

<b>TRAINED PARTICIPANT</b>	<b>VERTICAL-ABSEILING</b>
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CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
Abseil single pitch	I can explain appropriate route identification on natural abseils.		
	I can explain techniques that minimise damage to equipment and the surface during abseils.		
self belay descent	I can demonstrate during belaying how to safely and efficiently secure an abseiler using tie off techniques, releasing the tie off and allowing the abseiler to continue.		
	I can attach myself to suitable belay device for descent with backup to maintain safety in the event of a fall (self belay).		
	I can demonstrate appropriate posture and abseiling techniques to execute a self belayed descent.		
	I can control a self belay system to execute safe and controlled descents.		
	I can demonstrate features of of back up belay system in the event of a fall to self arrest, self rescue, and complete descent.		
	SEE ADDITIONAL VERTICAL MOBILITY SKILLS		
Establish ropes for single pitch abseiling	I can explain and demonstrate natural anchor selection, taking into account loads, anchor stability, and minimising shock loading		
	I can choose appropriate descent and ascent routes for abseils.		
	I can identify safe access and exits from an abseiling pitch.		
	I can rig to minimise impact on the natural environment.		
	I can rig ropes to minimise effects of rope stretch and rub points and to allow efficient descent and ascent.		
	I can set up anchors and ropes to allow for rescue.		
	I can select and tie knots suitable for chosen systems.		

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
	I can explain and demonstrate correct usage of carabiners to avoid cross loading and mis-alignment.		
set up belays	I can choose abseiling and belay systems suitable for the abseil, environmental conditions, and participants.		
	I can explain and demonstrate choosing a belay system suitable for the abseil conditions and the participants.		
	I can select and tie appropriate knots, and rig ropes suitable for load and function within the belay system.		
	I can establish a belay from which the belayer is independent of the system.		
	I can establish a belay that maintains safety of belayer and abseiler, including locating to manage hazards.		
	I can assess the need for, and establish, a back up belay system.		
equipment	I know how to verify manufacturers recommendations, equipment limitations and safety margins, and rig equipment accordingly.		
	I can select other equipment to suit abseil requirements and participants.		
	I can complete safety and serviceability checks on equipment and tag faulty equipment according to Scouting procedures.		
safety	I can complete, and explain, safety check requirements.		
Logs	Log book has been updated.		

## SUPERVISORS DETAILS\*

INITIALS	CONTACT DETAILS	NAME