

Open Vertical Mobility Weekend

5/11/22-6/11/22

Location: Bangor West (off Adaluma Ave)

Reg open: 17/9/22 Maximum number 20.

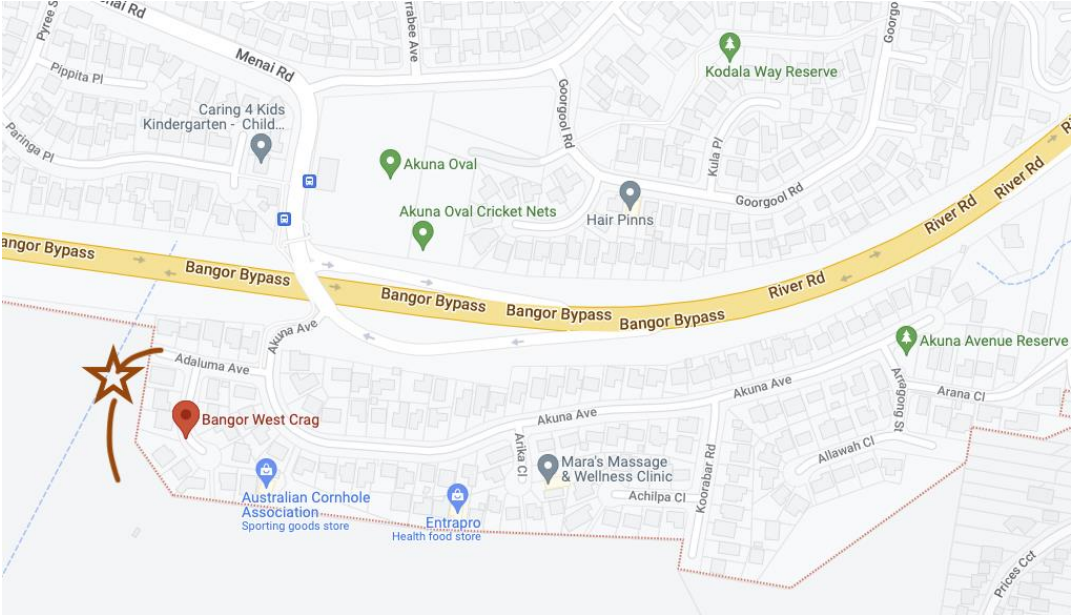
Close 29/10/22

Activity Leader: Marion Fisher, ph 0410534409

Monitor the forecast weather and prepare accordingly. If extreme events are anticipated, the activity may be cancelled at late notice (such as Fires, Total Fire Bans, or very strong winds). You will be contacted via the details you have registered.

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1. Planning	
Concept and Purpose	<p>Event Summary: PRACTISE vertical mobility skills on the rockface including self-rescue, and when competent, enjoy games (vertical mobility) where random challenges will be presented for solving.</p> <p>Pre-requisite SKILLS: MINIMUM Vertical Stage 4, or Safe Participant. This means the participants are competent abseilers.</p>
Background	<p>Event Description The aim is to master prussiking using different equipment and techniques, and then rockface mobility including ascent -descent, change ropes, cross knots etc. Rescue hierarchy will be discussed. As participants advance, on day 2 there will be games where random challenges will be presented for solving.</p>
Dates	Saturday 5 th November and Sunday 6 th November
Promo	SMR Activity Meeting
Location	<p>Alternate site planned: Bangor West (off Adaluma Avenue)</p>  <p><i>Because of ground conditions at present, Noorumba Girl Guide Camp is unsuitable.</i></p>
Pre-activity Actions	<p>Notifications for both Girl Guides and Scouts Promotion Registration</p>

