

## 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

Under 9yrs, No back injuries  
Pregnant women

RATIOS (not including instructor)  
1 adult : 12 students

| What could go wrong?<br>'The potential harm'             | What would cause it to go wrong?<br>'The hazard'   | How could we prevent it from going wrong?<br>'The mitigation'  | Responsibility of?   | When will it be done?  | Emergency Plan   |
|--|--|--|--|--|--|
| Death/serious injury<br>(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>TSSC<br/>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> |
| Impact injury<br>(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>  | <p><i>Entrapment</i></p> <ul style="list-style-type: none"> <li>- Instructor to follow procedure to release trapped item</li> </ul>  |
| 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+<br/>TSSC</p>   | <p>During</p> <p>Before</p>  | <p><i>Other/ Minor Injury</i></p> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>   |
| Entrapment<br>(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<br>(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**