

SAFE PARTICIPANT	VERTICAL SKILLS-ABSEILING
-------------------------	----------------------------------

CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
Pre-requisite	Complete checklists for OAS Vertical Stages 1-3. <i>This skill list for venturer age and above runs in conjunction with OAS stage 4-5 .</i> This checklist is based on SMR foundation skills 2022		
PREPN	I can select clothing, footwear and PPE suitable for abseiling and expected conditions		
	I can conduct equipment safety checks prior to abseiling or belaying.		
	<i>other notes:</i>		
risk and safety	I can explain safety procedures used during abseiling to protect myself and others.		
	I can identify the abseiling route, and any features that could impact direction of descent.		
	I can demonstrate that I know safety and emergency response procedures for abseiling.		
	<i>other notes:</i>		
Abseil single pitch	I can explain communication calls between abseiler and belayer before, during and after abseiling descents.		
	I can demonstrate how to attach descending devices to abseil rope and tie suitable knots for belaying, under direction.		

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
Abseil single pitch	I can demonstrate appropriate posture and abseiling techniques to safely descend, including avoiding hazards and correct use of safety procedures to minimise risk to self and others.		
	<i>other notes:</i>		
belay others	I can establish a belaying position, including attaching self to anchor, as required, to allow effective and safe use of the belay system.		
	I can demonstrate during belaying maintenance of rope tension to minimise fall distance and ensure abseiler movement is not unduly restricted.		
	I can explain how, whilst belaying, how to monitor abseiler progress constantly, and maintain clear communication with the abseiler.		
	I can arrest the fall of an abseiler using techniques suitable to the belay device and situation, and then allow them to resume descent under direction.		
	<i>other notes:</i>		
Logs	Log book has been updated.		

SUPERVISORS DETAILS*

INITIALS	CONTACT DETAILS	NAME