

TRAINED PARTICIPANT	VERTICAL SKILLS-ABSEILING
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CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently for TP	Date of assessment	Supervisor initials*
Abseil single pitch	I can explain appropriate route identification on natural abseils.		
	I can explain techniques that minimise damage to equipment and the surface during abseils.		
self belay descent	I can attach myself to suitable belay device for descent with backup to maintain safety in the event of a fall (self belay).		
	I can demonstrate appropriate posture and abseiling techniques to execute a self belayed descent.		
	I can control a self belay system to execute safe and controlled descents.		
	I can demonstrate how to safely and efficiently secure my descent using tie off techniques, releasing the tie off to allow continued controlled descent.		
	I can demonstrate features of of back up belay system in the event of a fall to self arrest ("let it go"), self rescue (recover), and complete descent.		
ACHIEVE ADDITIONAL VERTICAL MOBILITY SKILLS			
Establish ropes for single pitch abseiling	I can explain and demonstrate natural anchor selection, taking into account loads, anchor stability, and minimising shock loading		
	I can choose appropriate descent and ascent routes for abseils.		
	I can identify safe access and exits from an abseiling pitch.		
	I can rig to minimise impact on the natural environment.		
	I can rig ropes to minimise effects of rope stretch and rub points and to allow efficient descent and ascent.		
	I can set up anchors and ropes to to allow for rescue.		
	I can select and tie knots suitable for chosen systems.		
	I can explain and demonstrate correct usage of carabiners to avoid cross loading and mis-alignment.		

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set up belays	I can explain and demonstrate choosing a belay system suitable for the abseil conditions and the participants.		
	I can choose abseiling and belay systems suitable for the abseil, environmental conditions, and participants.		
	I can select and tie appropriate knots, and rig ropes suitable for load and function within the belay system.		
	I can establish a belay from which the belayer is independent of the system.		
	I can establish a belay that maintains safety of belayer and abseiler, including locating to manage hazards.		
	I can assess the need for, and establish, a back up belay system.		
equipment	I know how to verify manufacturers recommendations, equipment limitations and safety margins, and rig equipment accordingly.		
	I can select other equipment to suit abseil requirements and participants.		
	I can complete safety and serviceability checks on equipment and tag faulty equipment according to Scouting procedures.		
safety	I can complete, and explain, safety check requirements.		
Logs	Log book has been updated.		

NOTE THAT THERE ARE OTHER CORE SKILLS REQUIRED FOR TRAINED PARTICIPANT. THESE INCLUDE WORKPLACE SAFETY, INDUSTRY KNOWLEDGE, CONDUCTING ACTIVITY SESSIONS, ENVIRONMENT.

SUPERVISORS DETAILS*

INITIALS	CONTACT DETAILS	NAME