

# PROCEDURE

## Vertical Adventurous Activities



Issued with the authority of the Chief Commissioner and Chief Executive Officer of Scouts NSW

Chief Commissioner		CEO signature	
Sponsor	Stave Commissioner Adventurous Activities	Originator	State Leader, Vertical Adventurous Activities
Document type	PROCEDURE	Date of issue	28 January 2022
Document code & no.	PRO74	Version number	V 3.0
Document title	Vertical Adventurous Activities	Due for review	January 2025

## Acknowledgement

As Scouts of Australia, we acknowledge Australia’s First Nations Peoples. We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of this land. We pay our respects to Elders past, present, and emerging. We’re grateful to do our Scouting in this country. We commit to use its resources wisely and develop our understanding of Aboriginal and Torres Strait Islander cultures. We also acknowledge any Aboriginal and Torres Strait Islander Scouts who are part of our movement today.

## Contents Overview

<b>1</b>	<b>Preface .....</b>	<b>3</b>
<b>2</b>	<b>Introduction .....</b>	<b>4</b>
<b>3</b>	<b>Management of Risk.....</b>	<b>6</b>
<b>4</b>	<b>Planning .....</b>	<b>6</b>
<b>5</b>	<b>Participants .....</b>	<b>7</b>
<b>6</b>	<b>Environment.....</b>	<b>8</b>
<b>7</b>	<b>Equipment.....</b>	<b>9</b>
<b>8</b>	<b>Leadership .....</b>	<b>11</b>
<b>9</b>	<b>Conduct of Activities .....</b>	<b>12</b>
<b>10</b>	<b>Glossary.....</b>	<b>14</b>
	<b>Appendix A – Youth Program Activity Guidelines .....</b>	<b>16</b>
	<b>Appendix B – Activity Conditions Definitions .....</b>	<b>29</b>

# 1 Preface

- 1.1 The Deputy Chief Commissioner (Youth and Program Support) or their delegate, The State Commissioner Adventurous Activities (**SC(AdvAct)**) issues and updates *PRO74 Vertical Procedure 'Vertical Procedure'*. They also issue and update *POL36 Adventurous Activities 'The Policy'*, *PRO75 Adventurous Activities Core Conduct Procedure 'The Procedure'* and related Procedures, on behalf of the Chief Commissioner.
- 1.2 **Adventurous Activities** within NSW follow the *Australian Adventure Activity Standards (AAAS)*. They also follow the Scouts Australia *National Adventure Activities Framework (NAAF)*. Read **Vertical Procedure** with the *AAAS* and the *AAAS Core Good Practice Guide* for further information.
- 1.3 *Annex D – Procedure Context and Related Documents* of **The Procedure** provides information about how **Vertical Procedure** fits into the Scouts NSW Policies and Australian Standards.

## Formatting Standards

- 1.4 Link or reference to an external document: *External Document*
- 1.5 Defined term that is defined in either the *Glossary* or in the text: **Defined Term**
- 1.6 Another Section in this document: *Another Section*

## 2 Introduction

- 2.1 This procedure, **Vertical Procedure** is a support document to **The Procedure** on the conduct of **Vertical Adventurous Activities (Vertical AA)**. It is designed to be read with **The Procedure**.
- 2.2 Relevant Australian Adventure Activity *Good Practices Guides* provide additional information, especially:
- *Climbing and Abseiling GPG*
  - *Canyoning GPG*
  - *Caving GPG*
- 2.3 Material in **The Procedure** from the *GPGs* is not repeated except where a definite Scouts NSW position exists. Further support materials and guidance will be published from time to time in vertical **Practice Guides** and **Practice Notes**. Ensure that you have all these documents on hand when you are planning a **Vertical AA**.

### Vertical Adventurous Activities

- 2.4 **Vertical AA** are defined within Scouts NSW as any of the following activities:
- **Abseiling:** Descending vertical or near vertical natural surfaces or artificial surfaces using ropes and descending friction devices to manage descent (also known as rappelling). Abseiling can occur on a single-pitch or multi-pitch. In most situations, abseiling involves descending a rope down a vertical or near vertical surface. Skills such as ascending ropes using prusiking and mechanical ascenders are included within Abseiling.
  - **Canyoning:** Descent and/or ascent of geological formations created by a watercourse using a range of techniques. These formations can range from open sided waterways to deep, narrow, steep-sided valley, often have vertical walls, cliffs, and waterfalls. The cleft between these walls is the result from weathering and water erosion over geologic timescales. This creates a watercourse, which can be perennial or intermittent resulting in “wet” and “dry” canyoning and the possibility of rapid changes in water level and flooding occurring.  
  
Depending on terrain, a canyon may present opportunities for horizontal and/or vertical canyoning.
  - **Caving:** Entering and/or moving through an underground passage and/or cavern created by natural geological processes. The underground passages and/or caverns are called caves. A cave may have passages and/or caverns of varying sizes and complexity. The common feature is the total absence of light and communication difficulty with the surface beyond the entrance of the cave. Other challenges involved in entering and/or moving through caves include a limited ability to see terrain where to step, negotiation of vertical climbs and drops, tight squeezes and water hazards.

Depending on the terrain features, caves may present opportunities for horizontal and/or vertical caving.

- **Climbing:** Ascending, traversing or descending vertical or near vertical natural surfaces or artificial surfaces. The term rock climbing is also used for climbing on natural surfaces and at times used to describe climbing on artificial surfaces. Within Scouts, climbing may include ascending a fixed rope and climbing in climbing indoors (e.g. climbing gyms). Climbing can include top rope climbing, lead climbing and bouldering.
- **Bouldering:** A form of climbing, limited in height, and for which fall safety can be achieved by providing an impact absorbing system and a spotter providing control of a fall, or by a combination of these measures. Scouts NSW limits bouldering to being less than four meters (measured to the top of the head) above the ground.

2.5 The use of safety equipment such as bouldering mats (aka crash pads) and a spotter for bouldering, rather than a belay system, is a fundamental requirement of all rock activities.

2.6 **Vertical AA** also include several “game activities”. These include **crate stacking** where an individual is suspended in a harness and builds a stake of crates that they progressively build higher, **sock wrestling** where two individuals are suspended a short distance above the ground in harness a short distance apart and then proceed to wrestle, and **slack lining** where an individual attempts to traverse a tight strap a short way above the ground.

## Excluded Activities

2.7 The following vertical activities are **not permitted** within Scouts NSW, unless specifically authorised by SC(AdvAct):

- Ice Climbing
- Mountaineering
- Free Solo Climbing
- Simul Climbing
- Simul Abseiling

## Commercial Activities

2.8 Some activities (such as climbing in a gym) may be provided as **Commercial Activities**. Where this is the case, the activity can proceed in accordance with provisions within *PRO63 Commercial Activities*.

