

ASSESSMENT GUIDELINE

Set up and operate client abseils at a specific site

Unit Standard: 14216

Level: 4 Credit: 10 Version: 2

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Purpose:

People credited with this unit standard are able to: construct an abseiling system to industry standards using in-situ anchor points ready for client use; teach abseiling skills to, and manage abseiling sessions with, groups of clients at a specific site; and perform abseil rescues using available equipment.

Prerequisites:

Unit 424, *Respond to an emergency care situation for an outdoor activity*; Unit 20146, *Demonstrate basic risk management for outdoor recreation*; Unit 20145, *Demonstrate knowledge of theories and processes associated with instructing in the outdoors*; and Unit 20151, *Demonstrate skills with ropes, knots, anchors and belays for rock climbing and abseiling*; or demonstrate equivalent knowledge and skills.

Special Notes:

1. The elements in this unit standard relate to competency at a single specific site with in-situ anchor points.
2. The site is specific to the candidate only and while the site is generally outdoors, it can also be indoors; and in artificial locations.
3. The *industry standards* referred to in this unit standard are the standards recommended by the New Zealand Outdoors Instructors Association and the New Zealand Mountain Safety Council.
4. The industry standard timeframe for construction of the abseil system to 'ready for client use' standard is no more than 15 minutes.
5. *Fail safe anchors* when used in this unit standard refer to anchor systems with either single or more anchor points. All anchor points must be able to withstand forces likely to be placed on them during use in the worst-case scenario. Multi-point anchor systems must also have anchor points that are shared and independent of each other.
6. **Checking anchors for their ability to withstand forces falls outside the scope of this unit. All anchors used must have been audited by a qualified rock climbing instructor within the previous year.**
7. All activities must comply with any relevant environmental, legislative and/or regulatory requirements set out in the *New Zealand Environmental Care Code*, Health and Safety in Employment Act 1992, Injury Prevention, Rehabilitation, and Compensation Act 2001, and their subsequent amendments. *The New Zealand Environmental Care Code* is available from the Department of Conservation, Head Office, PO Box 10420, Wellington or from <http://www.doc.govt.nz>.
8. There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website <http://www.sfrito.org.nz>.

Overview of assessment:

This assessment has 3 tasks -

Task 1: Set up a client abseil system on fixed anchors

Task 2: Run two client abseil sessions

Task 3: Perform abseil rescues

Notes to Assessor:

1. This unit assesses a candidate at one specific site. If a candidate uses multiple sites, they should be checked off at each site.
2. An appropriate site is one where complex rescue situations are very unlikely. Sites with cracks that could entrap feet, ledges or hazardous approaches / exits are not ideal.

Resources for all tasks:

- The equipment required will depend on the site but is likely to include:
 - Dynamic climbing rope, static abseil rope, slings or rigging rope, prussicks, karabiners, belay device, harness and helmet
 - Helmets and harnesses for the clients
- http://www.spadout.com/articles/general/rock_climbing_technique/lesson/climbing_anchor.htm

Task 1: Set up a client abseil system on fixed anchors

Notes to the assessor

1. PCs 3.1, 3.2 and 3.4 are assessed in this task and in Task 2

Instruction to candidate:

During the task you are required to:

- Set up a client abseil system with releasable abseil rope and a belay rope
- Make sure the waiting zone, access to the abseil, and the abseil itself is safe
- Keep yourself safe

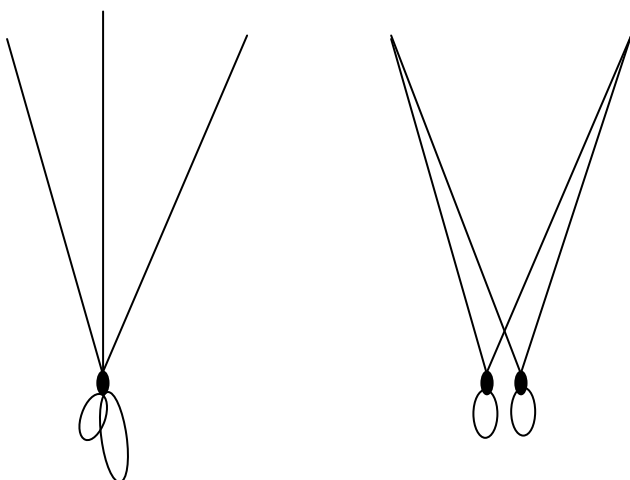
Element 1: Construct an abseiling system to industry standards using in-situ anchor points ready for client use.

