



Pathfinder's Name

Abseiling

1. a. List and explain the safety rules

- b. Explain the “dangers of falling” chart.

2. Explain the uses of the following knots:

Tape _____

Alpine butterfly _____

Figure of eight loop _____

Double fishermans _____

Prussik _____

Bowline _____

- 3. Draw the diagrams for the setting up of the following abseil descents:
 - a. Single rope technique

- b. Canyoning setup

- 4. Know the ways to identify safe anchors in various circumstances.

Trees _____

Boulders _____

Bollards _____

- 5. Explain the various verbal calls.

- 6. Explain the principle of belaying and the three methods used.

Give the advantages and disadvantages of each method:

| | Advantages | Disadvantages |
|------------------|-------------------------|-------------------------|
| Body belay | _____ _____ _____ | _____ _____ _____ |
| Mechanical belay | _____ _____ _____ | _____ _____ _____ |
| Base belay | _____ _____ _____ | _____ _____ _____ |

- 7. List the rules for care of ropes.

- 8. Explain the difference between dynamic and static rope.

- 9. Know the right type of equipment needed for abseiling.

- 10. Know the best way to store your ropes, e.g. coiling and chaining.

- 11. a. Know which descending device to use in different abseils.

- b. Give reasons why you chose that device

On/off time _____

Security _____

Heat _____

Versatility _____

- 12. Know about how to treat a patient for the following injuries:

Sprains _____

Concussion _____

Hypothermia _____

Broken bone _____

Shock _____

13. Explain how to perform the following rescues:

The pulley system _____

The change-over method _____

SECTION TWO-PRACTICAL

1. Pass the abseiling exam with a pass mark of 60%. The exam is available from the conference youth ministries office, or through the instructor.

Date of examine _____

Mark _____

2. Answer the questions on the following topics:

- a. Uses of the six abseiling knots
- b. What are, and give the meaning of the standard climbing calls
- c. Uses of various descenders
- d. Give seven rules for are of rope
- e. Give seven rules for safety
- f. Know about first aid and how to treat patients
- g. Give five ways to detect faults of ropes

3. Perform the following tasks:

- a. Tie the six knots
- b. Set up the single rope setup and canyoning setup
- c. Witness a cliff rescue demonstrated by the instructor
- d. Coil and chain a rope
- e. Set up the belay methods

4. From a minimum height of 10 meters, complete two abseils on each of the following devices, and know how to attach them to the rope:

- a. Whale tail
- b. Robot
- c. Harpoon (easy access)
- d. Figure of eight

- e. Piton-brake bar
- f. Rappel-rack
- g. Harpoon (conventional)
- h. Cross karabiner

- 5. Explain how to do the classic abseil, and over the shoulder abseil, for emergency use.

- 6. Be able to prussik a ten-meter cliff.

Abseiling, Advanced

- 1. Repeat the theory and practical requirements for the Abseiling Honor
Date completed _____
- 2. Pass the exam with 80% pass mark.
Date of examine _____
Mark _____
- 3. Abseil over a knot in the rope.
Date completed _____
- 4. Abseil over an overhand or cave.
Date completed _____
- 5. Demonstrate the pulley method of cliff rescue.

Abseiling, Instructor

- 1. Instruct how to abseil, being confident in every aspect of the Abseiling Honor.
Date completed _____
- 2. Demonstrate all the theory to a class.
Date completed _____
- 3. Teach abseiling first aid to a class.
Date completed _____
- 4. Lead at least two abseiling expeditions checking the safety of each individual.
Date completed _____
Date completed _____