## Related Activities

2.9 Often, **Vertical AA** combine with other activity disciplines. When this is the case, the procedure for that discipline must also be followed. For example, a canyoning trip may require a bushwalk to reach the canyon.

- 2.10 Likewise, improvised ropes may be used on short scrambles in bushwalks. In this latter case, **Vertical Procedure** applies where applicable.
- 2.11 Challenge ropes, and high lining are covered in *PRO42 Challenge Ropes*.

## Authorised Leaders

- 2.12 Only appointed NSW **Adventurous Activity Guides (AAGs)** may run **Vertical AA** within NSW, with the following exceptions:
- **Game Activities which include Sock wrestling, crate stacking and slack lining** – Trained Participant Abseiling, Canyoning, Caving or Climbing may run these activities.
- 2.13 Compliance with **The Policy**, **The Procedure** and **Vertical Procedure** is mandatory for all members of NSW and for all **Vertical AA** unless specifically and individually exempted, in writing, by the Chief Commissioner or their authorised delegate.

## 3 Management of Risk

- 3.1 Refer to *PRO75 Adventurous Activity Core Conduct Procedure* for details on how to manage risk on **AA**.

### Additional Considerations

- 3.2 A **Standard Risk Assessment** exists for **Vertical AA** which captures the typical hazards and risks and appropriate controls. This is based on leading practice and experience, and it is mandatory to use this assessment as the base for all vertical **Activity Risk Assessments**.

## 4 Planning

- 4.1 Refer to **The Procedure** for details on how to plan **AA**.

### Additional Considerations

- 4.2 Most Vertical Adventurous Activities require a significant amount of equipment that is heavy and bulky. Consider how to move and handle this equipment from transport to the activity site.
- 4.3 A pre-determined **Rescue Plan**, which details roles and techniques required in the event of an emergency, must be in place and detailed in the overall Emergency Plan. Before commencing the activity, all **Activity Leaders** and **Participants** must be briefed on roles and rescue processes.

### Abseiling and Climbing

- 4.4 Abseiling and climbing specific planning considerations include:
- Surface materials and soundness of features and anchors, especially bolts

- Waiting and shade areas
- Entry / Exit routes from the bottom of the abseil / climb
- Additional supervision roles required
- Emergency Management should consider harness suspension trauma
- Leader competences around especially rescue systems

## Canyoning

4.5 Canyoning specific planning considerations include:

- Geology and features including obstacles
- Water levels, catchment sizes and rain fall
- Escape points in the canyon
- Water hazards and hypothermia
- Communications difficulties in the canyon
- Contention with other parties in the canyon
- Specific techniques required: abseiling, jumping, swimming, and sliding
- Equipment and bulk

## Caving

4.6 Caving specific planning considerations include:

- Environmental impact
- Cave hazards such as foul air, pathogens, flooding, rock stability.
- Obstacles (e.g. squeezes) and party condition.
- Vertical ascent by climbing, ladder, prusiking and/or single rope technique (SRT).
- Navigation within the cave.

# 5 Participants

5.1 Refer to **The Procedure** for high level participant guidance for **AA**.

5.2 All Youth members may participate in **Vertical AA** in accordance with the Youth Program, with *Appendix A – Youth Program Activity Guidance* providing guidance on the activities that a Youth member at various OAS levels may undertake. *Refer to Appendix B – Activity Condition Definitions* which describes what to expect for a Basic, Intermediate and Advanced activity.

## Additional Considerations

- 5.3 Participants should be appropriately briefed on the correct clothing and equipment required which will vary based on the activity. Care should be taken to understand any concerns participants may have with heights or confined spaces. Further, participants should be briefed on hair, jewellery, and other entanglement hazards.
- 5.4 During abseiling, the **Competent Person** managing a rope or belay must maintain 1:1 undivided attention to the **Participant** on that rope that they are managing or belaying.
- 5.5 Total participant numbers and associated ratios, should consider environmental impact, restrictions placed on party size by land owners (for example, NSW NPWS may restrict party sizes in canyons, the objective of the activity, and the competence of the party overall.

## 6 Environment

- 6.1 Refer to **The Procedure** for high level environment guidance for **AA**.

### Additional Considerations

- 6.2 Scouts Australia Environment Charter should be observed; in particular protecting biodiversity and reducing environmental impacts. Scouts do not install permanent anchors without land owner approval.
- 6.3 Where trees are used as anchors tree protection must be considered. Procedures to reduce impact may include but are not limited to tree protectors including carpet or similar and/or wide tape slings.
- 6.4 Use geological features or artificial anchors (where installed) in preference to living trees.
- 6.5 Sandstone, particularly in the Sydney Basin, becomes soft and brittle after rain and when water logged. Consideration of site suitability must include the risk of significant damage to cliffs and cliff edges after rain.
- 6.6 Protection of cliff edges and ropes should be considered using edge protection measures.
- 6.7 The removal of hazards including rocks, sticks or similar may be required. The modification of natural surfaces or removal of natural features should only be carried out with the permission of the Land Owner or Land Manager.
- 6.8 The removal of selected rock surface vegetation is to be avoided.
- 6.9 It is considered good practice to clean footwear and equipment to avoid the spread of soil borne pathogens (e.g. phytosphthora).
- 6.10 The removal and replacement of old anchor materials (tapes, slings, ropes etc) and removal of other rubbish from the environment is a part of the Scouts Australia Environmental Charter.
- 6.11 Waste must be disposed of properly and may include but is not limited to;
  - Human and personal hygiene waste



- Food and general waste

6.12 All **Vertical AA**, including horizontal canyons, cave trips, abseils and climbs should be reassessed after periods of prolonged rain and/or where the potential for flash flooding is possible.

## Additional Considerations Caving Specific

6.13 The Australian Speleological Federation (ASF) can provide information on current environmental issues (e.g. White Nose Syndrome) and has a minimum impact caving code.

6.14 Minimise disturbance near streams, in entrances, or in muddy areas and move in way that avoids stirring up dust clouds.

6.15 Avoid touching, walking or crawling on cave deposits or features that may get damaged (e.g. drip holes, stream sediments, paleosols, crusts, flowstone, cave pearls, bone material, potential archaeological sites, cave fauna, speleothems, crystal weathering, evaporitic deposits, tree roots, soil cones, etc.)

6.16 Consideration of procedures to prevent introducing or transporting non-native species should be considered.

6.17 The appropriate washing of caving clothing, boots and relevant equipment is encouraged after every trip to minimise the spread of bacteria, fungi and non-native species.

