

<b>Title</b>	<b>Demonstrate skills with ropes, knots, anchors, and belays for rock climbing and abseiling</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate an understanding of the uses and care of rock climbing and abseiling gear; demonstrate skills and understanding of knots and harnesses; demonstrate the setting up and operation of anchors and belays; construct an abseil system and abseil on single pitches; and demonstrate abseil rescue techniques.
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<b>Classification</b>	Outdoor Recreation > Rock Climbing
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Definition  
*Multi-directional anchor* is an anchor that cannot be compromised from any direction.
- 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 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/>.

### Outcomes and performance criteria

#### Outcome 1

Demonstrate an understanding of the uses and care of rock climbing and abseiling gear.

#### Performance criteria

- 1.1 The types, properties, and limitations of rock climbing and abseiling gear are described.
 

Range	ropes, slings, harnesses, helmets, karabiners, belay and abseiling devices, rock protection.
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- 1.2 Care of gear while in use is explained.
- Range surface wear, internal damage, sharp edges, stress fractures.
- 1.3 Methods for checking, recording, cleaning, and care of abseil and climbing gear are identified.
- Range may include but is not limited to – operational plans, manufacturer's recommendations.
- 1.4 Systems for recording, maintaining, transporting, and storing abseil and climbing gear are identified according to manufacturer's recommendations.
- 1.5 Helmet and harness fitting are described.

## **Outcome 2**

Demonstrate skills and understanding of knots and harnesses.

### **Performance criteria**

- 2.1 Knots are tied and their uses explained.
- Range must include but is not limited to – figure-eight on a bight, re-threaded figure-eight, tape knot, clove hitch, Italian hitch, double fisherman's, half hitch, overhand, Prussik knot, classic, French, Klemheist.
- 2.2 Harnesses are fitted correctly to ensure safety.
- Range sit, chest, improvised.

## **Outcome 3**

Demonstrate the setting up and operation of anchors and belays.

Range top rope anchors for ground belay, top rope anchors for top belay, anchors at the base of a climb to belay a lead climber.

### **Performance criteria**

- 3.1 Anchors are selected appropriate for the site.
- Range protection must include fixed, placed, and natural.
- 3.2 Anchors are linked safely and efficiently with appropriate load sharing.
- Range must include but is not limited to – multi-directional, fail-safe.
- 3.3 Belay systems are demonstrated.
- Range belay stances, belay devices, Italian hitch.

3.4 Effective management of rope systems in belay situations is demonstrated.

Range climbing calls, linking anchors to belays, coiling, uncoiling, belayer focused on climber.

#### **Outcome 4**

Construct an abseil system and abseil on single pitches.

#### **Performance criteria**

4.1 An abseil anchor system is set up.

4.2 Abseil techniques appropriate to the abseil are demonstrated.

Range retrievable and non-retrievable rope.

4.3 A self-protected abseil is demonstrated.

Range must include but is not limited to – Prussik.

4.4 Common hazards of abseiling are identified.

Range hazards must include but are not limited to – anchor failure, falling off a cliff before attaching a rope, clothing or hair jam, rockfall, not identifying the end of the rope, lark's foot of figure-eight.

#### **Outcome 5**

Demonstrate abseil rescue techniques.

#### **Performance criteria**

5.1 A jammed abseil device is freed.

5.2 A belay is tied off.

Range belay plate, Italian hitch.

5.3 An escape from a belay system is demonstrated.

5.4 A fixed rope is ascended.

Range must include but is not limited to – Prussik.

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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
Review	2	27 October 2006	31 December 2023
Revision	3	26 January 2007	31 December 2023
Review	4	28 October 2021	31 December 2023

**Consent and Moderation Requirements (CMR) reference**

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.