

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
- ➡ Shoes (Recommended)

INSTRUCTOR...

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

RESTRICTIONS

- Over 5 years old
- No back injuries
- Not suitable for pregnant woman

RATIOS (not including instructor)  
1 adult : 12 students

What could go wrong? <b>'The potential harm'</b>	What would cause it to go wrong? <b>'The hazard'</b>	How could we prevent it from going wrong? <b>'The mitigation'</b>	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> </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 &amp; Helmet fitting as well as attachments</li> </ul>	<p>TSCC TS instructor</p> <p>TS instructor</p> <p><b>Participants + Group leaders</b></p>	<p>Before</p> <p>Prior to setup, monthly</p> <p>Beginning &amp; During</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 (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>- Falling 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 outside of bark area during abseil</li> </ul>	<p>TS instructor</p> <p><b>Participants + Group leaders</b></p> <p><b>Group leaders TS Instructor</b></p>	<p>Before or During</p> <p>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 climber 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+ Group leaders</p> <p>TSCC</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 injury (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>	<p><i>Other/ Minor Injury</i></p> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>
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*