## 7 Equipment

7.1 Refer to **The Procedure** for high level equipment guidance for **AA**.

### Additional Considerations

7.2 The following standard equipment is mandatory for all rock activities:

- Helmets must be worn for all **Vertical AA**, with the exceptions of slack lining and bouldering. Helmets must have a 4-point attachment system and be appropriate for the activity. Information on helmet standards is found in the respective **AAAS GPGs** for **Vertical AA**.
- Harnesses to meet appropriate recreational standards. Information on harness standards can be found in the respective **AAAS GPGs** for **Vertical AA**. Harnesses must be worn at appropriate times during all **Vertical AA** (including indoor climbing) except for bouldering and slack lining. Harnesses must be activity appropriate and correctly fit participants, with alternatives such as full body or additional chest harnesses considered for smaller, or larger, participants.

7.3 Ropes and all protective equipment (karabiners, slings, hardware) must meet appropriate recreation standards. Further information on standards can be found in the respective **AAAS GPGs** for **Vertical AA**. Equipment should be used according to manufacturers' specifications and Scouts NSW **Practice Guides**. Anchor systems and belay systems must be rigged for a timely and effective rescue.

- 7.4 An additional rope, equivalent to that required for the longest pitch should be carried and ready to use for rescue, if needed.
- 7.5 Rescue equipment, such as pulleys, ascenders, and belay devices, suitable for the activity, shall be located where it is deployable within a reasonable time frame for rescue.
- 7.6 A first aid kit appropriate to the activity context, level of training and qualification must be at the activity site.
- 7.7 Communication Equipment appropriate to the activity context must be available. This may include mobile phone, satellite phone, UHF radio and/or Personal Location Beacon (PLB).
- 7.8 Appropriate clothing (including personal thermal protection) should be worn or carried for the expected and foreseeable conditions.
- 7.9 In situations where participants complete any connection to a harness, the connector or knot must be checked by a **Competent Person**.
- 7.10 Dynamic rope must be used as the belay rope when:
- Lead climbing
  - A **Fall Factor** is likely to approach or exceed 0.3
- 7.11 Dynamic rope should be used for:
- Lanyards (e.g. 'cows tails') when used at or above anchor heights.
- 7.12 Activity equipment must be stored in accordance with the manufacturer's recommendations or instructions.
- 7.13 Wearing gloves when participating in vertical activities is highly recommended when ropes are running through hands. **Dependant Participants** must wear gloves. Gloves must be appropriate for the task and of a suitable fit.

## Equipment Canyoning

- 7.14 Each person must have:
- Appropriate thermal protection (thermal clothing, windproof jacket, wet suit, beanie, gloves, booties).
  - Suitable equipment for carrying out general waste, human waste and personal hygiene waste.
  - Whistle for communicating and emergency.
- 7.15 **Competent Persons** must carry:
- Rescue equipment including – knife, vertical rescue equipment. In some situations a throw-bag, heat sources (e.g. stove, high energy foods), shelter should be considered.
- 7.16 Abseils in running waterfalls with high water flow or into standing pools must use releasable abseil systems.

- 7.17 The use of retrievable anchors such as “Fiddlestick” type products in combination with pull cords in canyoning is considered high risk by Scouts NSW and these techniques must not be used.

## Equipment Caving

- 7.18 Each person must have:
- A primary light source – attached to the helmet.
  - A secondary light source – which should be able to be attached to the helmet and must not be a chemical light stick.
  - An appropriate helmet.
  - Any handheld light sources should have a wrist strap.
  - Flares must not be used.
- 7.19 Abseil systems and belay systems must be rigged for a timely and effective rescue.

## 8 Leadership

- 8.1 Refer to The Procedure for high level leadership guidance for Adventurous Activities.

### Additional Considerations

- 8.2 Appropriate supervision must be provided, at all times. The number of participants permitted to actively participate in an activity must be limited by the number the **AAGs** can provide with direct supervision, to deal with all aspects of the activity.
- 8.3 The minimum leadership numbers for any activity are an **AAG** and at least one other **Competent Person** and must consider 2 deep leadership principles. Supporting roles (eg group management) must be included in the **Activity Plan**. Ultimately, ratios should be determined during activity planning and consider risk. Ratios, as set in the **Activity Plan**, should not be exceeded.
- 8.4 Considerations which will drive **AAG** to participant ratios include:
- **Activity Objective:** If the objective of the activity is to mentor and build skills in Participants as they progress toward being **AAG**, the supervising **AAG** will be able to supervise a reduced number of Participants.
  - **Activity Difficulty:** If the activity is considerably difficult, or if there are challenges with time and the speed required, consider both a smaller party and a lower ratio. *Refer to Appendix B – Activity Condition Definitions* which describes what can be anticipated for a Basic, Intermediate and Advanced activity.
  - **Party Capability:** A highly capable party (for example, a party of peers or near peers) could run with a higher ratio. Likewise, a party of mostly novices will require a lower ratio.

- **Span of Control:** A single person can effectively and directly manage a limited number of people. This is typically between 2 and 10 depending on the level of coaching, mentoring and direction required.
- **Other Roles:** On some activities, several other supporting Leaders may provide other roles to support the **AAG**. This could include a Leader managing nonparticipating people away from an abseil point. In total, the participant ratio here could be quite large and allow the **AAG** to devote 1:1 attention on the participant they are working with at that time.
- **AAG Experience and Capability:** A more experienced **AAG** can support a higher ratio.
- **Redundancy:** The need to have redundancy in leadership and technical skills may drive lower ratios. At all times, ensure there is sufficient redundancy for **AAG** in **Vertical AA**. Redundancy should address concerns of **AAG** fatigue or incapacitation.

8.5 The relevant *AAAS Good Practices Guides* provide further guidance and considerations for determining group size and supervision requirements.

## Supervision

8.6 All **Vertical AA** must be delivered under **Direct Supervision** of a Scouts NSW Appointed **AAG**. Where it is reasonable for groups to be split up on an activity, a **Competent Person** may be in charge of the separated group, out of sight of the **AAG**, but this is still be considered under **Direct Supervision**.

## Skills Currency

8.7 To retain leadership qualification, all **AAGs** must complete the following on an annual basis:

8.7.1. Annual rescue and skills training and re-certification. Skills assessed include personal self-rescue situations appropriate to the vertical discipline, and the demonstration of rescue scenarios from one or all the units: Perform Vertical Rescues, Perform Complex Vertical Rescues, and Perform Basic Water Rescues.

8.7.2. Lead 3 activities in discipline area.

8.8 All **AAGs** are further expected to keep their knowledge of their respective disciplines current, including emergency coordination.