Element 3: Manage abseiling sessions with groups of clients at a specific site.

Performance criteria	Evidence/Judgement
<p>1.1 Anchors are linked safely and efficiently and in accordance with industry standards.</p> <p>Range uni-directional, angle, correct use of knots, fail-safe, independent, shared loading.</p>	<p>The candidate sets up a releasable client abseil system with belay rope at site that:</p> <ul style="list-style-type: none"> • Has in-situ anchor points. E.g. <ul style="list-style-type: none"> - Bolts - Trees - Cables with swaged eyes • Anchor points have been checked by a current qualified rock climbing instructor within the previous year
<p>1.2 The abseiling system is constructed according to industry standards and standard operating procedures.</p> <p>Range system must include – releasable system, abseil can be operated smoothly and independently of the belay, suitable belay method, correct use of knots, rope adjusted for the length of drop, belay point accessible to belayer for tying off, efficient rope management.</p>	<p>The abseil system is set up so that:</p> <ul style="list-style-type: none"> • There are two separate focal points, that are: <ul style="list-style-type: none"> - Equalised - Lined up with direction of force - Connected to at least 2 independent fail-safe anchors - Connected to anchors with angle of less than 90° maximum, with each anchor sharing a roughly equal part of the load - Separated horizontally or vertically • Abseil rope is attached to one focal point, tied off with a releasable Italian hitch (set to run), with at least 2m of spare rope at top. Abseil rope is preferably static • Belay rope (dynamic) is attached to other focal point, with friction knot or device. Belay rope is as long as full height of abseil plus enough rope for rescue scenarios (Note: twice the height of abseil can make certain rescue scenarios easy, but there are other options. Candidate may need
<p>1.3 Abseil system is constructed with consideration for angle of descent, clear descent path, starting angle, finish point, distance of abseil in relation to total rope length, clear line-of-sight to instructor, and client access.</p>	<p></p>

<p>1.4 Abseil system is constructed to ensure that abseiler is protected from falling during their abseil.</p> <p>Range must include – belay rope.</p>	<p>to be questioned on this)</p> <ul style="list-style-type: none"> • The start of the abseil is appropriate to skill level of abseilers (e.g. with beginners the focal points are high, to minimise difficulty at beginning of abseil; transition from level to vertical is gradual) • Candidate can run the abseil while attached to safety that is attached to 2 failsafe anchor points • Access to the abseil site is safe (e.g. handline, or set up to allow candidate to clip abseiler in before they get within a body's length of edge) • Waiting zone is clearly identified and safe • The line of descent of abseil: <ul style="list-style-type: none"> - follows a clear descent path - is free of loose rock or debris - has a safe finish point - allows a clear line of sight at all times between the candidate and the abseiler • Any other hazards are identified and strategies are put in place to manage • Correct equipment is used for its intended purpose • Appropriate knots are tied correctly, tidily <p>During the set up the candidate:</p> <ul style="list-style-type: none"> • Is clipped to a safety when working near the edge • Wears a helmet • Ensures equipment is not dropped • Manages the group to make sure they are not directly underneath the set-up site, and are kept away from the edge or other hazards
<p>3.1 Site is utilised to suit the needs of each client group.</p> <p>Range must include but is not limited to – experience level, ability, physical state, emotional state, environmental conditions.</p>	
<p>3.2 Hazards on access routes to site and assembly area are identified and managed.</p>	
<p>3.4 Safety of self and clients is maintained at all times.</p>	

