requires a teacher taking single pitch abseiling to possess the following units as a minimum:

Demonstrate simple abseiling skills on artificial / natural surfaces

- Selection and use of abseiling equipment, demonstrating correct abseiling technique

Safeguard an abseiler using a single rope belay system

- Choose an appropriate belaying position and demonstrate suitable belaying techniques

Apply single pitch abseiling skills on artificial / natural surfaces

- Activity planning & route selecting, safety, belayer positioning and technique

Establish ropes for abseiling on artificial / natural surfaces

- Anchor selection & rigging belay and abseiling systems

Guide outdoor recreation sessions (Guide abseiling units available on application)

- Plan climbing activity and climb preparation and manage group welfare
- Activity supervision & professional conduct
- Post-activity duties

Applicants must also hold:

Apply First Aid (Credit transfer only)

Perform vertical rescues (Completed via a separate course, or credit transfer)

- Rope techniques & mechanical advantage systems
- Rescue techniques & Harness improvisation

Details

Teachers will need to demonstrate competence in leading student groups during this type of activity by:

- Applying the skills briefly outlined in the unit descriptions above.
- Leading student groups in a similar location on a minimum of 3 occasions.
- Personally participating in similar or higher level trips to other venues on at least 3 occasions.
- Conducting and recording the risk assessment process for the trips with students
- Planning and successfully leading the trips with students
- Concluding the activity successfully and recording the process and results.

Further Information

Contact:

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