# 9 Conduct of Activities

9.1 Refer to **The Procedure** for high level conduct guidance for **AA**.

## Additional Briefing Considerations

9.2 The following additional items should be considered for vertical activity briefings:

- Safe access and egress of activity site

- Identifying - On Rope Zones, Safe Zones and No-Go Zones
- Site specific hazards and risks
- The correct fitting and use of personal equipment and that this is to be checked before use
- The correct use of the belay systems and other any other fall protection systems
- Appropriate technique(s) for the activity

## Safe Activity Practices

- 9.3 The following practices are mandatory, unless otherwise indicated.
- 9.4 Personal safety checks, verbal and visual, must be completed for every participant, for every ascent or descent. For example, “ABCDE” check.
- 9.5 Specific roles, determined in the **Activity Plan**, addressing safety must be assigned, especially for large groups. For example, Safety Officer, First Aid Officer
- 9.6 In situations where falls could occur, safety lines, belays, or other fall protection system are required. For example, safety mats (bouldering), or hand lines (canyoning) may be suitable safe practices. Where a belay system is required, it must be operated by a **Competent Person**.
- 9.7 Types of belay systems appropriate to participant experience are detailed in *Appendix A - Youth Program Guidelines*.
- 9.8 High risk ‘stunt’ techniques are not permitted. Star jumps and abseil races are examples of stunt activities. If unsure whether an activity would be considered a ‘stunt’, document the activity in the **Activity Plan**, conduct and document and **Activity Risk Assessment** and review with the relevant approver.
- 9.9 Releasable abseil systems should be considered for abseiling activities. The **Activity Plan** and **Activity Risk Assessment** coupled with a site evaluation will determine the appropriate system for the specific activity.
- 9.10 All releasable abseil systems must be hard locked with a recommended system unless the activity context requires a different solution for activity safety. Whilst there are numerous methods which could be utilised, some common methods would include:
- Locking off the as per the manufacturer’s instructions.
  - Utilising a mule hitch and finishing with an overhand knot with the overhand knot loop clipped onto the anchor or the abseil line.
- 9.11 There is the risk of loss of control when releasable abseil systems are placed into lowering mode. The use of a VT prusik, autoblock or another belay method should be considered to minimise this risk when releasable abseil systems are placed into lowering mode.
- 9.12 Mobile climbing walls with auto belay devices (once set up and checked by appropriately qualified personnel) may be supervised by a person qualified to minimum Trained Participant Abseil, or successful completion of Scouts NSW Climbing Wall Induction training course. This person is responsible for ensuring that participants are using

appropriate safety equipment, that the activity is conducted safely, and that the climbing wall is operated within manufacture guidelines. An adult holding minimum Provide First Aid qualifications must also be in attendance.

9.13 Bouldering has an inherently higher risk of falls (from a low height):

- Bouldering surface must be assessed prior to use
- All bouldering activities must include a minimum 1:1 spotter
- Where the bouldering fall is more than 1 metre, or moves are complex and a single spotter will not meet safety requirements, then multiple spotters and appropriate bouldering mats or crash pads must be used
- Steep overhangs or highly uneven surfaces may require the use of a helmet, and the use of multiple crash pads and spotters is recommended.

## 10 Glossary

- 10.1 **Activity Briefing** – A comprehensive brief on the activity before it commences. Includes the Leaders and Participants (usually delivered separately). It should ensure that the **Activity Plan** and **Activity Risk Assessment** is well understood by all involved Leaders. The **Activity Briefing** should also detail any risks previously not identified are captured and addressed. It should ensure that roles are understood and that everyone understands the activity objectives, equipment, and techniques.
- 10.2 **Activity Notification** – Historically, the E1 Parts I to III documentation but increasingly, provided through electronic means such as Operoo and Folio **ANS**.
- 10.3 **Activity Plan** – A document that outlines how an activity will run and may include details such as: location, emergency response, participant roles, logistics, communications, transportation, weather, and budgets.
- 10.4 **Activity Risk Assessment** – The specific risk assessment for an activity which is developed by adjusting the **Standard Risk Assessment** considering the context of the activity.
- 10.5 **Adventurous Activities (AA)** – typically outdoor pursuits requiring a level of skill to engage. An activity which has inherent risks and uncontrolled hazards, usually in a natural environment. The range of activities that are covered by **The Procedure** and related procedures are based on the OAS areas in the Program as well as, but not exclusively, Archery, Flying Fox, Challenge Ropes and Motoring.
- 10.6 **Competent Person** – Is an appointed NSW AAG or **Activity Specialist**. It may also be an **Adventurous Activity Assistant Guide** or a **Trained Participant** under direction and **Direct Supervision** of an **AAG**. Further, it may be a Youth member who in *Appendix A* holds skills in the Intermediate or advanced category under direction and **Direct Supervision** of an **AAG**.
- 10.7 **Dependant Participant** – a person who has little or no experience in the activity and therefore depends on the **AAG** for supervision, guidance, and instruction to facilitate their safe participation in the activity. A youth member under the age of 18 is a **Dependant Participant**.

- 10.8 **Fall Factor** – To calculate a fall factor you divide the distance fallen by the length of rope in the system. For example, if a person falls 2 metres and they have 1 metre of rope in the system, then the fall factor would be 2. Refer *Climbing and Abseiling GPG* for further detail.
- 10.9 **Hard Lock** – (in reference to Releasable Anchors) Any technique which secures the non-abseil rope side of an abseil system (slack rope used for lowering) to prevent slip or running. Examples include Mule Overhand or another stopper knot and it is recommended practice to clip the loop from the Overhand, to the abseil line or the anchor using a carabiner.
- 10.10 **Practice Guide** – A collection of current leading and standard practices, approved equipment and techniques for a specific discipline which should be reviewed and applied subject to a specific activity. Is expected to be updated quarterly and is practice guidance for the conduct of adventurous activities. It may include both mandatory and suggested elements.
- 10.11 **Practice Note** – A short, typically urgent, communication on a single topic that is required guidance to all **Adventurous Activity Leaders**.
- 10.12 **Standard Risk Assessment** – a risk assessment developed based on consideration of leading practice understanding of the key typical risks on a specific activity discipline. Considers what are the recommended mitigations and approaches.

## Appendix A – Youth Program Activity Guidelines

<b>Youth Program Abseiling Activity Guidelines</b>			
	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Youth Members</b> <b>Outdoor</b> <b>Adventure Skills</b> <b>(OAS)</b>	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
Supervisor	All abseiling activities are under the control/supervision of a NSW Branch Appointed Abseiling Guide or higher holding (VET – Lead Abseiling) or higher.		
Level of Training	Participants at this level shall receive prior to the commencement of the activity training in: Basic vertical techniques. Use of equipment. Safe working procedures. Self- checking procedures. Communication procedures.	Participants with OAS stages 5, 6 or 7 have received internal Scout training for the relevant activity. Mentors would continue to provide training and skills development to participants at this level. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert II in Outdoor Recreation. Participants at this level may be working on a Cert III in Outdoor Leadership with a specialisation in a relevant activity area.	Participants with OAS stages 8 or 9 have received a range of internal Scout training for the relevant activity. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert III or IV in Outdoor Leadership with a specialisation in the relevant activity area (abseiling, canyoning, caving, rock climbing or pioneering).
Participation:-	Prior to OAS Stage 4 participants may have acquired sufficient skills to be able to operate a bottom brake belay. The operation of a belay to be under the supervision of a person at Intermediate or higher level.	Assist with the preparation of equipment and participants. Assist with the safety of the activity. This may include understanding the prepared risk assessment and emergency plans, assisting with ensuring safe conduct of the activity,	Complying with organisational policies & procedures. Develop activity plan and risk assessment. Preparing notifications Prepare equipment and participants.
File name	PRO74 Adventurous Activity - Vertical Procedure V3.0.0		page 16 of 33.