Possible anchor configurations using a rigging rope include (among others):



Task 2: Run two client abseil sessions	
<p>Notes to the assessor</p> <ol style="list-style-type: none"> 1. A 'group' must be at least three people 2. The assessor must have evidence that a competent candidate has run safe abseil sessions for two different client groups, with differing levels of maturity and competence. 3. The site used to run the abseiling session (Task 2) must be the same one used for the set-up (Task 1). <p>Instruction to candidate:</p> <p>During the task you are required to:</p> <ul style="list-style-type: none"> • Brief the clients • Run clients through the abseil, giving them a fun safe experience • Debrief the clients 	
<p>Element 2: Teach abseiling skills to groups of clients at a specific site. Range at least two different groups with differing levels of maturity and competence.</p> <p>Element 3: Manage abseiling sessions with groups of clients at a specific site. Range at least two different groups with differing levels of maturity and competence.</p> <p>Element 4: Perform abseil rescues using available equipment.</p>	
Performance criteria	Evidence/Judgement
<p>2.1 Facilitation of client briefing and debriefing ensures relevant information is communicated to all group members.</p> <p>Range may include but is not limited to – positioning of clients, the site, the objectives and purpose of the session, safety considerations, use and care of equipment, risk disclosure, individual and group achievements acknowledged.</p>	<p>Using a site that is appropriate for the clients in terms of :</p> <ul style="list-style-type: none"> - experience level - ability - physical state - emotional state - environmental conditions <p>the candidate:</p> <ul style="list-style-type: none"> • Briefs the clients, covering at least: <ul style="list-style-type: none"> - Harness and helmet fitting - What to do while waiting - How to safely access the abseil site - Abseil technique, including body position / footing, and how to use the rope for friction (stop and go) - What to do at the end of the abseil - The consequences of hazards, poor technique or inappropriate behaviour - 'Challenge by choice' options
<p>2.2 Clients' need for individual assistance is identified and assistance is provided to empower the clients and enhance their experience.</p> <p>Range may include but is not limited to – questions answered in a supportive way, individual fit and comfort of equipment, checks for understanding of instructions, reassurance, challenge by choice.</p>	
<p>2.3 Instructions and demonstrations on abseil technique relevant to site are communicated effectively to the clients prior to abseil.</p> <p>Range must include but is not limited to – correct hand position, foot position, and body position to increase stability; controlled rate of descent using abseil line; procedures on completion of abseil.</p>	

<p>3.1 Site is utilised to suit the needs of each client group.</p> <p>Range must include but is not limited to – experience level, ability, physical state, emotional state, environmental conditions.</p>	<ul style="list-style-type: none"> • Runs clients through the abseil: <ul style="list-style-type: none"> - Checks each person has a well-fitted helmet and harness (if a chest harness is required due to size or weight this is put on) - Ensures their safety while approaching the abseil site (e.g. cow’s tails or candidate moves to them and clips them to a belay) - Checks they know what to do - Provides support and reassurance where necessary - Keeps them on belay throughout the whole abseil • Debriefs the clients <p>During the entire session:</p> <ul style="list-style-type: none"> • Hazards are spotted and effectively managed • Communication is clear, checks for understanding • Uses demonstrations and body language to help communication • Maintains safety of self and clients • Maintains awareness of what all clients are doing (waiting for abseil and after finishing abseil) • Spots hazards as they come up • Has access to first aid kit, communication, any other emergency equipment that the site demands • Has the systems and equipment in place to complete any rescue procedures that could reasonably be required (refer Task 3)
<p>3.2 Hazards on access routes to site and assembly area are identified and managed.</p>	
<p>3.3 Abseilers are protected during their entire abseil experience in accordance with industry standards.</p> <p>Range protection may include but is not limited to – cow’s tail, determining boundaries, belay method, gear checks.</p>	
<p>3.4 Safety of self and clients is maintained at all times.</p>	
<p>4.3 Emergency equipment is available at all times.</p> <p>Range must include but is not limited to – first aid kit, communication;</p> <p>may include but is not limited to – spare clothes; access to drinking water, food, and shelter.</p>	

Task 3: Perform abseil rescues

Notes to the assessor

1. This task could be assessed at any site that is similar to the one used for Tasks 1 and 2. Evidence for these rescues could come from running a session with real clients, but more likely will require a scenario-type session with a 'practice' client.
2. In at least one scenario the candidate should safely descend from the top of the abseil to help a client out. The candidate could then either re-ascend, abseil with the client, or leave them safely there while they abseil down and return to top of abseil.