2. Program Draft			
DAY 1			
time	mins	program	Notes
0800	15	Sign in	
0815	20	“Tool-box talk”, Expectations allocate teams (5 teams of 4)	Site and activity induction
0835	25	THEORY: review of ascending techniques and equipment	
0900	60	Gear inspections, 5 double drops to be set up	
1000	30	Check set-ups, Risk Assessment Review,	Commissioning of drops,
1030	120	Descent with mid-way lock off	descend, self-stop, lock off, then resume descent
		Prussic up and over	Review techniques and practise
		Half descent, then ascent	Requires lock-off mid descent, and switch to ascent
1230-1315	35 (+10)	LUNCH BREAK	
1315	20	Rescue hierarchy	Purpose: overview of level of intervention available, and the relative importance of self-rescue
1335	25	Rehearsal of rope change Rehearsal of knot crossing	(with feet on ground)
1400	90	Practical rope changes, cross knots	
1530	30	Cease activity, dismantle drops and log in used gear	
1600	15	Debrief -Post activity review	
1615		DEPART	
DAY 2			
time	mins	program	Notes
0800	15	Sign in	
0815	20	“Tool-box talk”, expectations team allocation	
0835	25	Review of day 1 learning, and personal goals discussion	
0900	45	Gear inspections, Set up drops (4-5 double drops)	
0945	15	Check set-ups, Risk Assessment Review,	Commissioning of drops,
1000	90	<i>Rehearsal</i> of skills if required <i>Practise</i> of skills	Self-evaluation of: lock off, self-belay, change direction, prussik, cross knot, change ropes then practical on rock-face
1130	60	Team games activity – combining above skills	
1230-1315	35 (+10)	LUNCH BREAK	
1315	75	More team games: Self-recovery and rescue scenarios	
1430	30	Cease activity	

		dismantle drops and log in used gear	
1500	20	Debrief -Post activity review	
1520		Depart	

3. Safety			
Safety	<p>Risk Assessment for site and activity is prepared and reviewed at start of activity. All team members sign off that they acknowledge and will comply. <i>See separate attachments for activity specific RAM (risk assessment and management)</i> During the Activity briefing, all participants participate in Risk Management discussion.</p>		
Contingencies	item	Possible Issue	Contingency Plan
	Rain	Wet, cold participants	Reminder for personal responsibility, appropriate clothing, evacuate
	Extreme Weather	Thunder storms with lightning, very strong winds	Stay sheltered until storm passes. Be aware of falling trees and branches, particularly angophora (Sydney redgums). Evacuate
	FIRE/CATASTROPHIC CONDITIONS	Call halt to proceedings as soon as conditions are apparent.	Arrange for assembly and evacuation below.
	Assembly	Agreed signals (Site induction)	long whistle or car horn, STOP WHAT YOU ARE DOING, and wait. Rapid short bursts – ASSEMBLE AT DESIGNATED AREA and await instruction.
	Incident	Injury on the rock-face Incident Reporting (as per relevant organisation's requirements) Media considerations	Assess situation If indicated, call for help (ambulance and/or police) location is the reserve at Adaluma Ave, Bangor West rescue / recovery, provide first aid Notify relevant organisation as per current policy
	Other issues	Unanticipated contingency	Any participant can go to one of the activity team who will decide or consult with the activity manager on the day.
	Evacuation	Early evacuation is required	Terminate activity. Assemble party, account for all attendees. Depart to cars
Emergency Plan	<p>The site has mobile phone coverage. If indicated, call for help (ambulance and/or police) location is the reserve at end Adaluma Ave, Bangor West rescue / recovery, provide first aid Notify relevant organisation as per current policy</p>		

4. Participants	
Participants	Members of Scouts NSW and Girl Guides are invited to participate but are required to have abseiling activity skills or qualifications at Stage 4 OAS or Safe Participant abseiler. The aim is to facilitate learning of skills and knowledge in relation to vertical mobility on ropes on the rockface.
Medical	Registration forms will be checked, and persons at risk with specific issues (such as anaphylaxis, diabetes) will be identified so that the team member who is working with them will be aware.
COVID	The activity is outdoors and the area is large (allowing distancing). Any changes required by Health Authorities will be implemented. Personal gear will be used.
Reasonable Adjustment	The individual needs of the attendees will be taken into account. Explanations and reassurance helps understanding. Participation in the vertical mobility activity is supported but not forced. Reasonable adjustments may be accommodated such as additional rehearsal.
Information for participants	<p>What you need to bring</p> <ul style="list-style-type: none"> • Notebook/method of recording skill development • packed morning tea & lunch, and water bottle • Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity • Insect repellent and sunscreen • Hair must be tied back • personal first aid kit <p>Bring your own full kit: (please notify organiser if gear hire is required at an additional cost)</p> <ul style="list-style-type: none"> • gloves • whistle and • prussik loops (minimum of three: one long and 2 short, or four short) • harness • helmet • at least 3 karabiners • descending device
costs	Activity supervisors (team) no cost Participants: \$ 8 ropes, group equipment usage & replacement (owned and registered with RockSchool SCAASF) (if required \$12 kit hire (helmet, harness, one crab, descender))

