

Title	Demonstrate knowledge and skills for abseiling		
Level	4	Credits	15

Purpose	<p>This unit standard is intended for people who can demonstrate knowledge and skills for abseiling.</p> <p>People credited with this unit standard are able to demonstrate: knowledge of abseiling gear and equipment; personal abseiling skills; and knowledge of and perform abseil rescues.</p>
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Classification	Outdoor Recreation > Rock Climbing
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment against this standard must be carried out in accordance with the following:
 - relevant legislation including Health and Safety at Work Act 2015 and Human Rights Act 1993, Vulnerable Children’s Act 2014 and Health and Safety at Work (Adventure Activities) Regulations 2016;
 - Abseiling Activity Safety Guideline published by WorkSafe New Zealand and subsequent updates;
 - industry Codes including the New Zealand Alpine Club (NZAC) code of conduct for Rock Climbers <https://alpineclub.org.nz/>, the Outdoor Safety Code and ‘Leave No Trace’ principles;
 - a recognised and approved safety management system including organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), incident response management plans and the use of personal protective equipment (PPE);
 - current industry good practice.
- 2 Definitions

Current industry good practice means the range of actions currently accepted within the adventure and outdoor sector to manage the risk of harm to staff, participants, and visitors.

Gear includes clothing and footwear.
- 3 Further information regarding industry guidelines, key definitions and other relevant information can be found within the Abseil and Rock programme guidance document. This document should be consulted when developing learning or assessment against this unit standard. It can be found at www.skillsactive.org.nz.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of abseiling gear and equipment.

Performance criteria

- 1.1 Select and justify necessary gear, equipment, and nutrition and hydration requirements for abseiling.
- Range advantages and limitations, location, season and personal needs.
- 1.2 Demonstrate use of necessary gear and equipment.
- Range must include – helmet, harness, coiling and uncoiling ropes.
- 1.3 Describe communication processes and devices commonly used for abseiling and explain the advantages and limitations for a specific location.
- 1.4 Describe strategies to minimise wear, check for damage, and meet storage needs of any gear or equipment used.

Outcome 2

Demonstrate personal abseiling skills.

Performance criteria

- 2.1 Construct an abseil system, including anchors.
- Range includes – fixed, trees or threads.
- 2.2 Construct a personal cliff top safety system, including anchors.
- Range includes – fixed, trees or threads.
- 2.3 Demonstrate knots and hitches commonly used in abseiling.
- 2.4 Demonstrate personal abseiling skills using self-protection.
- 2.5 Demonstrate personal abseiling skills using two different friction devices.

Outcome 3

Demonstrate knowledge of and perform abseil rescues.

Performance criteria

- 3.1 Perform abseil rescue to free a jammed abseil device.
- 3.2 Perform an abseil rescue to lower an abseiler to the ground.

- 3.3 Describe common abseiling problems that may lead to a rescue and their avoidance and solutions.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 January 2018	N/A

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

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.