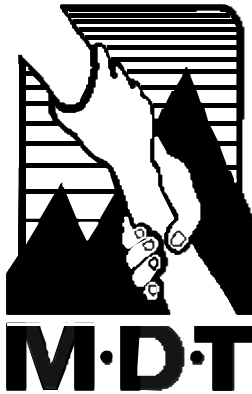


ABSEIL SUPERVISOR SCHEME

SYLLABUS

**South African Mountaineering
Development and Training Programme**

Mountain Training Scheme



Only trainers and assessors approved and accredited by the South African Mountaineering Development and Training Trust (MDT) may provide training and assessment that will lead to MDT accreditation.

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Abseil Supervisor Scheme

Level 1

Abseils not exceeding 60m

Competence

Anchors

The candidate must be able to demonstrate an ability to choose suitable anchors in a variety of situations, including the use of:

- spikes, prongs, bollards and blocks;
- threads and chockstones;
- bolts, pitons and stakes;
- man made structures;

and be able to connect the correct equipment to them.

Belaying

The candidate must be able to:

- connect the abseil rope to single and multiple anchors;
- set up a sound belay system to single and multiple anchors;
- demonstrate a variety of belay techniques, and choose the most appropriate devices for given situations;
- demonstrate an ability to manage the rope and perform lowers.

Abseiling

The candidate must be able to:

- choose and fit suitable harnesses;
- set up fixed and releasable abseils;
- demonstrate the operation of a variety of friction devices and choose the appropriate device for a given situation;

- identify and solve common abseiling problems.

Other Rope Techniques

The candidate must be able to:

- ascend the rope using prussiks and mechanical ascenders.
 - change of direction between descent and ascent and ascent and descent modes;
 - implement an assisted evacuation.
-

Equipment

Standards and Certification

The candidate must have knowledge of the international standards that apply to the manufacture of personal protective equipment.

Ropes

The candidate must have knowledge of:

- rope types and their uses and limitations;
- rope diameters and ratings;
- recommendations relating to the use, care, storage and inspection of ropes.

Equipment Sets

The candidate must have knowledge of:

- all items of equipment commonly used in abseil set-ups, their ratings, uses and limitations;
- recommendations relating to the use, care, storage and inspection of equipment sets.

Environment

Access

The candidate should:

- understand and be able to use information contained in recent outdoor guide books and where appropriate carry out any recommendations contained therein;
- have an awareness and understanding of issues affecting access to mountain and wilderness areas.

Conservation

The candidate should:

- be able to demonstrate good practice in the conservation of the mountain, wilderness and abseil site environment;
- be aware of locally important, archaeological and historical sites, tree species, plants species, animals and the legislation relating to them;
- be familiar with and observe current access and conservation guidelines.

Etiquette

The candidate should:

- be able to operate in a style which minimises the risk to other outdoor users;
- be able to operate in a style which minimises the impact on the environment;
- manage groups so as to leave the abseil site in an improved condition.

Management

Choice of Site

The candidate must be able to choose suitable abseil sites giving consideration to the following:

- the access arrangements;

- the approach route(s);
- the height, holding zone, departure zone, take-of, descent and landing zone;
- the return to the top, with appropriate safeguards;
- the effect on other outdoor users;
- the impact on the environment.

Group Management

The candidate must be able to set up and manage a group abseiling in a safe and appropriate manner, and should be able to demonstrate:

- an ability to manage a group of an appropriate size in a safe manner;
- the use of appropriate equipment suitable for the group and the chosen venue;
- an ability to manage participants in the holding, departure and landing zones;
- an ability to brief participants and to instruct basic abseil skills;
- methods of safeguarding the participant(s).

Communication

The candidate must be able to organise and arrange effective communication between staff members.

Belaying

The candidate must be familiar with safe belaying techniques and be able to select the appropriate method for a particular venue, and be able to demonstrate:

- the correct positioning of the belay anchors and belayer;
- the use of various belay devices;
- an ability to manage the rope;
- an ability to safeguard the participant effectively.

Emergency Procedures

The candidate must be aware of, and be able to deal with common abseil problems including:

- tangles, jamming, and inadvertent locking;
- hair or clothing caught in the abseil device;

and be able to deal with:

- a medical emergency;
- an accident.

First Aid

The candidate must be able to carry out first aid procedures and implement appropriate action.

General

Environmental Hazards

The candidate must understand the dangers from:

- descent and ascent routes;
- loose rock;
- the handling of equipment;
- weather;
- other mountain and wilderness users.

Clothing and footwear

The candidate is expected to have a basic knowledge of the principles that govern the choice of clothing and footwear for a mountain or wilderness environment and to wear clothing and footwear that is appropriate to the weather conditions and venue.

The MDT

The candidate must have knowledge of the South African Mountaineering Development and Training Programme and the Mountain Training Scheme.

Limitations

The candidate must be aware of limits imposed by the scheme with respect to:

- maximum length of operation;
- environments outside the scope of the award.

Abseil Supervisor Scheme Level 2

Abseils exceeding 60m but not exceeding 150m

Special Considerations

The candidate must show an understanding of the technical problems associated with long abseils.

Equipment

The candidate must be able to:

- select and use appropriate equipment;
- demonstrate knowledge equipment and its limitations.

Operation and Management

The candidate must be able to set-up and manage long abseils giving particular attention to personal safety, set-up(s), belaying, communication and the safe management of participants.

The Participant

The candidate must understand those factors governing participant appropriateness.

Emergencies

The candidate must be able to demonstrate:

- an assisted evacuation;
- an assisted and unassisted hoist.

Limitations

The candidate must be aware of the limits imposed by the scheme with respect to:

- the maximum length of operation;
- environments outside the scope of the award.

Abseil Supervisor Scheme Acknowledgements

1. **South African Mountaineering Development and Training Programme**
Technical Committee.
2. **Mountain Club of South Africa. National Training Sub-committee (1994)**
Mountain Leadership Training Scheme. Proposed Policy and Guidelines a Consultative Document.
3. **Union Internationale des Associations d'Alpinisme**
Working Group Training Standards
Model Training Standards for voluntary Leaders and Instructors.
4. **Mountain Leader Training Board (UK)**
Single Pitch Supervisors Award Prospectus and Syllabus.
5. **United Kingdom Mountain Training Board (1995)**
National Guidelines.
6. **New Zealand Mountain Safety Council**
Abseiling Handbook

Abseil Supervisor Scheme Documentation

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