

NSW Adventurous Activities -Information for participants

Women's Business (abseiling)

partners in adventurous outdoor activities



SUMMARY

This program is being developed to support and enable adult (18 and over) women members of both Scouts and Girl Guides an opportunity to develop their vertical skills (in particular abseiling) in an all-female environment. The focus is to increasing the capacity of leaders to be able to extend their skills and work towards being qualified to bring others on the vertical journey.

There are 2 stages to the program:

1. Introductory Day (described in this document) Saturday 20th November, 2021
2. Six sessions over six months: personalised achievement program

Introductory/Familiarisation Day

CONCEPT

This program is being developed to support and enable adult (18 and over) women members of both Scouts and Girl Guides an opportunity to develop their vertical skills (in particular abseiling) in an all-female environment. It is limited by age in this instance so that we can focus on increasing the capacity of leaders to be able to bring others on the vertical journey.

This Introductory day is to provide an opportunity for female members of both organisations to meet and network and explore the excitement of abseiling in an all-female environment.

PROGRAM

Women’s Program begins at 08:45 at the Campsite. Participants will need to start walking into the site around 8:15. The event will conclude at 1500.

Participants then walk the 1.4 kms back along fire trail. (Participants with a condition that means they cannot walk this distance -will need to contact organisers to make other arrangements)

<i>Approx time</i>	<i>content</i>
08:30-08:45	all visitors assemble at site (campfire circle)
08:45-09:15	campsite induction Welcome and introductions Brief for day
09:15-10:15	Activity Induction Gear Usage Safety practise horizontal abseils (gear, checks and calls)
10:15 -11:15	Rockface work-zone review of risks (and risk assessment sheets) team finish set ups if needed.
11-11:15	morning tea
11:15 -13:15	abseiling
13:30-13:50	lunch
14:00-14:30	talk through the qualification requirements and qualification pathways
14:30 - 15:00	Review. Questions, sign-up and close

LOCATION

Noorumba Guide Camp, Engadine – Woronora.

Facilities include a shelter, and toilets. It is a bush site with cliff faces between 6 and 18 metres in height where most of the activity is conducted.

The site is a Guide Property, access via Water Board Roads and locked gates. No visitors cars are allowed on site. They will need to be left at one of the previously mentioned locations, and you and/or your group must walk along the fire trail to the RockSchool site. There are limited RockSchool staff parking passes.

Trains: to Sutherland or Loftus station. Bush trails lead from both stations into the valley. Make sure you know the trails and can navigate.

Vehicles

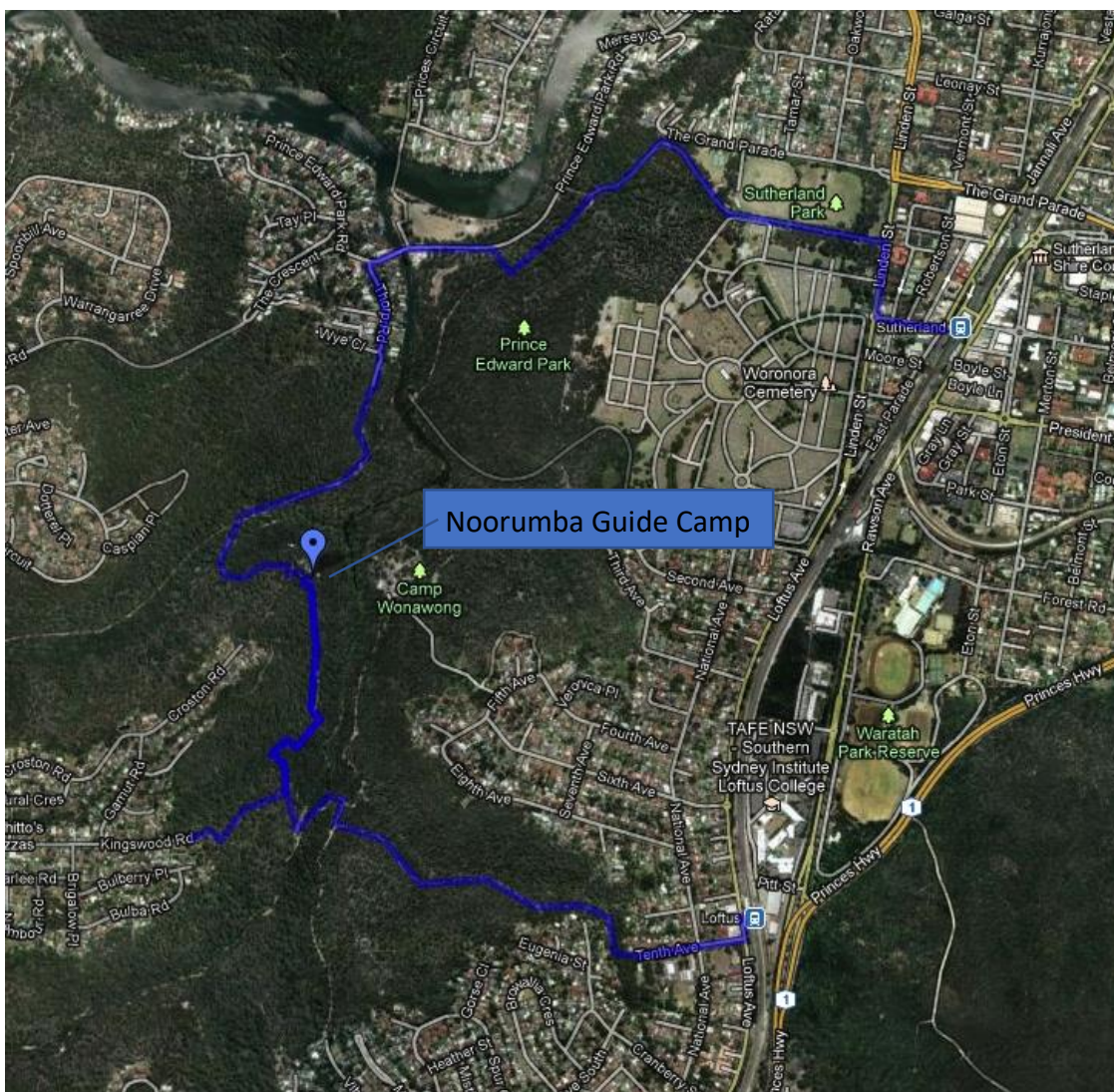
Parking: Thorp Rd, Woronora (1.4kms from fire trail gate to Noorumba) or Kingswood Rd, Engadine (2km walk). If there is no room in Thorp Rd, you may need to move your cars down near the river at Prince Edward Park.

