

Vertical Mobility Day Workshops

Location: Noorumba Girl Guide Camp (off Thorp Rd, Fire Trail (Woronora)

Reg open: 17/1/2023 Maximum number 20.

Close

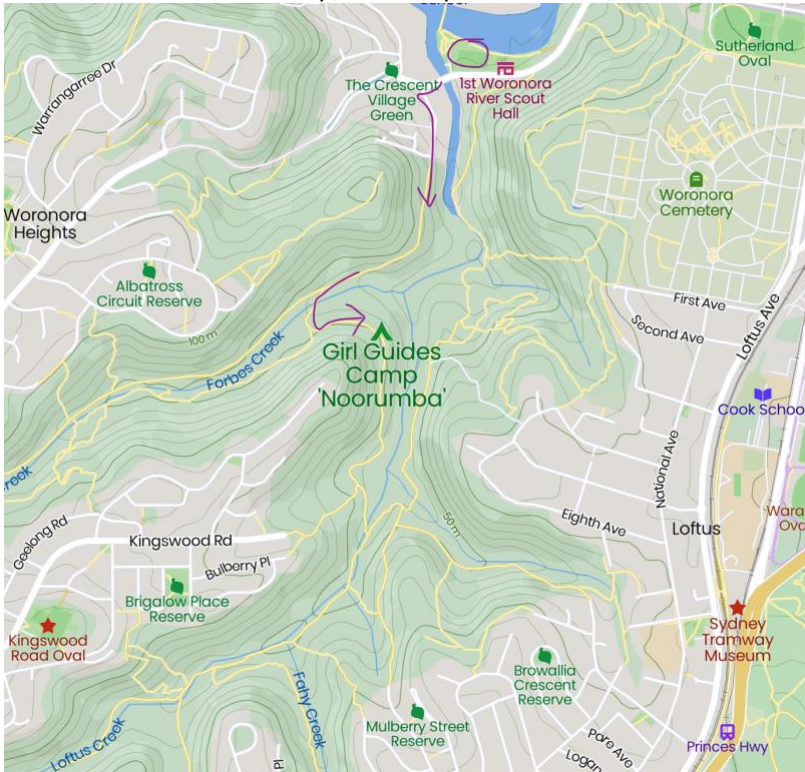
Activity Leader: Marion Fisher, ph 0410534409

Dates available: Sunday 5/3/23, 7/5/23, 4/6/23

Monitor the forecast weather and prepare accordingly. If extreme events are anticipated, the activity may be cancelled at late notice (such as Fires, Total Fire Bans, or very strong winds). You will be contacted via the details you have registered.

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1. Planning	
Concept and Purpose	<p>Event Summary: PRACTISE vertical mobility skills under supervision on rope on the rockface. It will include ascent and descent in self rescue and rope challenge manoeuvres.</p> <p>Pre-requisite SKILLS: MINIMUM Vertical Stage 4, or Safe Participant. This means the participants are competent abseilers.</p>
Background	<p>Event Description</p> <p>The aim is to master ascent and descent on the rope incorporating prussiking, different equipment and techniques. These manoeuvres will then be used in problem solving, self-rescue, changing ropes, and crossing knots etc. Rescue hierarchy will be discussed.</p> <p>Personal kits should include at a minimum: harness, helmet, gloves, whistle, descender, at least three carabiners, and prussik loops (two short and one long). Kits can be hired for an additional fee if required.</p>
Dates	Sundays 5/3/23, 7/5/23, 4/6/23
Promo	SMR Activity Meeting, Scout Events
Location	<p>Noorumba Girl Guide Camp, off Thorp Rd Fire Trail, Woronora</p> 

Pre-activity Actions	Notifications for both Girl Guides and Scouts Promotion Registration
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2. Program Draft				
clock	time	mins	program	Notes
0800		15	Sign in	
0815	0815	20	"Tool-box talk", Expectations Site and activity induction allocate teams (up to 5 teams of 4)	<i>Campfire circle</i>
0830				
0845	0835	25	THEORY: review of ascending techniques and equipment	<i>Campfire circle</i>
0900	0900	60	Gear inspections, Teams set up drops (double drops with top belays)	<i>Rockface work-zone and safety zone</i>
0915				
0930				
0945				
1000	1000	30	Check set-ups, Risk Assessment Review,	Commissioning of drops,
1015				
1030		120	Descent with mid-way lock off Prussic up and over Half descent, then ascent	descend, self-stop, lock off, then resume descent Review techniques and practise Requires lock-off mid descent, and switch to ascent
1045				
1100				
1115				
1130				
1145				
1200				
1215				
1230	1230	35	LUNCH BREAK	
1245				
1300	1305	(+10)	<i>Wind-up and assemble for afternoon</i>	
1315		20	THEORY Rescue hierarchy	Purpose: overview of level of intervention available, and the relative importance of self- rescue
1330	1335	30	Rehearsal of rope change Rehearsal of knot crossing	Safe-zone, extra ropes, with feet on ground
1345				
1400	1405	70	Practical rope changes, cross knots	Rock-face Self-evaluation of: lock off, self-belay, change direction, prussik, cross knot, change ropes
1415				
1430				
1445				
1500				
1515	1515	30	Cease activity, dismantle drops and log in used gear	
1530				
1545		15	Debrief -Post activity review	
1600			DEPART	