## Youth Program Abseiling Activity Guidelines

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Youth Members</b> <b>Outdoor</b> <b>Adventure Skills</b> <b>(OAS)</b>	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
	<p>From OAS Stage 4 participants have sufficient skills to:</p> <ul style="list-style-type: none"> <li>fit personnel protective abseil equipment used in abseiling activities;</li> <li>care for personnel equipment;</li> <li>attach abseil devices to abseil ropes;</li> <li>be safe around cliffs and to prevent falls;</li> <li>clip themselves to a safety line or system;</li> <li>carry out personal self checking prior to approaching cliff edges and/or abseiling;</li> <li>implement standard communications used in abseiling activities;</li> <li>demonstrate the correct abseil posture and technique;</li> <li>belay other participants whilst they are abseiling.</li> </ul> <p>Ascend a rope including over an edge</p>	<p>advising the activity leader of hazardous situations.</p> <p>With assistance from a more experienced person select route and equipment suitable for the vertical activity being undertaken</p> <p>With assistance from a more experienced person rig ropes for abseil pitches (or other vertical activity) and belay systems.</p> <p>Managing cliff edge and safe dispatch of participants including completing safety checks.</p> <p>Operate belays which may include top rope belays, bottom brake and self belay.</p> <p>With assistance from a more experienced person, brief participants for the activity and assist with the demonstration of techniques required.</p> <p>Provide demonstrations and instruction whilst belaying or managing cliff edges and safe dispatch of participants on rock techniques to be used. This may include belay techniques, vertical techniques (including abseil techniques), descent route to follow.</p>	<p>Lead and supervise relevant vertical activity.</p> <p>Manage safety of the activity. This may include completion of activity plans, risk assessment, ensuring safe conduct of the activity, responding to hazardous situations, amending activity if risk is unacceptable, responding to emergency situations</p> <p>Completing post activity responsibilities.</p> <p>Review/evaluate activity with participants and personnel.</p> <p>Select route and equipment suitable for the vertical activity being undertaken.</p> <p>Assess anchors for abseil and belay systems.</p> <p>Rig ropes for abseil and belay systems.</p> <p>Determine rescue requirements and ensure preparation.</p> <p>Establish systems for vertical rescue.</p> <p>Descend and ascend a pitch using single rope techniques.</p> <p>Rescue others and self.</p>

## Youth Program Abseiling Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
			<p>Managing cliff edge and safe dispatch of participants including safety checks. Operate belays which may include top rope belays, bottom brake and self belays.</p> <p>Brief participants for the activity and demonstrate techniques required. This may include safety procedures, site behaviour, on rope zone, safe zone and no go zone, communications, abseiling and belaying techniques, checking equipment.</p> <p>Provide demonstration and instruction during activity. This may include confirming instructions given to participants, advising on the vertical techniques to be used, description and demonstration of correct vertical techniques, encouraging questions and monitoring performance of participants. Assist and instruct participants about how to perform self-checks prior to abseil descents.</p>

## Youth Program Abseiling Activity Guidelines

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
Specific Controls	Top rope belay should be provided.	NIL	NIL

## Youth Program Canyoning Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
Supervisor	All canyoning activities are under the control/supervision of a NSW Branch Appointed Canyoning Guide or higher holding (VET – Lead Canyoning) or higher.		
Level of Training	Participants at this level shall receive prior to the commencement of the activity training in: Basic vertical techniques. Use of equipment. Safe working procedures. Self- checking procedures. Communication procedures.	Participants with OAS stages 5, 6 or 7 have received internal Scout training for the relevant activity. Mentors would continue to provide training and skills development to participants at this level. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert II in Outdoor Recreation. Participants at this level may be working on a Cert III in Outdoor Leadership with a specialisation in a relevant activity area.	Participants with OAS stages 8 or 9 have received a range of internal Scout training for the relevant activity. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert III or IV in Outdoor Leadership with a specialisation in the relevant activity area (abseiling, canyoning, caving, rock climbing or pioneering).
Specific Controls	Restricted to Easy to Intermediate Canyons.	Stage 5 Restricted to Easy to Intermediate Canyons. Stages 6 and 7 may undertake intermediate to advanced trips.	May participate also in Intermediate to Advanced Canyons.
Participation:-	Prior to OAS Stage 4 participants may have acquired sufficient skills to be able to operate a bottom brake belay. The operation of a belay to be under the supervision of a person at Intermediate or higher level.	Assist with the preparation of equipment and participants. Assist with the safety of the activity. This may include understanding the prepared risk assessment and emergency plans, assisting with ensuring safe conduct of the activity,	Complying with organisational policies & procedures. Develop activity plan and risk assessment. Preparing notifications Prepare equipment and participants.

## Youth Program Canyoning Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
	<p>From OAS Stage 4 participants have sufficient skills to:</p> <ul style="list-style-type: none"> <li>fit personnel protective abseil equipment used in canyoning activities;</li> <li>care for personnel equipment;</li> <li>attach abseil devices to abseil ropes;</li> <li>be safe around cliffs and to prevent falls;</li> <li>clip themselves to a safety line or system;</li> <li>carry out personal self checking prior to approaching cliff edges and/or abseiling/canyoning;</li> <li>implement standard communications used in abseiling/canyoning activities;</li> <li>demonstrate the correct abseil posture and technique;</li> <li>belay other participants whilst they are abseiling/canyoning.</li> </ul> <p>Ascend a rope including over an edge</p>	<p>advising the activity leader of hazardous situations.</p> <p>With assistance from a more experienced person select route and equipment suitable for the vertical activity being undertaken</p> <p>With assistance from a more experienced person rig ropes for abseil pitches (or other vertical activity) and belay systems.</p> <p>Managing cliff edge and safe dispatch of participants including completing safety checks.</p> <p>Operate belays which may include top rope belays, bottom brake and self belay.</p> <p>With assistance from a more experienced person, brief participants for the activity and assist with the demonstration of techniques required.</p> <p>Provide demonstrations and instruction whilst belaying or managing cliff edges and safe dispatch of participants on rock techniques to be used. This may include belay techniques, vertical techniques (including abseil techniques), descent route to follow.</p>	<p>Lead and supervise relevant vertical activity.</p> <p>Manage safety of the activity. This may include completion of activity plans, risk assessment, ensuring safe conduct of the activity, responding to hazardous situations, amending activity if risk is unacceptable, responding to emergency situations</p> <p>Completing post activity responsibilities.</p> <p>Review/evaluate activity with participants and personnel.</p> <p>Select route and equipment suitable for the vertical activity being undertaken.</p> <p>Assess anchors for abseil and belay systems.</p> <p>Rig ropes for abseil and belay systems.</p> <p>Determine rescue requirements and ensure preparation.</p> <p>Establish systems for vertical rescue.</p> <p>Descend and ascend a pitch using single rope techniques.</p> <p>Rescue others and self.</p>

