

Introduction & Overview

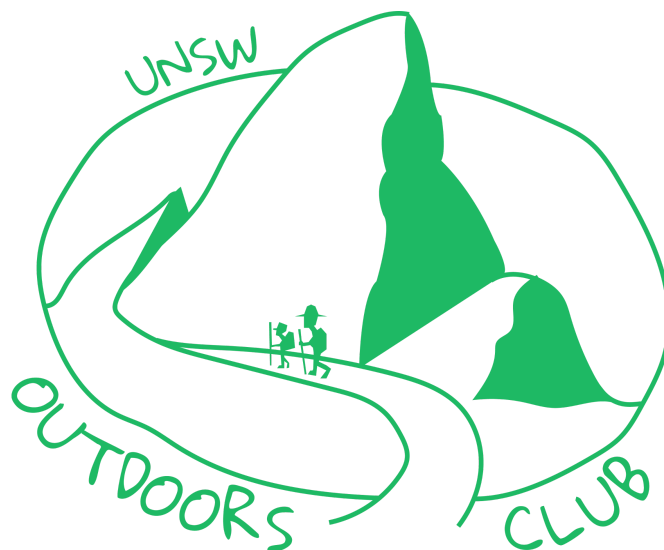
Without our amazing Trip Leaders, UNSWOC would not be the club it is. Trip Leaders (TLs) organise and run trips and are club members with relevant skills, training, and experience to manage and teach participants. Each trip leader must go through a series of assessments before being approved as a trip leader for that sport. The assessments consider things like awareness, technical skill, interpersonal skills, safety manor and more.

Being a trip leader comes with the added perks of (heavily) subsidised club membership, as well as the ability to run "private trips" and guaranteed inclusion in Boree Log and similar events where you run a trip.

This document outlines the technical and organisational skills required to be a trip leader and alludes to some of the soft skills which are also assessed but harder to list on a page. Not all skills can be assessed in a single session/trip/assessment and skills can rarely be assessed at the same time they are taught. Training and assessment takes time expect to work on it over the time scale of years not weeks.

It is not mandatory for an individual to attend level-specific workshops prior to getting TL assessment at that level, as skills can be developed in a range of settings outside of UNSWOC. However, these workshops are good opportunities to understand standard practices within the club, and are recommended.

Taking personal responsibility for learning is the key to progressing as a trip leader, there are many online resources as well as fantastic technical manuals/books available through the club website and club library, you are encouraged to utilize these resources to the fullest.



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Requirements for progression

To become a *Trip Leader* or *Trip Leader In Training* a candidate must meet certain requirements:

Trip Leader In Training

1. Wants to learn trip leading
2. Has been on at least one club trip in that sport
3. Is endorsed by a trip leader in that sport as safe and a suitable candidate for training to become a trip leader

Trip Leader Level 1

1. Is assessed to demonstrate all required skills and appropriate characteristics for the TL1 level in the relevant sport as detailed in this document
2. Has competence in their ability to safely run trips, including being able to manage emergencies
3. Participates in a trip as a "Mock L1", under the supervision of an L2 and L1, fulfils all the website/social media/PLB registration responsibilities and is signed off by the L2 on the trip

Trip Leader Level 2+

1. Is assessed to demonstrate all required skills and appropriate characteristics for the sport's TL level as detailed in this document (to one trip leader of that level)
2. Has competence in their ability to safely run trips, including being able to manage complex emergencies as demonstrated in completing/working through the rescue scenarios specified with each L2+ requirements.
3. Must run 3 trips acting as a "Mock L2". The assessee is expected to take initiative and attempt to run the trip, including planning of the trip and requisite gear and leading the group through all aspects of the trip. Across these trips at least 2 different L2+s must be forewarned then sign off on competency/suitability

Trip Leader Responsibilities and Limitations

Trip Leader in Training (TLIT)

Responsibilities:

- Learn from trip leaders
- Ask questions, develop hard and soft skills
- Report unsafe practices to trip leaders

Limitations:

- Cannot run trips.
- They count as a participant for trips, not a TL.

