

SAFETY ACTION PLAN

ACTIVITY: SENIOR ABSEIL

LOCATION: SENIOR ABSEIL

GROUP LEADER...	PARTICIPANTS...	INSTRUCTOR...	RESTRICTIONS
<ul style="list-style-type: none"> ➡ Disclose relevant medical conditions ➡ Fulfil responsibilities in SAP below ➡ Assist with harness fitting ➡ Responsible for overall group management 	<ul style="list-style-type: none"> ➡ Comfortable (but not loose) clothing ➡ Long hair tied back ➡ Swimming togs/clothes to get wet ➡ Shoes (that can get wet) 	<ul style="list-style-type: none"> ➡ Pass internal training and assessment program and hold nationally recognised abseiling qualification ➡ Current First Aid Certificate 	Under 9 years old, no back injuries, not Pregnant RATIOS (not including instructor)
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"> - Inadequate instruction - Failure to follow instruction re: procedures and boundaries - Equipment/anchor failure - Poorly fitted harness/helmet/incorrect attachments - Inversion - Client unable to swim - Flooded river - Extreme environmental event (Flooding, Earthquakes, Lightning & High Winds) 	<ul style="list-style-type: none"> - Instructors are suitably qualified - Clear instructions are given - Listen attentively and follow instructions - Regular inspections - Instructor to check harness and helmet fitting as well as all attachments - Chest harness to be worn if disproportional amount of body weight above harness - Unconfident swimmers shouldn't enter the water without a buoyancy aid - Supervising adult to monitor swimmers - Activity must not be run when river is in flood - Move to the emergency evacuation area 	TSCC TS instructor TS instructor Participants + Group leaders TS instructor Before Prior to setup, monthly Beginning & During During Before In the event
Impact injury (falling against wall, falling objects)	<ul style="list-style-type: none"> - Slippery surface - Failure to apply instruction re: foot placement - Standing under abseiler - Dropping/dislodging objects 	<ul style="list-style-type: none"> - Check surface before and during session - Listen attentively and follow instructions - Stand on other rock during abseil, or as instructed - Helmets to be worn under the abseil at all times 	TS instructor Participants + Group leaders Before or During During
Suspension Trauma	<ul style="list-style-type: none"> - Prolonged hanging in a harness - Arresting a fall 	<ul style="list-style-type: none"> - Lowering the abseiler as soon as it is safe to do so - Use of belay setup with sufficient dynamic movement to reduce sudden jolts 	TS instructor+ TSCC During Before
Entrapment (hair, clothing, fingers)	<ul style="list-style-type: none"> - Loose/baggy clothing - Long hair - Failure to apply instruction re: hand position 	<ul style="list-style-type: none"> - Remove loose clothing - Tie back long hair - Listen attentively to instructions 	Participants + Group leaders Before & during
Rope burn	<ul style="list-style-type: none"> - Rappelling too fast 	<ul style="list-style-type: none"> - Instructor controls descent speed 	TS instructor During
Exposure to elements (sun, wind, temperature)	<ul style="list-style-type: none"> - Long periods out in the sun or wind and rain without correct clothes - Lighting, heavy rain 	<ul style="list-style-type: none"> - Move to an indoor Activity during "bad weather" - Ensure the group has adequate clothing 	TS instructor Participants + Group leaders Before Before & During
Psychological harm	<ul style="list-style-type: none"> - Fear of heights - Being bullied or forced to participate 	<ul style="list-style-type: none"> - Challenge by choice - Group encouragement 	TS instructor Participants + GL During

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