## Youth Program Canyoning Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 4.</b>	<b>OAS Stages 5, 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
			<p>Managing cliff edge and safe dispatch of participants including safety checks. Operate belays which may include top rope belays, bottom brake and self belays.</p> <p>Brief participants for the activity and demonstrate techniques required. This may include safety procedures, site behaviour, on rope zone, safe zone and no go zone, communications, abseiling and belaying techniques, checking equipment.</p> <p>Provide demonstration and instruction during activity. This may include confirming instructions given to participants, advising on the vertical techniques to be used, description and demonstration of correct vertical techniques, encouraging questions and monitoring performance of participants. Assist and instruct participants about how to perform self-checks prior to abseil descents.</p>

## Youth Program Caving Activity Guidelines

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Youth Members</b> <b>Outdoor</b> <b>Adventure Skills</b> <b>(OAS)</b>	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
Supervisor	All caving activities are under the control/supervision of a NSW Branch Appointed Caving Guide or higher holding (VET – Lead Caving) or higher.		
Level of Training	Participants at this level shall receive prior to the commencement of the activity training in: Basic vertical techniques. Use of equipment. Safe working procedures. Self- checking procedures. Communication procedures.	Participants with OAS stages 5, 6 or 7 have received internal Scout training for the relevant activity. Mentors would continue to provide training and skills development to participants at this level. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert II in Outdoor Recreation. Participants at this level may be working on a Cert III in Outdoor Leadership with a specialisation in a relevant activity area.	Participants with OAS stages 8 or 9 have received a range of internal Scout training for the relevant activity. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert III or IV in Outdoor Leadership with a specialisation in the relevant activity area (abseiling, canyoning, caving, rock climbing or pioneering).
Specific Controls	Top rope belay should be provided. SRT not allowed at this level.	NIL	NIL
Participation:-	Prior to OAS Stage 4 participants may have acquired sufficient skills to be able to operate a bottom brake belay. The operation of a belay to be under the supervision of a person at Intermediate or higher level.	Assist with the preparation of equipment and participants. Assist with the safety of the activity. This may include understanding the prepared risk assessment and emergency plans, assisting with ensuring safe conduct of the activity,	Complying with organisational policies & procedures. Develop activity plan and risk assessment. Preparing notifications Prepare equipment and participants.

## Youth Program Caving Activity Guidelines

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Youth Members</b>  Outdoor Adventure Skills  (OAS)	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
	<p>From OAS Stage 4 participants have sufficient skills to:</p> <ul style="list-style-type: none"> <li>fit personnel protective equipment used in canyoning activities;</li> <li>care for personnel equipment;</li> <li>attach abseil devices to abseil ropes;</li> <li>be safe around cliffs and to prevent falls;</li> <li>clip themselves to a safety line or system;</li> <li>carry out personal self checking prior to approaching cliff edges and/or abseiling;</li> <li>implement standard communications used in abseiling/caving activities;</li> <li>demonstrate the correct abseil posture and technique;</li> <li>belay other participants whilst they are abseiling/caving.</li> </ul> <p>Ascend a ladder including over an edge. Move efficiently through a cave and negotiate hazards and features.</p>	<p>advising the activity leader of hazardous situations.</p> <p>With assistance from a more experienced person select route and equipment suitable for the vertical activity being undertaken</p> <p>With assistance from a more experienced person rig ropes for abseil pitches (or other vertical activity), belay systems, caving ladders and ropes for SRT.</p> <p>Managing cliff edge and safe dispatch of participants including completing safety checks.</p> <p>Operate belays which may include top rope belays, bottom brake and self belay.</p> <p>With assistance from a more experienced person, brief participants for the activity and assist with the demonstration of techniques required.</p> <p>Provide demonstrations and instruction whilst belaying or managing cliff edges and safe dispatch of participants on rock techniques to be used. This may include belay techniques, vertical techniques (including abseil</p>	<p>Lead and supervise relevant vertical activity.</p> <p>Manage safety of the activity. This may include completion of activity plans, risk assessment, ensuring safe conduct of the activity, responding to hazardous situations, amending activity if risk is unacceptable, responding to emergency situations</p> <p>Completing post activity responsibilities.</p> <p>Review/evaluate activity with participants and personnel.</p> <p>Select route and equipment suitable for the vertical activity being undertaken.</p> <p>Assess anchors for abseil and belay systems.</p> <p>Rig ropes for abseil and belay systems.</p> <p>Determine rescue requirements and ensure preparation.</p> <p>Establish systems for vertical rescue.</p> <p>Descend and ascend a pitch using single rope techniques.</p> <p>Rescue others and self.</p>



## Youth Program Caving Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
		techniques), descent route to follow, ladder techniques, SRT techniques.	Managing cliff edge and safe dispatch of participants including safety checks. Operate belays which may include top rope belays, bottom brake and self belays. Brief participants for the activity and demonstrate techniques required. This may include safety procedures, site behaviour, on rope zone, safe zone and no go zone, communications, abseiling and belaying techniques, checking equipment. Provide demonstration and instruction during activity. This may include confirming instructions given to participants, advising on the vertical techniques to be used, description and demonstration of correct vertical techniques, encouraging questions and monitoring performance of participants. Assist and instruct participants about how to perform self-checks prior to abseil descents.

