

OAS Progression of Scout Skills	VERTICAL STAGES 4-5
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CANDIDATE DETAILS	Name	Scout N.
	email	DoB:

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
<i>Stage 4. Introductory Abseiling</i>			
<i>Plan</i>	knows what makes a safe and unsafe vertical activity site		
	can prepare equipment, where required, for safe transportation to an activity location		
	can read an itinerary for a proposed vertical trip and understands what is required of them		
	know why and where I should wear a helmet for vertical activities		
	has completed all necessary personal and equipment safety checks, prior to commencing abseiling activity		
	can prepare a belay for a proposed vertical activity		
	knows how to care for, handle and store a climbing rope, harness and helmet		
	discussed different set-up techniques for abseils		
<i>Do</i>	familiar with the signs and symptoms of hypothermia and hyperthermia		
	revised knotting skills and. Can tie alpine butterfly, re-threaded figure-8, figure-8 on the bight, tape knot and prussik knot and use them correctly in the activity.		
	knows how wet conditions can effect my safety when abseiling		
	knows communication calls and script to follow between abseiler and belayer		
	have taken part in and logged a minimum of two abseiling sessions on different days		
	can thread a descending device onto abseil rope and clip onto the line safely		
	can demonstrate correct posture and technique while abseiling using single and double rope		
	has been top belayed on an abseil		
	ascend an abseil rope (prussik), including over an edge		
	can bottom belay another abseiler		
	have logged 10 or more abseils in different sessions by completion of stage 4		
<i>Review</i>	can identify improvements for future abseiling activities		
	checked equipment for damage and discussed if it needs to be repaired or replaced		
<i>Log</i>	My log book has been updated.		

Element	Skill to be demonstrated consistently	Date of assessment	Supervisor initials*
<i>Stage 5. Introductory abseiling</i>			
<i>Plan</i>	knows how to identify food and water requirements for day trips		
	can select routes that minimise damage to the environment		
	can identify possible hazards associated with abseiling activity and procedures to minimise risks, and take actions to minimise those risks		
	know where to get information about vertical equipment selection		
	can put together a simple abseil trip itinerary		
	can assist a stage 3 or below with their knotting skills, and show that you've learned two additional knots used in abseiling, since stage 4.		
<i>Do</i>	successfully completed a first aid course from a registered provider		
	can abseil using a self-belay on a simple abseil		
	can adjust and fit equipment to ensure personal comfort and safety		
	always demonstrate appropriate techniques to minimise damage to the environment while abseiling		
	has conducted an evaluation of relevant aspects of the abseiling activity		
	can list 6 places to find information to assist with planning an abseiling activity and what information to look		
	have undertaken at least 5 activity days of abseiling by the end of stage 5		
	have demonstrated the correct posture for beginning an abseil descent for a stage 3 (or below) abseiler		
	assisted in setting up absils at single pitch locations		
	assisted in setting up multiple types of belays for different abseil trips		
	belayed other scouts on different types of belays		
	can safely escape a belay while keeping the abseiler safe		
	knows how to pack up a rope correctly		
	completed a minimum of 20 abseils by the completion of stage 5		
<i>Review</i>	have given a presentation on an abseiling expedition you have completed to your unit or group		
<i>Log</i>	Log book has been updated.		

SUPERVISORS DETAILS*

INITIALS	CONTACT DETAILS	NAME