

INDOOR ABSEIL

Version: 1	Approved by: Russ Jacobi
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This SOP refers to indoor abseil activity

OBJECTIVES

- For each participant to have an enjoyable abseiling experience
- Develop basic technical skills in Abseiling
- Promotion of “challenge by choice”

MUST DOS

- Adhere to the below systematic approach to lowering all participants.
- Instructor with rescue competency only will conduct any type of lower rescue. Instructor without this competency will call duty manager immediately.
- Must use an approved friction hitch as a safety line back-up (triple wrapped classic prussic)

TIME

1.5-2 hours

INSTRUCTOR REQUIREMENTS

- signed off in Abseiling

CLIENTS REQUIREMENTS

- Well-fitting clothing
- Long hair tied back
- Closed toe footwear
- Ability to follow instructions

LOCATION

Kaitoke gym

REQUIRED EQUIPMENT

Instructor needs to carry the following equipment

- 1st aid kit
- Cell phone

Activity equipment

- Harnesses
- Helmets
- Main Abseil line
- Backup line
- Steel anchor karabiners
- Slings

- Figure of 8
- Aluminium karabiners
- Exclusion zone for bottom of abseil line
- Short prussic loop
- Grilion

PRE ACTIVITY CHECKS

All Activity equipment must be inspected and checked prior to use and must be in good working order (all damaged equipment must be removed from service, tagged and placed in damaged equip box).

Ensure abseil set-up is correct (if unsure contact duty manager immediately).

Ensure that the exclusion zone has been set up below the abseil window to prevent anyone walking under abseil area.

BRIEF

The briefing should include how the activity is run and operated, expectations of all participants as well as a brief overview of what abseiling is used for and how this abseil relates to that.

Boundaries will be set where no participant is to enter the marked off square at the top of the abseil ("the box") without instructor approval, hazards, and expected outcomes.

This activity is largely independent but group should be involved in encouragement of the participant.

Demonstrate how to disconnect from the system when the participant reaches the ground.

Instructor will include two main pieces of safety information in their briefing:

1. Correct fitting of personal protective equipment(PPE)
2. Correct procedure from getting from the waiting area to the bottom of the abseil.

Correct fitting of PPE

- Helmet (see *How to fit a Helmet*)
- Harness (See *How to fit a helmet*)

Correct abseil technique

- Explain the whole system (building, sling, carabiners and ropes).
- How much weight can it hold? (80Kn =8 tonnes, or an elephant)

MAIN CONTENT

All instructors MUST follow this sequence when leading an abseil session:

1. All participants must be sitting down or supervised by an adult helper
2. When asked by an instructor one participant will stand outside "the box"
3. Instructor will conduct final harness and helmet check
4. The safety line is to be attached to the participant
5. Participant is to step into "the box" and face away from the window
6. Instructor is to attach the abseil line & figure of eight
7. Participant is to stand on window ledge, instructor to tighten abseil line
8. participant will disconnect themselves from the system when they are on the ground
9. instructor is to retrieve safety line

DEBRIEFING

Debrief is a very important step of the activity, this gives us the chance to get feedback on improvements and “well done’s”, it is important to talk about value gained, and the experience they have had.

Ask question’s such as:

- What have they learnt about the activity and their selves?
- What the enjoyed about the activity
- What advice would they give another group that is about to do the activity

FINISHING

If another session is to be run:

- Straps lengthened to max, and harnesses arranged in a circle in abseil room
- Main line and backup is pulled up into abseil window and coiled neatly ready for next group
- Area is tidy of all rubbish and property
- Door to abseil room is locked

If last session of day

- Straps lengthened to max, and harnesses arranged in a circle in abseil room
- Abseil lines are coiled and put away in store, dry and clean
- figure 8 and other hardware needs to be inspected and put away (figure 8’s can develop a huge amount of friction heat, so ensure it is cold before stowing
- Rescue Kit put away in store, clean and dry

If it the last session of day it can be a great help to have group help to carry equipment to store.

Document History and Version Control			
Version	Date Approved	Approved by	Description
1	2 June 2017	Russ Jacobi	New format New history and version table
2	30 October 2017	Russ Jacobi	Safety line back-up required Removal of “half hitch tie off requirement”