## Youth Program Climbing Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
Supervisor	All climbing activities are under the control/supervision of a NSW Branch Appointed Climbing Guide or higher holding (VET – Lead Climbing) or higher.		
Level of Training	Participants at this level shall receive prior to the commencement of the activity training in: Basic vertical techniques. Use of equipment. Safe working procedures. Self-checking procedures. Communication procedures.	Participants with OAS stages 5, 6 or 7 have received internal Scout training for the relevant activity. Mentors would continue to provide training and skills development to participants at this level. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert II in Outdoor Recreation. Participants at this level may be working on a Cert III in Outdoor Leadership with a specialisation in a relevant activity area.	Participants with OAS stages 8 or 9 have received a range of internal Scout training for the relevant activity. Participants at this level may hold accreditation in accordance with industry standards eg/ Cert III or IV in Outdoor Leadership with a specialisation in the relevant activity area (abseiling, canyoning, caving, rock climbing or pioneering).
Specific Controls	Single Pitch Top Rope Climbing Only. Artificial or natural surfaces.	Stage 6 Single Pitch Climbing Only – Top Rope. Stage 6 Single Pitch Climbing Only – Lead or Top Rope. Artificial or natural surfaces.	Single Pitch Climbing Only – Top Rope or Lead including multi-pitch. Artificial or natural surfaces.
Participation:-	Prior to OAS Stage 4 participants may have acquired sufficient skills to be able to operate a bottom belay. The operation of a belay to be under the supervision of a person at Intermediate or higher level.	Assist with the preparation of equipment and participants. Assist with the safety of the activity. This may include understanding the prepared risk assessment and emergency plans, assisting with ensuring safe conduct of the activity,	Complying with organisational policies & procedures. Develop activity plan and risk assessment. Preparing notifications Prepare equipment and participants.

## Youth Program Climbing Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
	From OAS Stage 4 participants have sufficient skills to: fit personnel protective equipment used in climbing activities; care for personnel equipment; attach belay device and/or self to ropes; be safe around cliffs and to prevent falls; clip/attach themselves to a safety line or system; carry out personal self checking prior to approaching cliff edges and/or climbing; implement standard communications used in climbing activities; demonstrate the correct climbing posture and technique; belay other participants whilst they are climbing.	advising the activity leader of hazardous situations. With assistance from a more experienced person select route and equipment suitable for the vertical activity being undertaken With assistance from a more experienced person rig ropes for top rope or lead climbing (or other vertical activity) and belay systems. With assistance from a more experienced person 'clean' top rope or lead climbs (or other vertical activity) and belay systems. Managing cliff edge and safe dispatch of participants including completing safety checks. Operate belays which may include top belays and bottom belays. With assistance from a more experienced person, brief participants for the activity and assist with the demonstration of techniques required. Provide demonstrations and instruction whilst belaying or managing cliff edges and safe dispatch of participants on rock techniques to be used. This may include belay techniques,	Lead and supervise relevant vertical activity. Manage safety of the activity. This may include completion of activity plans, risk assessment, ensuring safe conduct of the activity, responding to hazardous situations, amending activity if risk is unacceptable, responding to emergency situations Completing post activity responsibilities. Review/evaluate activity with participants and personnel. Select route and equipment suitable for the vertical activity being undertaken. Assess anchors for climbing and belay systems. Rig ropes for climbing and belay systems. Clean climbs on activity completion. Determine rescue requirements and ensure preparation. Establish systems for vertical rescue. Rescue others and self.

## Youth Program Climbing Activity Guidelines

	Basic	Intermediate	Advanced
<b>Youth Members</b> Outdoor Adventure Skills (OAS)	<b>Novice to OAS Stage 5.</b>	<b>OAS Stages 6 &amp; 7</b>	<b>OAS Stages 8 &amp; 9</b>
<b>Adults</b>	<b>Novice to Safe Participant</b>	<b>Trained Participant</b>	<b>Assistant Guide and above</b>
		vertical techniques (including abseil/climbing techniques), and route to follow.	Managing cliff edge and safe dispatch of participants including safety checks. Operate belays which may include top belays, bottom belays and self belays. Brief participants for the activity and demonstrate techniques required. This may include safety procedures, site behaviour, on rope zone, safe zone and no go zone, communications, abseiling/climbing and belaying techniques, checking equipment. Provide demonstration and instruction during activity. This may include confirming instructions given to participants, advising on the vertical techniques to be used, description and demonstration of correct vertical techniques, encouraging questions and monitoring performance of participants. Assist and instruct participants about how to perform self-checks prior to climbing ascents.

## Appendix B – Activity Conditions Definitions

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
Abseiling	<p>Abseiling for this level:</p> <p>Abseil features may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Single Pitch abseils only;</li> <li>• Anchors that can be easily reached;</li> <li>• Easy starts, easy descents, may have easy to negotiate overhands, safe landing areas;</li> <li>• Abseils are separated by enough room to regroup;</li> </ul>	<p>Abseiling for this level:</p> <p>Abseil features may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Single Pitch abseils only;</li> <li>• Anchors that are moderately difficult to reach;</li> <li>• Moderately difficult starts, obscured sections, overhangs, moderately difficult landings;</li> <li>• Abseils are separated by enough room to regroup;</li> </ul>	<p>Abseiling for this level:</p> <p>Abseil features may include but are not limited to:</p> <ul style="list-style-type: none"> <li>• Single and multi-pitch abseils;</li> <li>• Anchors that may be difficult to reach;</li> <li>• Difficult starts, moderate to difficult descents, overhangs, obscured sections and complex manoeuvres;</li> </ul>
Canyoning	<p>Canyons for this level:</p> <ul style="list-style-type: none"> <li>• Easy to Intermediate canyon features may include but are not limited to:</li> <li>• Easy climbing and down climbing with little exposure, which may require the use of a rope;</li> <li>• Abseil anchors that can be easily reached;</li> <li>• Abseils are separated by enough room to regroup;</li> <li>• Low vertical water flow. Abseils land in pools with calm water</li> </ul>	<p>Canyons for this level:</p> <ul style="list-style-type: none"> <li>• Easy to Intermediate canyon features may include but are not limited to:</li> <li>• Climbing moves to grade 15 which may have moderate exposure which requires belaying and protection;</li> <li>• Abseils with anchors that are moderately difficult to reach;</li> <li>• Abseils with obscured sections and/or landings in pools that may have a current;</li> </ul>	<p>Canyons for this level:</p> <ul style="list-style-type: none"> <li>• Intermediate to Advanced canyon features may include but are not limited to::</li> <li>• Canyon surface exceptionally slippery and/or loose;</li> <li>• Prolonged immersion in cold water;</li> <li>• Exposed climbing moves;</li> <li>• Difficult rope retrieval which may need to be done whilst swimming;</li> </ul>

