

GROUP LEADER...

- ➡ Disclose relevant medical conditions
- ➡ Fulfil responsibilities in SAP below
- ➡ Assist with harness fitting
- ➡ Responsible for overall group management

PARTICIPANTS...

- ➡ Comfortable (but not loose) clothing
- ➡ Long hair tied back
- ➡ Swimming togs/clothes to get wet
- ➡ Shoes (that can get wet)

INSTRUCTOR...

- ➡ Pass internal training and assessment program and hold nationally recognised abseiling qualification
- ➡ Current first aid certificate

RESTRICTIONS

- Over 9 years old
- No back injuries
- Not suitable for pregnant woman

RATIOS (not including instructor)  
1 adult : 12 students

What could go wrong? 'The potential harm'	What would cause it to go wrong? 'The hazard'	How could we prevent it from going wrong? 'The mitigation'	Responsibility of?	When will it be done?	Emergency Plan
Death/serious injury (fall from height)	<ul style="list-style-type: none"> <li>- Inadequate instruction</li> <li>- Failure to follow instruction re: procedures and boundaries</li> <li>- Equipment/anchor failure</li> <li>- Poorly fitted harness/helmet/incorrect attachments</li> <li>- Inversion</li> <li>- Client unable to swim</li> <li>- Flooded river</li> </ul>	<ul style="list-style-type: none"> <li>- Instructors are suitably qualified</li> <li>- Clear instructions are given</li> <li>- Listen attentively and follow instructions</li> <li>- Regular inspections</li> <li>- Instructor to check harness and helmet fitting as well as all attachments</li> <li>- Chest harness to be worn if disproportional amount of body weight above harness</li> <li>- Unconfident swimmers shouldn't enter the water without a buoyancy aid</li> <li>- Supervising adult to monitor swimmers</li> <li>- Activity must not be run when river is in flood</li> </ul>	<p>TSCC TS instructor</p> <p>TS instructor</p> <p><b>Participants + Group leaders</b></p> <p>TS instructor</p>	<p>Before</p> <p>Prior to setup, monthly</p> <p>Beginning &amp; During</p> <p>During</p> <p>Before</p>	<p><i>Suspected major injury</i></p> <ul style="list-style-type: none"> <li>- All to vacate top level of site</li> <li>- Instructor to coordinate first aid</li> <li>- Instructor to radio to main office to arrange for ambulance or extra assistance</li> <li>- Assess if activity can continue</li> </ul> <p><i>Entrapment</i></p> <ul style="list-style-type: none"> <li>- Instructor to follow procedure to release trapped item</li> </ul> <p><i>Other/ Minor Injury</i></p> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>
Impact injury (falling against wall, falling objects)	<ul style="list-style-type: none"> <li>- Slippery surface</li> <li>- Failure to apply instruction re: foot placement</li> <li>- Standing under abseiler</li> <li>- Dropping/dislodging objects</li> </ul>	<ul style="list-style-type: none"> <li>- Check surface before and during session</li> <li>- Listen attentively and follow instructions</li> <li>- Stand on other rock during abseil, or as instructed</li> <li>- Helmets to be worn under the abseil at all times</li> </ul>	<p>TS instructor</p> <p><b>Participants + Group leaders</b></p>	<p>Before or During</p> <p>During</p>	
Suspension Trauma	<ul style="list-style-type: none"> <li>- Prolonged hanging in a harness</li> <li>- Arresting a fall</li> </ul>	<ul style="list-style-type: none"> <li>- Lowering the abseiler as soon as it is safe to do so</li> <li>- Use of belay setup with sufficient dynamic movement to reduce sudden jolts</li> </ul>	<p>TS instructor+ TSCC</p>	<p>During</p> <p>Before</p>	
Entrapment (hair, clothing, fingers)	<ul style="list-style-type: none"> <li>- Inappropriate clothing</li> <li>- Long hair</li> <li>- Failure to apply instruction re: hand position</li> </ul>	<ul style="list-style-type: none"> <li>- Remove loose clothing</li> <li>- Tie back long hair</li> <li>- Listen attentively to instructions</li> </ul>	<p><b>Participants + Group leaders</b></p>	<p>Before &amp; during</p>	
Rope burn	<ul style="list-style-type: none"> <li>- Rappelling too fast</li> </ul>	<ul style="list-style-type: none"> <li>- Instructor controls descent speed</li> </ul>	<p>TS instructor</p>	<p>During</p>	
Exposure to elements (sun, wind, temperature)	<ul style="list-style-type: none"> <li>- Long periods out in the sun or wind and rain without correct clothes</li> </ul>	<ul style="list-style-type: none"> <li>- Move to an indoor Activity during "bad weather"</li> <li>- Ensure the group has adequate clothing</li> </ul>	<p>TS instructor</p> <p><b>Participants + Group leaders</b></p>	<p>Before</p> <p>Before &amp; During</p>	
Psychological harm	<ul style="list-style-type: none"> <li>- Fear of heights</li> <li>- Being bullied or forced to participate</li> </ul>	<ul style="list-style-type: none"> <li>- Challenge by choice</li> <li>- Group encouragement</li> </ul>	<p>TS instructor</p> <p><b>Participants + GL</b></p>	<p>During</p>	

Please note: The Instructor may cancel this activity at any time if conditions outlined in this SAP are not able to be achieved or maintained. **Serious Hazards are highlighted**