Trip Leader Level 1

Responsibilities:

- Ensure the safety of all participants
- Respond to emergency situations to their appropriate level of training.
- Be confident in the safety of the trips they lead

Limitations:

- Must lead trips that they have already completed
- Must lead trips with a Level 2 Trip Leader

Trip Leader Level 2+

Responsibilities:

- Ensure the safety of all participants
- Respond to emergency situations to their appropriate level of training, including complex rescue scenarios

Limitations:

- Must lead trips that they are comfortable leading for the group's skillset
- Must have RAFA/WAFA Certification or only runs a trip with an Trip Leader certified in RAFA/WAFA

Technicalities

It is important to understand that assessments and skills courses are distinctly separate. Completion of a skills course does not guarantee the corresponding trip leader level.

The Training Officer has the final say on all trip leaders and their status, in both the initial acceptance and ongoing review of trip leaders.

The UNSWOC website is the source of truth for trip leader status. You can check your status on the <https://unswoc.org/wordpress/my-account/> page, if you believe it is wrong contact the Training Officer.

Recognition of Prior Learning is available for technical skill elements of assessment and is at the discretion of the Training Officer.

For sports where requirements and assessment are not specified the Training Officer with the support of the The Executive will determine the suitability of an individual to run a trip in that sport, this may take into consideration

General Trip Leader Skills/Traits

General skills for all trips including hiking, canyoning and climbing

- Run a trip brief, including acknowledgement of country, asking about medical conditions, gear checks, and expected obstacles and outline of the days activities
- Log trip intentions, assign safety contacts and report safety incidents through the club
- Plan a trip and know when to call off a trip (weather, time, trip participant skill level, etc.)
- Identify when to prevent a participant from participating due to safety concerns
- Demonstrate navigation skills required for trips (GPS, topos, trip notes)
- Practice and enforce general cliff safety, including being connected to safety within two body lengths distance from the cliff edge, helmet use, and calls such as “rock” and “rope”
- Understands and implements Leave No Trace principles
- Consistently check on your participants throughout the day, ensuring they are all hydrated, well fed, feel safe, and comfortable
- Is comfortable engaging with trip participants and fellow trip leaders and encourages a safe, inclusive environment
- Demonstrates and understands the importance of not spreading the group out, ensuring that everyone is within eyeshot of someone else at all times.

Bouldering Skills

Minimum skills required to run a bouldering trip -

<https://unswoc.org/wordpress/petzl-access-book-6-bouldering/>

Self Sufficiency:

- Is self-sufficient on a trip, not requiring any guidance in safe and effective movement at the crag, and management of self including sun, eating and drinking, and management of gear.
- Consistently demonstrates good crag etiquette - <https://unswoc.org/wordpress/ethics/>
- Consistently spots effectively

Group Management:

- Select appropriate crag for the groups ability levels and encourage participants to climb suitable climbs
- Encourages safe and inclusive environment
- Understand and teach safe storage of group gear; away from the fall zone and not in the way of other climbers
- Understand and teach the importance of not walking below other climbers
- Understand and teach the importance of ensuring your chosen route does not cross another climber's route
- Understand and teach the importance of picking up and placing pads to move them rather than dragging them- protect the pads and the ground

Falling:

- Understand and teach the importance of visualizing the route before climbing to anticipate falls
- Understand and teach the importance of knowing how to get back down before starting to climb - opt for down climbing or topping out
- Understand and teach safe falling:
 - Fall aiming for the centre of the landing zone
 - During the fall limit any unnecessary movements in order to protect the spotter
 - Break the fall with your legs, then butt, and back. Tuck in your arms
 - If necessary, roll. Slap your arms against the ground once you start to roll to minimise the chance of rolling off the mat
 - Do not absorb the fall with your back or land with your arms straight behind you

Spotting:

- Understand and teach safe spotting:
 - Adapt technique to climb height, climbers weight and hazards
 - Locate safe landing zone, guide the falling climber to it

- Have good technique: Legs spread, knees and arms bent, hands at the climber's hip level is possible
- Use multiple spotters if the situation demands
- Understand and teach effective bouldering pad placement:
 - Consider where the climber will fall
 - Cover hazards (roots, rocks, etc)
 - Use multiple pads as necessary next to each other or stacking vertically as the situation demands
 - Move mats as the climber moves to maintain maximum protection for the climber, where possible this should be done by someone other than the main spotter

General Ropework Skills

Skills common to all ropework sports

Level 1:

