

## Advanced Vertical Skills Workshops 2025

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

Reg open: from 17/1/2025     Maximum number 10.

Participants: Venturer age and above, Senior Girl Guides, Rovers, Leaders etc

Activity Leader: Marion Fisher, ph 0410534409

Dates available: first Saturday of the month

Notes regarding cancellation:

Registered participants will be contacted via the details in registration. Forecast weather will be monitored and prepared for accordingly. If extreme events are anticipated, the activity may be cancelled at late notice (such as Fires, Total Fire Bans, or very strong winds).

### Table of Contents

<b>1. Planning .....</b>	<b>2</b>
<b>2. Program Draft.....</b>	<b>3</b>
<b>3. Safety .....</b>	<b>5</b>
<b>4. Participants .....</b>	<b>6</b>
<b>5. Environment.....</b>	<b>7</b>
<b>6. Equipment.....</b>	<b>8</b>
<b>7. Leadership.....</b>	<b>8</b>
<b>Appendix.....</b>	<b>9</b>

1. Planning	
<b>Concept and Purpose</b>	<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>These skills contribute to the skill requirements for TRAINED PARTICIPANT.</p> <p>Pre-requisite SKILLS: <b>MINIMUM Vertical Stage 4, or Safe Participant.</b> This means the participants are competent abseilers.</p> <p>Note: Level of supervision provided and learning styles is geared for Venturer age and above.</p>
<b>Background</b>	<p>Event Description</p> <p>The aim is to master ascent and descent on the rope incorporating prussiking, different equipment and techniques. The content of each workshop will be devised based on participant's requirements. Checklists describing skill requirements are also provided to participants so that they can work through the content .</p> <p>Manoeuvres mastered will then be used in problem solving, self-rescue, changing ropes, and crossing knots etc. Rescue hierarchy can also be included.</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>
<b>Dates</b>	First Saturday of the month: 3
<b>Promo</b>	SMR Activity Meeting, Scout Events
<b>Location</b>	Noorumba Girl Guide Camp, off Thorp Rd Fire Trail, Woronora

<p><b>Pre-activity Actions</b></p>	<p>Notifications for both Girl Guides and Scouts                  Promotion                  Registration</p>

2. Program Draft			
clock	mins	program	Notes
0800	15	Sign in	
0815	30	"Tool-box talk", Expectations Site and activity induction. Allocate teams	<i>Campfire circle</i>
0830			
0845	1h 15m	Gear selection and inspection, Teams set up drops (double drops with top belays)	<i>Rockface work-zone and safety zone</i>
0900			
0915			
0930			
0945			
1000	30	Check set-ups, Risk Assessment Review,	Commissioning of drops,
1015			
1030	1hr 45m	Skills "rehearse, practice, demonstrate" Eg. 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			

2. Program Draft			
clock	mins	program	Notes
1215	30		LUNCH BREAK
1230			
1245	1hr 45m	<i>Wind-up and assemble for afternoon skill set</i>	Purpose: overview of level of intervention available, and the relative importance of self-rescue  Rock-face  Self-evaluation of: lock off, self-belay, change direction, prussik, cross knot, change ropes
1300		May include theory session around rescue hierarchy	
1315		Other skills may include:	
1330		rope change	
1345		knot crossing	
1400			
1415			
1430		Cease activity, dismantle drops and log in used gear	
1445		Debrief -Post activity review	
1500		DEPART activity site	

3. Safety			
<b>Safety</b>	<p><b>Risk Assessment</b> 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>		
<b>Contingencies</b>	<b>item</b>	<b>Possible Issue</b>	<b>Contingency Plan</b>
	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	<b>Assess situation</b> <b>If indicated, call for help</b> (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	
<b>Emergency Plan</b>	<p>The site has mobile phone coverage.</p> <p><b>If indicated, call for help</b> (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	
<b>Participants</b>	<p>It is designed for Girl Guides and Scouts of Venturer age and above, Rovers and Leaders. The age restriction is in place because of supervision requirements as well as learning style differences between scout age youth members and older participants.</p> <p>The AVSW is designed for those who wish to progress their skills and work towards formal qualifications. 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.</p> <p>The aim is to facilitate learning of skills and knowledge in relation to vertical mobility on ropes on the rockface.</p>
<b>Medical</b>	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.
<b>COVID and other disease risks</b>	<p>The activity is outdoors and the area is large (allowing distancing).</p> <p>Any restrictions required by Health Authorities will be implemented.</p> <p>Personal gear will be used.</p>
<b>Reasonable Adjustment</b>	<p>The individual needs of the attendees will be taken into account.</p> <p>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.</p>
<b>Information for participants</b>	<p><b>What you need to bring</b></p> <ul style="list-style-type: none"> <li>• Notebook and pen/method of recording skill development</li> <li>• packed morning tea &amp; lunch, and water bottle</li> <li>• Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity</li> <li>• Insect repellent and sunscreen</li> <li>• Hair <b>must</b> be tied back</li> <li>• personal first aid kit</li> </ul> <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"> <li>• gloves</li> <li>• whistle and knife</li> <li>• prussik loops (minimum of three: one long and 2 short, or four short)</li> <li>• harness</li> <li>• helmet</li> <li>• at least 3 karabiners</li> <li>• descending device</li> </ul>
<b>costs</b>	<p>Activity supervisors (team, and RockSchool staff) no cost.</p> <p>Participants: <b>\$20.00 per visit</b> (includes ropes, group equipment usage &amp; replacement, campsite fee, and banking fees) and own personal equipment,</p> <p>Additional. <b>Kit hire for \$10:</b> (helmet, harness, one crab, descender),  <b>For purchase:</b> \$6 gloves (to keep), and prussik cord at \$2 per metre (approx. 9 metres required)</p>

5. Environment																																								
<b>Minimum Environmental Impact</b>	Use of formed tracks Tree protection Awareness of vegetation under-foot and along rope positions																																							
<b>Weather/ climate</b>	<p><b>Woronora NSW</b></p> <p>Weather averages</p> <p><a href="#">Overview</a>   <a href="#">Graphs</a></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
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																																						
<b>Triggers for cancellation</b>	Extreme Fire Danger for day and location. Fires in area. Storms with lightning. Winds at location greater than 30kph.																																							

6. Equipment			
<b>Group Equipment</b>	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)		
<b>Participant Equipment</b>	<table border="1"> <tr> <td>           Abseiling gear             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         </td> <td>           Other:            1. 'paperwork' (permission notes, notebook)            2. packed morning tea &amp; 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 <b>must</b> be tied back         </td> </tr> </table>	Abseiling gear  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	Other: 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 <b>must</b> be tied back
Abseiling gear  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	Other: 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 <b>must</b> be tied back		
<b>Menu Plan</b>	Self catering		
<b>Transport</b>	Personal transport. Meet at site.		
<b>Communications</b>	Personal mobile phones – signal in most areas		

7. Leadership	
<b>Leaders</b>	1. Activity Leader Marion Fisher (Scouts), 2. Support/assistants: Other guide qualified vertical leaders
<b>Qualifications</b>	Current Activity Guide appointment for Scout personnel, Equivalent recognition of skills and qualifications for Guide personnel
<b>Roles</b>	

## 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*