Instruction to candidate:

During the task you are required to perform at least two abseil rescues:

- Where a client gets their hair and clothing caught
- Where a client falls upside down, refuses to move, or gets caught in a crack.

Element 3: Manage abseiling sessions with groups of clients at a specific site.

Element 4: Perform abseil rescues using available equipment.

Performance criteria	Evidence/Judgement
<p>3.4 Safety of self and clients is maintained at all times.</p>	<p>In a scenario where a client gets their hair or clothing caught:</p> <ul style="list-style-type: none"> • Locks off the belay rope • Releases the abseil rope and lets enough through to remove hair / clothing, then reties abseil rope (tied off Italian hitch) • Ensures the client is ready to control the abseil again, then releases their weight off the belay rope <p>During any rescue scenario:</p> <ul style="list-style-type: none"> • Reassures the client and informs them what is happening • Safety of candidate and client is maintained • Has the right gear available and uses it appropriately <p>The assessor should assess <u>at least one</u> of the following scenarios:</p> <ol style="list-style-type: none"> 1. Client upside down 2. Client refuses to move 3. Client gets foot caught in crack <ul style="list-style-type: none"> • Coaches client through sorting themselves out • When this fails - abseils down to client, sorts them out, then either continues abseil with them or re-ascends
<p>4.1 An abseil line is released and the client is lowered in a controlled manner to the ground.</p>	
<p>4.2 Actual or simulated abseil incidents are resolved without causing further distress to the client whilst maintaining the safety of all the people involved.</p> <p>Range must include – hair or clothing caught,</p> <p>may include – client upside-down, client refuses to move.</p>	

Candidate Name _____ NSN _____

**Unit 14216 (v2) Checklist
Set up and operate client abseils at a specific site**

Assessor name: _____

Organisation name: _____

C/NYC

Comments

Throughout all tasks:

- Safety of candidate and clients are maintained
- Has the right gear available and uses it appropriately
- Hazards are spotted and effectively managed
- Correct equipment is used for its intended purpose
- Appropriate knots are tied correctly, tidily

Task 1: Set up a client abseil system on fixed anchors

The abseil system is set up so that:

- There are two separate focal points, that are:
 - Equalised; lined up with direction of force; connected to 2 fail-safe anchors; less than 90°.
- Abseil rope is attached to one focal point, tied off with a releasable Italian hitch; belay rope is attached to other
- Abseil is appropriate to skill level of abseilers
- Candidate is attached to 2 failsafe anchor points
- Access to the abseil site is safe
- Waiting zone is clearly identified and safe
- The line of descent of abseil is free of loose rock or debris, has a safe finish point, allows a clear line of sight
- During the set up the candidate is clipped to a safety when working near the edge, wears a helmet, ensures equipment is not dropped, manages the group

Task 2: Run two client abseil sessions

Using an appropriate site the candidate:

Group 1

Group 2

- Briefs the clients, covering:
 - Harness and helmet fitting
 - What to do while waiting; how to access and exit the site
 - Abseil technique
 - The consequences of hazards, poor technique or inappropriate behaviour
 - 'Challenge by choice' options

- Runs clients through the abseil:
 - Checks each person has a well-fitted helmet and harness
 - Ensures their safety while approaching the abseil site
 - Checks they know what to do, provides support and reassurance where necessary
 - Keeps them on belay throughout the whole abseil

- Debriefs the clients