- Identify common mistakes in relation to participant harnesses, helmets and knots, including correct sizing of harness and helmets, wrong knots, and not double threading buckles
- Demonstrate and inspect knots including , Figure Eight rethreaded, Figure Eight on a bight
- Demonstrate and inspect a Munter Hitch and Clove Hitch
- Demonstrate and inspect a Stopper Knot/Barrel Knot
- Identify static and dynamic ropes, and when to use each
- Coil a rope neatly with a suitable girth finish
- Explain the uses of different rope diameters (accessory, prusik, climbing, canyoning and caving ropes)
- Practice the maintenance and storage of ropes including not standing on ropes and storing in temperature controlled, dry, dark, and non-chemical environments
- Identify unsafe/safe ropes with the pinch test, observing excessive sheath abrasion, and by seeing the core

Level 2:

- Demonstrate and inspect a Double Fisherman's Bend, Tape/Water Knot, and European Death Knot
- Demonstrate and inspect an Alpine Butterfly and its use on isolating a section of rope
- Understand the kernmantle construction of a rope

Canyoning

All club canyoning trips must have at least two canyoning leaders, at least one of which must have RAFA/WFA.

- A typical non abseiling canyon trip must have a total party size of no more than 10
- A typical club vertical canyon trip must have at least one L2 leader and a total party size of more than 8
- Advanced canyons may require trip leaders to have additional skills at the discretion of the training and safety officers

Canyoning Level 1 Skills

Skills for a trip leader to contribute constructively to a canyoning trip - self sufficient and can run a simple anchor start to finish.

Self Sufficiency:

- Is self-sufficient on a trip, not requiring any guidance in management of self including sun, eating and drinking, and management of gear
- All L1 General Ropework skills
- Demonstrate self-rescue
 - Can self rescue from a jammed descender
 - Can self rescue from a jammed self-belay
- Understand and practice whistle, verbal and hand signals for communication in abseiling and canyoning
- Demonstrate rope management rigging with a rope flaked into a bag
- Demonstrate tying off a simple 8 descender (and your descender if they are different)
- Demonstrate and understand the use of a third hand above and below the abseil device, and the use cases of each and understand the associated hazards
- Demonstrates 4 rope grabbing methods: Klemheist, French, Classic and VT. Understands their uses
- Demonstrate ascending a rope ensuring two points of contact, and understands when it is not appropriate to ascend
- Understands the suitable self rescue equipment and the importance of having it accessible on their harness

Navigate the Canyon safely:

- Competently navigates canyon safely and effectively
- Demonstrate appropriate jumping techniques into water (arms across chest, knees bend, L sits)
- Does not encourage jumping
- Has an awareness of weather considerations, is conservative on weather decision making

Manage Trip Participants:

- Competent in managing participants on trips

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- Encourages safe and inclusive environment
- Understands and demonstrates good canyon ethics
- Inspect participants, loading device to abseil, attaching to safety, ABCDEF and weighing abseil strand checks
- Practice and inspect loading of a figure 8 descender and coach participants through line and abseil technique
- Understand the importance and demonstrate correct method of bottom belay
- Conduct the following briefings:
 - Canyon Movement
 - Edge/Cliff Safety
 - Abseiling technique
 - Minimal impact

Rigging & Ropework:

- Inspect and assess the safety of anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of mallions, cracking and fissures surrounding bolts, inspect and identify water knot, double fishermans)
- Inspect the rigging of other trip leaders e.g. top to bottom check
- Demonstrate the rigging of single strand techniques including releasable abseils with tape and bolt anchors, and the applications and limitations of each (Eight block and Biner Block)
- Demonstrate the lowering of appropriate loads on a releasable setups
- Demonstrate setting **unweighted** rope length as both an anchor manager and first person down (between abseilers)
- Understand the importance of end knots, including appropriate knots and when to use them
- Identify potential hazards at anchors and on pitches (sharp edges, approach to anchor, overhanging abseil, loose rocks)
- Identify a safe abseiling line for both people and rope and know when to ask for help managing
- Join two ropes together for pulldown - Stacked flat overhand or Double overhand w/ suitable tail
- Understands the risks of sharp edges and friction to tensioned ropes (knives, rocks, friction sawing)

Water Awareness:

- Identify a drowning participant (thrashing/head dropping below water)
- Understand the importance of self-preservation in aquatic rescue (Throw bags, Buoyant object rescue)
- Demonstrate indirect rescue (bag/rope throw)

Canyoning Level 2 Skills

The minimum skills required by at least one trip leader on the trip for the trip to go ahead.