3. Safety			
Safety	<p>Risk Assessment for site and activity is prepared and reviewed at start of activity.</p> <p>All team members sign off that they acknowledge and will comply. During the Activity briefing, all participants participate in Risk Management discussion.</p> <p><i>See separate attachments for activity specific RAM (risk assessment and management)</i></p>		
Contingencies	item	Possible Issue	Contingency Plan
	Rain	Wet, cold participants	Reminder for personal responsibility, appropriate clothing, evacuate
	Extreme Weather	Thunder storms with lightning, very strong winds	Stay sheltered until storm passes. Be aware of falling trees and branches, particularly angophora (Sydney redgums). Evacuate
	FIRE/CATASTROP HIC CONDITIONS	Call halt to proceedings as soon as conditions are apparent.	Arrange for assembly and evacuation below.
	Assembly	Agreed signals (Site induction)	long whistle or car horn, STOP WHAT YOU ARE DOING, and wait. Rapid short bursts – ASSEMBLE AT DESIGNATED AREA and await instruction.
	Incident	Injury on the rock-face Incident Reporting (as per relevant organisation's requirements) Media considerations	Assess situation If indicated, call for help (ambulance and/or police) location rescue / recovery, provide first aid Notify relevant organisation as per current policy
	Other issues	Unanticipated contingency	Any participant can go to one of the activity team who will decide or consult with the activity manager on the day.
Evacuation	Early evacuation is required	Terminate activity. Assemble party, account for all attendees. Depart to cars	
Emergency Plan	<p>The site has mobile phone coverage.</p> <p>If indicated, call for help (ambulance and/or police) location Noorumba Girl Guide Camp, requiring 4WD access. A representative will meet the emergency service at Thorp Rd gate.,</p> <p>rescue / recovery, provide first aid</p> <p>Notify relevant organisation as per current policy</p>		

4. Participants	
Participants	Members of Scouts NSW and Girl Guides are invited to participate but are required to have abseiling activity skills or qualifications at Stage 4 OAS or Safe Participant abseiler. The aim is to facilitate learning of skills and knowledge in relation to vertical mobility on ropes on the rockface.
Medical	Registration forms will be checked, and persons at risk with specific issues (such as anaphylaxis, diabetes) will be identified so that the team member who is working with them will be aware.
COVID	The activity is outdoors and the area is large (allowing distancing). Any changes required by Health Authorities will be implemented. Personal gear will be used.
Reasonable Adjustment	The individual needs of the attendees will be taken into account. Explanations and reassurance helps understanding. Participation in the vertical mobility activity is supported but not forced. Reasonable adjustments may be accommodated such as additional rehearsal.
Information for participants	<p>What you need to bring</p> <ul style="list-style-type: none"> • Notebook and pen/method of recording skill development • packed morning tea & lunch, and water bottle • Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity • Insect repellent and sunscreen • Hair must be tied back • personal first aid kit <p>Bring your own full kit: (please notify organiser if gear hire is required at an additional cost)</p> <ul style="list-style-type: none"> • gloves • whistle and knife • prussik loops (minimum of three: one long and 2 short, or four short) • harness • helmet • at least 3 karabiners • descending device
costs	Activity supervisors (team, and RockSchool staff) no cost. Participants: \$18.50 ropes, group equipment usage & replacement, campsite fee, and banking fee Kit hire \$12: helmet, harness, one crab, descender, For purchase: \$6 gloves (to keep), and prussik cord at \$2 per metre (approx. 9 metres required)