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
	<ul style="list-style-type: none"> <li>Swims up to 50m in calm water;</li> <li>Simple jumps between 3 and 5m;</li> <li>Long of moderately angled slides.</li> <li>Canyon rating will generally be up to V3 A3</li> </ul>	<ul style="list-style-type: none"> <li>Low to moderate vertical flow that can begin to cause imbalance or entrapment;</li> <li>Swims with moderate currents in places and may have prolonged Immersion in cold water;</li> <li>Simple jumps between 5 and 8m with moderate trajectory and/or landing;</li> <li>Canyon rating will generally be up to V4 A4.</li> </ul>	<ul style="list-style-type: none"> <li>Abseiling may include multi-pitch;</li> <li>Abseils may be difficult and involve complex manoeuvres.</li> <li>Strong vertical water flow. Crossing requires route selection and balance and may require specific rope management;</li> <li>Currents strong enough that swimming a path or stopping at a point is difficult to achieve;</li> <li>Hydraulics such as eddies, recirculation's, holes may trap a Canyoner for a moderate period of time;</li> <li>Siphons over 3m in length and/or depth;</li> <li>Jumps greater than 14m, which may be difficult and trajectory and/or landing greater than 10m;</li> <li>Canyon aquatics could be of any "V" "A" rating.</li> </ul>
Caving	<p>Caving for this level:</p> <ul style="list-style-type: none"> <li>Easy caves features may include but are not limited to:</li> </ul>	<p>Caving for this level:</p> <ul style="list-style-type: none"> <li>Easy to Intermediate caves features may include but are not limited to:</li> </ul>	<p>Caving for this level:</p> <ul style="list-style-type: none"> <li>Intermediate to advanced caves features may include but are not limited to::</li> </ul>

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
	<ul style="list-style-type: none"> <li>• Horizontal or easy vertical caves with single pitch abseils.</li> <li>• Easy climbing and down climbing with little exposure, which may require the use of a rope;</li> <li>• Abseil anchors that can be easily reached;</li> <li>• Abseils are separated by enough room to regroup;</li> <li>• Ladder climbs or other vertical ascent means are easy.</li> <li>• Cave obstacles, squeezes, tight spaces, hazards and general environment are generally easy.</li> </ul>	<ul style="list-style-type: none"> <li>• Horizontal or moderately difficult vertical caves with single pitch abseils.</li> <li>• Climbing moves to grade 15 which may have moderate exposure which requires belaying and protection;</li> <li>• Abseils with anchors that are moderately difficult to reach;</li> <li>• Abseils with obscured sections and/or landings which may be slippery and difficult;</li> <li>• Vertical ascent by climbing, ladder, prusiking and/or single rope technique (SRT) are moderately difficult.</li> <li>• Cave obstacles, squeezes, tight spaces, hazards and general environment are generally easy to moderately difficult.</li> </ul>	<ul style="list-style-type: none"> <li>• Horizontal or difficult vertical caves with single and/or multi pitch abseils.</li> <li>• Abseiling may include multi-pitch;</li> <li>• Abseils may be difficult and involve complex manoeuvres.</li> <li>• Anchors may be difficult to reach.</li> <li>• Exposed climbing moves;</li> <li>• Abseils with obscured sections and/or landings which may be slippery and difficult;</li> <li>• Vertical ascent by climbing, ladder, prusiking and/or single rope technique (SRT) may be difficult.</li> <li>• Cave obstacles, squeezes, tight spaces, hazards and general environment are generally moderate to advanced difficulty.</li> </ul>
<ul style="list-style-type: none"> <li>• Climbing – Top Rope</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Single Pitch Climbs only;</li> <li>• Climbs of various grades.</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Single Pitch Climbs only;</li> <li>• Climbs of various grades.</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Single Pitch Climbs;</li> <li>• Climbs of various grades</li> </ul>
<ul style="list-style-type: none"> <li>• Climbing - Lead</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Not Allowed.</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Generally single pitch climbs;</li> <li>• Climbs of various grades;</li> </ul>	Climbing for this level: <ul style="list-style-type: none"> <li>• Single Pitch &amp; multi-pitch Climbs;</li> </ul>

	<b>Basic</b>	<b>Intermediate</b>	<b>Advanced</b>
		<ul style="list-style-type: none"> <li>• May begin to lead single pitch sports climbing (fixed protection climbs);</li> <li>• May begin to lead Trad climbs (artificial protection climbs);</li> <li>• May begin being the 2<sup>nd</sup> on Multi-pitch climbs;</li> <li>• Will commence development of anchor building skills. By stage 7 anchor building skills may be sufficient to take the lead on this task.</li> </ul>	<ul style="list-style-type: none"> <li>• Climbs of various grades;</li> <li>• Proficient in setting up and leading single pitch sports climbs (fixed protection climbs);</li> <li>• Proficient at setting up and leading trad climbs (artificial protection climbs);</li> <li>• May led some multi-pitch climbs and may by stage 9 proficient at leading multi-pitch climbs;</li> <li>• Proficient at rescues;</li> <li>• Guide others.</li> </ul>
<ul style="list-style-type: none"> <li>• Bouldering</li> </ul>	<ul style="list-style-type: none"> <li>• Bouldering for this level:</li> <li>• Up to 4m above ground.</li> <li>• Crash mat(s) to be used where participant over 1m above ground.</li> <li>• Minimum 1 spotters to assist preferable more.</li> </ul>	<ul style="list-style-type: none"> <li>• Bouldering for this level:</li> <li>• Up to 4m above ground.</li> <li>• Crash mat(s) to be used where participant over 1m above ground.</li> <li>• Minimum 1 spotters to assist preferable more.</li> </ul>	<ul style="list-style-type: none"> <li>• Bouldering for this level:</li> <li>• Up to 4m above ground.</li> <li>• Crash mat(s) to be used where participant over 1m above ground.</li> <li>• Minimum 1 spotters to assist preferable more.</li> </ul>



# Contents

<i>Acknowledgement</i> .....	2
<i>Contents Overview</i> .....	2
<b>1 Preface</b> .....	<b>3</b>
<i>Formatting Standards</i> .....	3
<b>2 Introduction</b> .....	<b>4</b>
<i>Vertical Adventurous Activities</i> .....	4
<i>Excluded Activities</i> .....	5
<i>Commercial Activities</i> .....	5
<i>Related Activities</i> .....	5
<i>Authorised Leaders</i> .....	6
<b>3 Management of Risk</b> .....	<b>6</b>
<i>Additional Considerations</i> .....	6
<b>4 Planning</b> .....	<b>6</b>
<i>Additional Considerations</i> .....	6
<b>5 Participants</b> .....	<b>7</b>
<i>Additional Considerations</i> .....	8
<b>6 Environment</b> .....	<b>8</b>
<i>Additional Considerations</i> .....	8
<i>Additional Considerations Caving Specific</i> .....	9
<b>7 Equipment</b> .....	<b>9</b>
<i>Additional Considerations</i> .....	9
<b>8 Leadership</b> .....	<b>11</b>
<i>Additional Considerations</i> .....	11
<i>Supervision</i> .....	12
<i>Skills Currency</i> .....	12
<b>9 Conduct of Activities</b> .....	<b>12</b>
<i>Additional Briefing Considerations</i> .....	12
<i>Safe Activity Practices</i> .....	13
<b>10 Glossary</b> .....	<b>14</b>
<b>Appendix A – Youth Program Activity Guidelines</b> .....	<b>16</b>
<b>Appendix B – Activity Conditions Definitions</b> .....	<b>29</b>
<i>Contents</i> .....	33