Self Sufficiency:

- Demonstrate a high degree of confidence and competence in all L1 skills (has the ability to teach them)
- All L2 General Ropework skills
- Demonstrate safe descent, self belay and locking off of double rope abseiling
- Descend and ascend past a knot

Navigate the Canyon Safely:

- Make decisions about suitability of no belay
- Identify to **avoid** aquatic hazards such as boils, hydraulics, siphons, sieves
- Knows the limits of one's skill and can identify canyons and conditions they should **NOT** run trips in (weather, water levels etc) and be willing to call a trip off at any point

Manage Trip Participants:

- Competent AND Confident in managing participants on trips
- Demonstrate the setting up and use of top belay and when it should be used
- Identify when jumps are appropriate, including identifying: appropriate landings, take-off points, depths and heights

Rigging & Ropework:

- Demonstrate rigging an MMO and when its use is more suitable than an 8 block
- Demonstrate converting from descent to ascent and ascending double ropes ensuring two points of contact with each rope
- Demonstrate abseiling and ascending past knots in free-hanging abseil
- Demonstrate lowering past a knot with an MMO and Eight block
- Replacement of tape anchors and mallion/quicklinks
- Demonstrate the lowering of appropriate loads on a releasable setups, including how to **retie when loaded**
- Demonstrate setting **weighted** rope length as both an anchor manager and first person down (lowering)
- Choose an abseiling line in **complex** conditions, considering flow, swing of the abseiler, risk to the rope etc
- Can Identify things which can damage the rope and the solutions to minimise the risk of this such as bleeding the rope or applying some kind of rope protection, e.g. foot, bag, etc
- Demonstrate the rigging of double strand and know when it is suitable (LPAR)
- Join two ropes together to be abseiled on

Rescue Scenarios:

- Demonstrates/walks through scenarios detailed at the end of the doc. Demonstrate at least two scenarios and walk through the rest with the Assessor.

Additional Advanced Canyoning Skills

These skills are optional for typical club trips, they may be required for specific advanced trips.

- Understand and identify rope materials and their uses (nylon, polyester, dyneema, technora)
- Demonstrate meat anchors and know how to safely use them
- Practice with emergency descenders (Super munter, biner brake bar)
- Demonstrate rescue and traverse techniques such as tensioned line traverse and supported river crossing
- Demonstrate the setup and retrieval of retrievable traverse lines (Self belay and Munter belay)
- Demonstrate converting from descent to ascent and identities when this skill may be required informing abseil order
- Demonstrate setups for hauling (2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling)
- Understand and implement progress capture devices on hauling setups (Microtraxion, tibloc, prussiks)
- Understand the importance of efficiency on mechanical advantage (Biners vs Pulleys)
- Demonstrate the conversion to a haul (using appropriate loads) starting from releasable setup and biner block setup.
- Demonstrate direct rescue (defensive swimming position)

Climbing

All club climbing trips must have at least two leaders with at least one of these must have RAFA/WFA. All club climbing trips must follow the maximum group size of the area or a maximum group size of 8 (or 12 at a large crag with 3+ leaders) whichever is lower.

- A standard club sport climbing trip must have at least one L2 leader
- A rap-in climbing trip must have at least **two** L3.A trip leaders
- A trad climbing trip must have at least one L3.B trip leader and one L2 trip leader
- A multipitch climbing trip must have at least **two** L3.C trip leaders
- A trad multipitch trip requirements requires at least **two** leaders with **both** L3.B and L3.C

Note: The L3 climbing trip leader levels are parallel and can be achieved in any order.

Climbing Level 1 Skills

Skills for a trip leader to contribute constructively to a climbing trip - self sufficient and can run set up a simple sport climb start to finish.

<https://unswoc.org/wordpress/petzl-access-book-5-sport-climbing/>

Self Sufficiency:

- Is self-sufficient on a trip, not requiring any guidance in safe and effective movement at the crag, and management of self including sun, eating and drinking, and management of gear.
- Understand and practice climbing calls such as 'TAKE!', 'SLACK!', 'IN HARD!', 'LOWER!'
- Demonstrate tying off a belay device (ATC or Gri Gri)
- Consistently demonstrates good lead belay technique and etiquette (avoids distractions etc)
- Consistently demonstrates good lead climbing technique
- Consistently demonstrates genuine partner checks
- Consistently demonstrates good crag etiquette - <https://unswoc.org/wordpress/ethics/>
- Demonstrate effective rope management, flaking then climbing/belaying with a rope in a rope bag/tarp
- Understands own limits and communicates with other trip leader to choose paring/crag suitable crag for the abilities of the group
- All L1 General Ropework skills