5. Environment

Minimum Environmental Impact	Use of formed tracks Tree protection Awareness of vegetation under-foot and along rope positions																																							
Weather/ climate	<p>Woronora NSW</p> <p>Weather averages</p> <p>Overview Graphs</p> <table border="1"> <thead> <tr> <th>Month</th> <th>High / Low (°C)</th> <th>Rain</th> </tr> </thead> <tbody> <tr> <td>January</td> <td>27° / 19°</td> <td>7 days</td> </tr> <tr> <td>February</td> <td>27° / 19°</td> <td>7 days</td> </tr> <tr> <td>March</td> <td>26° / 17°</td> <td>8 days</td> </tr> <tr> <td>April</td> <td>23° / 14°</td> <td>7 days</td> </tr> <tr> <td>May</td> <td>20° / 11°</td> <td>7 days</td> </tr> <tr> <td>June</td> <td>17° / 9°</td> <td>7 days</td> </tr> <tr> <td>July</td> <td>17° / 8°</td> <td>5 days</td> </tr> <tr> <td>August</td> <td>19° / 9°</td> <td>4 days</td> </tr> <tr> <td>September</td> <td>20° / 10°</td> <td>4 days</td> </tr> <tr> <td>October</td> <td>23° / 13°</td> <td>6 days</td> </tr> <tr> <td>November</td> <td>24° / 15°</td> <td>7 days</td> </tr> <tr> <td>December</td> <td>27° / 17°</td> <td>6 days</td> </tr> </tbody> </table> <p>Specific forecasts viewed 2 days prior.</p>	Month	High / Low (°C)	Rain	January	27° / 19°	7 days	February	27° / 19°	7 days	March	26° / 17°	8 days	April	23° / 14°	7 days	May	20° / 11°	7 days	June	17° / 9°	7 days	July	17° / 8°	5 days	August	19° / 9°	4 days	September	20° / 10°	4 days	October	23° / 13°	6 days	November	24° / 15°	7 days	December	27° / 17°	6 days
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Triggers for cancellation	Extreme Fire Danger for day and location. Fires in area. Storms with lightning. Winds at location greater than 30kph.																																							

6. Equipment

Group Equipment	Ropes, kits, hardware, rescue kits at owned and usage logged by the RockSchool Committee. For this activity, all participants are required to bring their own personal gear consisting of the following (gear purchase and hire is available)
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6. Equipment	
Participant Equipment	<p>Abseiling gear</p> <ol style="list-style-type: none"> 1. gloves 2. whistle 3. prussik loops 4. harness 5. helmet 6. at least 3 karabiners 7. descending device 8. min. one long and 2 short prussik loops <p>Other:</p> <ol style="list-style-type: none"> 1. 'paperwork' (permission notes, notebook) 2. packed morning tea & lunch, and water bottle 3. personal first aid kit 4. Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity 5. Insect repellent and sunscreen 6. Hair must be tied back
Menu Plan	Self catering
Transport	Personal transport. Meet at site.
Communications	Personal mobile phones – signal in most areas

7. Leadership	
Leaders	<ol style="list-style-type: none"> 1. Activity Leader Marion Fisher (Scouts), 2. Support/assistants: Other guide qualified vertical leaders
Qualifications	Current Activity Guide appointment for Scout personnel, Equivalent recognition of skills and qualifications for Guide personnel
Roles	

Appendix

Rescue hierarchy

There is a range of strategies that can be utilized to aid an abseiler who is in difficulty on the cliff face. There is a need to understand the strategies and their stage in the hierarchy in order to select the most appropriate rescue plan.

The steps fall into different levels of risk.

1. Pre-Rescue
2. Self recovery
3. Decision to Act –simple
4. Action –with additional assistance,

Elements for this activity (self recovery):

1. Risk hierarchy
2. Secure position
3. Signal others
4. Complete task
5. Evaluation

Skills:

1. Pre-Rescue
 - 1.1. Secure system (Lock off any moving parts)
 - 1.2. Assess situation –RISK ASSESSMENT – of all people, decision re most appropriate action.
2. Self recovery
 - 2.1. Secure position/lock off
 - 2.2. Plan action
 - 2.3. Complete action
3. Post-task
 - 3.1. Review outcome
 - 3.2. Reflect on process
 - 3.3. Modify as necessary

Scenarios for advanced participants

Rescue Plans include leadership (teamwork and collaboration), situation and risk assessment, demonstrating knowledge of hierarchy, management and communication with abseiler .

Possible Scenarios:

1. Can be prompted for action (eg. problem "my shoe is coming off")
2. Glove jam
3. Hair jam
4. Rope doesn't reach the ground
5. Tangled (knot) in descent line
6. Exhaustion and exposure

Evaluation and Debrief

Participant Review Questions:

What went well?

What was something that you learned today?

What could have been done better? Other feedback?

Any verifications required?

LOG page

Team Debrief