There are only Fire Trail signs, none directing you to the guide camp. Ensure you can navigate to the site.

- Maps
 - [Mud map from Sutherland Station](#) [7]
 - [From Loftus Station](#) [8]
 - [Google Maps](#) [9]

Access Routes

<http://maps.google.com/maps/ms?ie=UTF&msa=0&msid=214841652902586697563.0004c340354b74d16985d>



SAFETY

Risk Assessment for site and activity is prepared and reviewed at start of activity.

All team members sign off that they acknowledge and will comply.

The individual needs of the attendees will be taken into account.

As adults, explanations and reassurance helps understanding. Participation in the abseiling activity is supported but not forced. Reasonable adjustments may be accommodated such as additional rehearsals at bottom of cliffs.

During the Activity briefing, all participants participate in Risk Management discussion

Limited vehicles will be parked at the site. See **Contingencies** below for emergency vehicle access.

Work-zone (abseil and cliff area) separated with rope between trees

Activity: all setups SERENE, single rope technique with releasable anchors locked off with *friction+secure lock off+carabiner+VT prusik on load side of anchor*, belayers independent of belay, haul systems configured for top-rope belay. Exception – one short drop will not have a lowerable system because the abseiler can exit the drop and climb up or down (total 4 metres).

All anchors and set-ups will be checked and tested by activity Leaders.

First aid kit at site.

Limited gardening of cliff edge to remove any objects which could be dislodged on abseil. Rope protection.

Safety lines and connection for participants from holding point to abseil point.

Always one connection for all participants.

No opportunity for dynamic falls.

The site has mobile phone coverage.

If indicated, call for help (ambulance and/or police) location is Noorumba Guide Camp on Thorp Rd Fire Trail requiring 4WD, but someone will be sent to the Thorp Rd gate to lead them in.

The Sutherland Hospital. Kingsway & Kareena Rd, Caringbah NSW 2229. Phone: (02) 9540 7111

Police: Sutherland Police Station 113-121 Flora St, Sutherland NSW 2232. Phone: (02) 9542 0899

COVID CONSIDERATIONS

In summary, a Health and Safety Officer (HSO, a senior RN) is allocated. The role includes checks on vaccination status, and temperatures.

Gloves are provided and labelled for each participant to keep.

The HSO also supervises social distancing and the cleaning of equipment.

CONTINGENCIES

item	Possible Issue	Contingency Plan
Rain	Wet, cold participants	Shelter erected, reminder for personal responsibility, appropriate clothing
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)
Road condition,	Poor track condition Road or bridge washout	If bridge is washed out, may use alternative access. 4WD with care only.
Waterboard locks (locks changed, inaccessible)	Cannot enter site by vehicle – use alternate route	Ring contact number (camp wardens). Walk in.
Interruption to Utility (water) supply	eg. Break in water pipes,	Contact those who have booked in – and inform them of issue – and alternative access, or bring more water than they had been prepared for.

FIRE/CATASTROPHIC 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 THE CAMPFIRE CIRCLE IMMEDIATELY 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 is Noorumba Guide Camp on Thorp Rd Fire Trail requiring 4WD, but someone will be sent to the Thorp Rd gate to lead them in. 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	Assemble party, account for all attendees. Leave via one of four possible evacuation routes (Thorp Rd Fire Trail, Track to Croston Rd, Fire Trail to Loftus or Kingswood Fire Trail)

What you need to bring

- ‘paperwork’ (permission notes, notebook)
- 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

Kits will be provided, or bring your own full kit if you have one (includes gloves, whistle and prussik loops, harness, helmet, at least 3 karabiners, and a descending device)

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