Manage Trip Participants:

- Competent in managing participants on trips including edge management
- Encourages safe and inclusive environment
- Teach the 5 step belaying process with an ATC or GriGri
- Teach partner checks and ensures that all trip participants undertakes them before every climb - Check the knot, check the belay device, check you're on the same rope

- Teach participants how to safely lower on a GriGri

Climbing Skills:

- Teach and identify mistakes when lead belaying with an ATC or GriGri (or similar) including avoiding tunnelling, keeping hand on the brake strand at all times, correctly giving slack, keeping fingers off the cam and hands below the device
- Understand and teach the safe clipping (stick clip high first bolt, avoiding z-clipping and back-clipping, when to clip high or clip at waist height)
- Understand and teach the correct technique for clipping a quickdraw to a carrot bolt and fixed hanger with each hand and gate combination
- Understand and teach the effects of rope drag
- Understand and teach the importance of avoiding foot faults when lead climbing (not having leg/foot between wall and rope, must be on outside)
- Understand and teach the importance of correct quickdraw orientation (spine facing direction of climb and rope in dogbone stiff side, loose side to bolt)
- Understand and teach the cleaning of a climb from double bolts ensuring two points of contact at all times
- Understand and teach spotting a climber when they are not yet on belay

Rope Work:

- Understand the importance of end/stopper knots, including appropriate knots and when to use them
- Understand fall factors and its impact on rope longevity
- Set up and inspect a top rope setup with a quad anchor ensuring screws on gates are facing down, gates are opposite and opposed, locking carabiners are used instead of quickdraws, and that the anchor is redundant and load is distributed
- Identify potential hazards to the rope at anchors and on climbs (sharp edges, Ironstone knives etc), knows to ask for assistance with rope protection
- Help your climber ascend while managing the break strand

Climbing Level 2 Skills

The minimum skills required by at least one trip leader on the trip for the trip to go ahead.

Self Sufficiency:

- Demonstrate a high degree of confidence and competence in all L1 skills (has the ability to teach them)
- All L2 General Ropework skills

Manage Trip Participants:

- Knows the limits of one's skill and can identify crags and conditions they should **NOT** run trips in (weather, difficulty levels etc)

Climbing Skills:

- Demonstrate ascending of ropes ensuring two point of contact with rope
- Demonstrate bailing off a single bolt (Rethreading for eye bolts, and a using a mallion/quicklinks or spare carabiner for carrot plates to lower off)
- Demonstrate cleaning a roof route
- Demonstrate transferring a belay.
- Identify and mitigate the risk of a top-rope swing on traversing/overhanging climbs (redirects/seconding)

Rope Work:

- Inspect and assess the safety of anchors, including the replacement of tape anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of mallions, cracking and fissures surrounding bolts, replacing tape anchors)
- Understand and inspect different bolts such as U-bolts, carrot bolts with bolt plates, expansion bolts.
- Can identify, manage and / or mitigate situations where excess damage to the rope may occur, such as sharp edges, natural hazardous rock features, or loose boulders.

Climbing Level 3.A - Rappel-in Crag Additional Skills

E.g. Point Perpendicular, Linked Reservoir Dogs

- Inspect the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Knows to use a static rope for abseiling
- Choose an abseiling line considering factors such as: swing of the abseiler, risk to the rope etc.
- Can Identify things which can damage the rope and the solutions to minimise the risk of this such as bleeding the rope or applying some kind of rope protection, e.g. foot.
- Understand and teach verbal signals for communication in abseiling
- Demonstrate setting up a top belay with an ATC Guide and GriGri, and understand the importance of redundancy at a belay
- Demonstrate the lowering of a top belay setup with an ATC Guide and GriGri
- Practice and inspect the loading up on different descender categories (GriGri, tubular devices)
- Understand the importance and demonstrate setting up of belays when abseiling (top, bottom and third hand)
- Demonstrate and understand the use of a third hand below the abseil device and how to self rescue should something jam:
 - Can self rescue from a jammed descender
 - Can self rescue from a jammed prussic
- Demonstrate the rigging of a releasable abseil (e.g. MMO, Eight bloc, Gi-Gi/ATC)
- Demonstrate the lowering of appropriate loads on a releasable abseil setups
- Demonstrate how to lower from above on a grigri and atc (redirected brake strand)
- Demonstrate setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling
- Understand the importance of efficiency on mechanical advantage, including biners vs pulleys
- Understand and implement progress capture devices on hauling setups, including Microtraxion, tibloc, prussiks
- Demonstrate the conversion to a haul (using appropriate loads) starting from static setups
- Demonstrate the lowering of appropriate loads on a releasable setups, including how to retie when loaded

Rescue Scenarios:

- Demonstrates/walks through scenarios detailed at the end of the doc. Demonstrate at least two scenarios and walk through the rest with the Assessor.

