

<b>Title</b>	<b>Demonstrate single rope technique (SRT) for caving</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate an understanding of personal equipment needed to perform single rope technique (SRT); demonstrate personal safety, descents, ascents, change-overs, improvised SRT techniques, and the care and maintenance of SRT equipment.
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<b>Classification</b>	Outdoor Recreation > Caving
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<b>Available grade</b>	Achieved
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<b>Prerequisites</b>	Unit 20133, <i>Demonstrate basic caving skills</i> , or demonstrate equivalent knowledge and skills.
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### Guidance Information

- 1 For assessment purposes four caving trips, each caving trip taking a minimum of four hours, are required.
- 2 All activities must comply with 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, <http://www.doc.govt.nz/>.
- 3 The ascending technique commonly used for assessment against this unit standard is the Frog (sit and stand) technique. Other techniques are suitable.
- 4 The majority of skills need to be assessed in the field.
- 5 The improvised SRT can be assessed in a controlled environment to minimise the risk to the candidate.  
Connection to a traverse line and/or rope using a single snaplink karabiner is not acceptable.
- 6 The candidate is not required to rig rope systems.
- 7 There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Skills Active website <https://www.skillsactive.org.nz/>.

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## Outcomes and performance criteria

### Outcome 1

Demonstrate an understanding of personal equipment needed to perform single rope technique (SRT).

#### Performance criteria

- 1.1 Types, features and limitations of personal SRT equipment are identified and explained.
- Range may include but is not limited to – harness, rack, bobbin type descender, chest ascender, chest harness, hand ascender with foot loop(s), cowstails, pulley, short Prussik loop, manufacturer's recommendations.

### Outcome 2

Demonstrate personal safety using SRT.

#### Performance criteria

- 2.1 Personal safety is maintained at all times.
- Range two points of attachment during change-overs.
- 2.2 The dangers associated with rigged pitches are described.
- Range may include but is not limited to – personal equipment failure, rockfalls, water, harness-induced pathology, rope abrasion.
- 2.3 The safe use of rigged pitches with regard to others is demonstrated.
- Range communication, leaving rope ready for next person.

### Outcome 3

Demonstrate descents.

#### Performance criteria

- 3.1 A controlled rate of descent is demonstrated using different rope diameters and types.
- Range may include but is not limited to – control hand, thumb brake, leg wrap, foot stirrup.
- 3.2 Full locking off on a rack or bobbin type descender is demonstrated.
- 3.3 Passing a re-belay is demonstrated.

- 3.4 Passing a redirector is demonstrated.
- 3.5 Passing a mid rope knot is demonstrated.
- 3.6 A method of self-protection is demonstrated.
- 3.7 A jammed abseil device is cleared.

#### **Outcome 4**

Demonstrate ascents using SRT.

##### **Performance criteria**

- 4.1 A safe and efficient ascent using personal SRT equipment is demonstrated.  
Range free hanging pitch, rope against rock.
- 4.2 Passing a re-belay is demonstrated.
- 4.3 Passing a redirector is demonstrated.
- 4.4 Passing a mid rope knot is demonstrated.

#### **Outcome 5**

Demonstrate changeovers using SRT.

##### **Performance criteria**

- 5.1 A change over from ascent to descent is demonstrated.
- 5.2 A changeover from descent to ascent is demonstrated.
- 5.3 A change from one rope to another is demonstrated in both ascent and descent.

#### **Outcome 6**

Demonstrate improvised SRT.

##### **Performance criteria**

- 6.1 A descent using an Italian hitch is demonstrated.
- 6.2 An improvised ascent is demonstrated.  
Range may include but is not limited to – two Prussik loops, single ascender with footwrap.
- 6.3 A descent using ascenders is demonstrated.

## Outcome 7

Demonstrate the care and maintenance of SRT equipment.

Range ascenders, descenders, cowstails, harnesses, karabiners, rapides, webbing.

### Performance criteria

7.1 Equipment is maintained according to the manufacturer’s recommendations.

7.2 An equipment inspection identifies deterioration and the requirement for equipment retirement.

Range may include but is not limited to – fracture, wear, corrosion, abrasion, cuts, UV damage, age, history.

7.3 The care and storage of equipment is explained.

Range washing, drying, lubrication, storage, chemical contact.

<b>Replacement information</b>	This unit standard, unit standard 20130 and unit standard 20133 replaced unit standard 449.
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**This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.**

### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	29 October 2004	31 December 2023
Revision	2	26 January 2007	31 December 2023
Review	3	28 October 2021	31 December 2023

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.