5. Environment

Minimum Environmental Impact	Use of formed tracks Tree protection Awareness of vegetation under-foot and along rope positions															
Weather	<p>Bangor NSW</p> <p>Weather averages</p> <p>Overview Graphs</p> <table border="1"> <thead> <tr> <th>Month</th> <th>High / Low (°C)</th> <th>Rain</th> </tr> </thead> <tbody> <tr> <td>September</td> <td>19° / 9°</td> <td>5 days</td> </tr> <tr> <td>October</td> <td>22° / 12°</td> <td>7 days</td> </tr> <tr> <td>November</td> <td>23° / 14°</td> <td>8 days</td> </tr> <tr> <td>December</td> <td>26° / 16°</td> <td>6 days</td> </tr> </tbody> </table> <p>https://www.google.com/search?q=bangor+NSW+climate&ei=AJBGY9qzJYSU3LUP0gOksAk&ved=0ahUKEwjas7WWt9r6AhUECrcAHdIRCZYQ4dUDCA4&uact=5&oq=bangor+NSW+climate&gs_l=Egdnd3Mtd2l6uAED-AEBMgcQIRigARgKMgcQIRigARgKMgcQIRigARgKwglKEAAYRjWBBiwA8ICDRAAGeCY1gQYsAMYyQPCAggQABiSaxiwA8ICAhAmwgIGEAAyFhgewgIIEAAYFhgeGARCAggQABgWGB4YD8ICBRAhGKABkAYJSP4IUPYZWPUkcAJ4AcgBAJABAJgBmwKgAc8KqgEFMC42LjHiAwQgQRgA4gMEIEYYAIGGAQ&scient=gws-wiz</p> <p>Specific forecasts viewed 2 days prior.</p>	Month	High / Low (°C)	Rain	September	19° / 9°	5 days	October	22° / 12°	7 days	November	23° / 14°	8 days	December	26° / 16°	6 days
Month	High / Low (°C)	Rain														
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Triggers for cancellation	Extreme Fire Danger for day and location. Fires in area. Storms with lightning. Winds at location greater than 30kph.															

6. Equipment

Group Equipment	Ropes, kits, hardware, rescue kits at owned and usage logged by the RockSchool Committee.	
	For this activity, all participants are required to bring their own personal gear consisting of the following	
Participant Equipment	<p>Abseiling gear</p> <ol style="list-style-type: none"> gloves whistle prussik loops harness helmet at least 3 karabiners descending device 	<p>Other:</p> <ol style="list-style-type: none"> 'paperwork' (permission notes, notebook) packed morning tea & lunch, and water bottle personal first aid kit Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity Insect repellent and sunscreen Hair must be tied back
Menu Plan	Self catering	

6. Equipment

Transport	Personal transport. Meet at site.
Communications	Personal mobile phones – signal in most areas

7. Leadership

Leaders	<ol style="list-style-type: none"> 1. Activity Leader Marion Fisher (Scouts), 2. Support/assistants: Other guide qualified vertical leaders
Qualifications	Current Activity Guide appointment for Scout personnel, Equivalent recognition of skills and qualifications for Guide personnel
Roles	

Appendix

Rescue hierarchy

There is a range of strategies that can be utilized to aid an abseiler who is in difficulty on the cliff face. There is a need to understand the strategies and their stage in the hierarchy in order to select the most appropriate rescue plan.

The steps fall into different levels of risk.

1. Pre-Rescue
2. Self recovery
3. Decision to Act –simple
4. Action –with additional assistance,

Elements for this activity (self recovery):

1. Risk hierarchy
2. Secure position
3. Signal others
4. Complete task
5. Evaluation

Skills:

1. Pre-Rescue
 - 1.1. Secure system (Lock off any moving parts)
 - 1.2. Assess situation –RISK ASSESSMENT – of all people, decision re most appropriate action.
2. Self recovery
 - 2.1. Secure position/lock off
 - 2.2. Plan action
 - 2.3. Complete action
3. Post-task
 - 3.1. Review outcome
 - 3.2. Reflect on process
 - 3.3. Modify as necessary

Scenarios for team games and rescue hierarchy

Rescue Plans Include leadership (teamwork and collaboration), situation and risk assessment, demonstrating knowledge of hierarchy, management and communication with abseiler .

Possible Scenarios:

1. Can be prompted for action (eg. problem "my shoe is coming off")
2. Glove jam
3. Hair jam
4. Rope doesn't reach the ground
5. Tangled (knot) in descent line
6. Exhaustion and exposure

Evaluation and Debrief

Participant Review Questions:

What went well?

What was something that you learned today?

What could have been done better? Other feedback?

Any verifications required?

LOG page

Team Debrief