Climbing Level 3.B - Trad Climbing Additional Skills

- Understand the importance of SERENE principles when building and assessing trad anchors
- Identify and build suitable natural anchors including trees, chicken heads, etc.
- Demonstrate and understand the correct use of alpine draws and how to make them
- Identify good and poor placements of active and passive trad gear (Cams, Nuts, Hexes)
- Understand the importance of rope drag and its effect on loads placed on trad pieces during a fall
- Understand the importance of extending pieces in preventing “walking” of trad protection
- Understand the predicted loads placed on trad pieces during a fall, and the importance of correct direction of pull on trad pieces
- Understand the importance of checking and resetting trad pieces when seconding a climb
- Can place gear effectively with suitable spacing
- Understands the impact of gear placement on the second when traversing
- Understand and be able to identify rope types and their uses (single, double, half)

Climbing Level 3.C - Multi Pitch In Additional Skills

- Read and appreciate track notes, climb considerations, climb commitment etc
- Understanding and applying common sense when choosing multi pitches, considering approaches, weather patterns, gear selection and quantities, hydration, nutrition, and on the day queuing of that climb. Making smart and appropriate decisions is a baseline for multi pitching. If in doubt, don't go.
- Consider if to use a static rope for abseiling
- Choose an abseiling line considering factors such as: swing of the abseiler, risk to the rope etc.
- Can identify things which can damage the rope on an abseil and the solutions to minimise the risk of this such as bleeding the rope or applying some kind of rope protection, e.g. foot.
- Show the ability to build a wide range of sling anchors and understand the limitations and applications of each (eg. quad, girth hitch)
- Inspect the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Demonstrate good rope management, including coiling ropes at hanging belays
- Make decisions on when to continue climbing or bail depending on environmental, physical and psychological factors
- Understand and teach verbal signals for communication in abseiling
- Demonstrate setting up a top belay with an ATC Guide and GriGri, and understand the importance of redundancy at a belay
- Demonstrate the lowering of a top belay setup with an ATC Guide and GriGri
- Practice and inspect the loading up on different descender categories (GriGri, tubular devices)
- Understand the importance and demonstrate setting up of belays for abseiling (top, bottom and third hand)
- Demonstrate and understand the use of a third hand below the abseil device and how to self rescue should something jam:
 - Can self rescue from a jammed descender by tying a prusik above a jammed abseil device and stand up on it to take weight of the descender and unjamming it, then continue the abseil
 - Can self rescue from a jammed prussic by leg wrapping rope to transfer the weight to the descender releasing the prussic, then continue the abseil
- Demonstrate the rigging of a releasable abseil (e.g. MMO, Eight bloc, Gi-Gi/ATC)
- Demonstrate the lowering of appropriate loads on a releasable abseil setups
- Demonstrate ascending past knots in a free-hanging abseil
- Demonstrate abseiling past knots in a free-hanging abseil
- Demonstrate setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling
- Understand the importance of efficiency on mechanical advantage, including biners vs pulleys
- Understand and implement progress capture devices on hauling setups, including Microtraxion, tibloc, prussiks

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- Demonstrate the lowering of appropriate loads on a releasable setups, including how to retie when loaded
- Understand and be able to identify rope types and their uses (single, double, half)

Rescue Scenarios:

- Demonstrates/walks through scenarios detailed at the end of the doc. Demonstrate at least two scenarios and walk through the rest with the Assessor.

Caving

Caving Level 1 Skills

- All L1 General Ropework skills
- Confident and competent in managing participants on trips
- Understand the importance of cave preservation
- Read and interpret caving maps
- Identify foul air using a lighter, and identify ventilating and non-ventilating cave structures
- Understand and be able to identify rope materials and their uses (Nylon, polyester, dyneema, technora)
- Inspect and assess the safety of anchors, including the replacement of anchors (discolouration of tape, stability and strength of trees, abrasion of tape, strength of mallions, cracking and fissures surrounding bolts, replacing tape anchors)
- Demonstrate the rigging of static and releasable abseils with tape and bolt anchors, and the suitability of each in different situations (MMO, Eight block, Biner Block, Static Lines with figure eight, figure nine, and fusion knot)
- Inspect the rigging of other trip leaders, participants loading device to abseil, attaching to safety, ABCDE and weighing abseil strand checks
- Understand the importance of rope wear on edges, and the importance of using redirects, rebelay, and rope protection in minimising these effects
- Demonstrate tying and inspecting a Figure Nine, Double Figure Eight Loop (Bunny Ears), Fusion Knot, and Bowline
- Understand the importance of end knots, including appropriate knots and when to use them
- Understand and practice whistle, verbal and hand signals for communication in abseiling
- Understand the importance and demonstrate setting up of belays (top, bottom and third hand)
- Demonstrate three third hand techniques: Klemheist, French, Classic and understand their uses and associated hazards
- Demonstrate and understand the use of a prussik above and below the abseil device, and the use cases of each
- Practice and inspect the loading up on three different descender categories (Eights and Modified Eights, Tubular Devices, Inline Devices, caving descender (Petzl Stop, Rap Rack))
- Practice with emergency descenders (Super munter, biner brake bar)
- Demonstrate tying off a variety of abseiling devices
- Demonstrate adding friction to a variety of abseil devices
- Demonstrate ascending of ropes using prussiks ensuring two points of contact with rope
- Demonstrate ascending of ropes using mechanical ascenders ensuring two points of contact with rope

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- Demonstrate crossing redirects and rebelays
- Understand and demonstrate the use, rigging, coiling and storing of cave ladders
- Understand and instruct on false floor and squeezing safety
- Demonstrate self-rescue and is self-sufficient on a trip

Caving Level 2 Skills

- Demonstrate setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling
- All L1 General Ropework skills
- Understand the importance of efficiency on mechanical advantage, including biners vs pulleys
- Understand and implement progress capture devices on hauling setups, including Microtraxion, tibloc, prussiks
- Demonstrate the lowering of appropriate loads on a releasable setups, including how to retie when loaded
- Demonstrate the conversion to a haul (using appropriate loads) starting from static setups
- Demonstrate lowering past a knot with a releasable system
- Demonstrate abseiling past knots in free-hanging abseil
- Demonstrate tying redirects and rebelay
- Demonstrate the setup of traverse lines, including self belay, Munter belay
- Demonstrate croll to croll, pick off and counterbalance rescue techniques.

Kayaking

A kayaking trip must have at least one Level 2+ trip leader to go ahead

This document is designed as a progressive development. A trip leader must progress through each level successively and may not skip any levels, nor the demonstration of each skill/competency

Kayaking Level 1

Level 1 leaders may assist with the running of a trip in any discipline. If their interest is in whitewater or ocean kayaking, it is at the discretion of the Level 3 trip leader to allow them to co-lead the trip.

Competencies

- Fit to paddle for 2 hours
- Understands assisted rescues (e.g. X rescue) and can assist if required
- Demonstrates understanding of all boat traffic rules
- Demonstrates ability to safely navigate trafficked areas such as Sydney Harbour
- Safely tie down and transport kayaks (doesn't need to own a car)

Skills

- Wet exit
- Can use most of the following paddle strokes:
 - Forward and reverse stroke - compulsory
 - Sweep strokes – compulsory
 - Draw strokes
 - Stern rudder
 - Bow rudder
- Can swim 100m fully clothed in kayaking gear

Kayaking Level 2 - Flatwater

Level 2 leaders may only run trips on still water e.g. lakes, dams, estuaries (e.g. Sydney Harbour)

Competencies:

- Fit to paddle 20km
- Demonstrates ability to manage large groups of paddlers
- Competent in teaching new paddlers how to paddle
- Interpret appropriate weather forecasts
 - Marine forecast
 - Rain forecast
 - General weather
- Understands which gear to bring on a trip to ensure safety for all scenarios
 - Bilge pump, tow rope, spray decks
- Has organised and run a trip under the supervision of a TL with higher level
 - Writes the trip description
 - Manages the group independently
 - Higher level TL (e.g. Level 2) acts as a supervisor/co-leader

Skills

- Deep water self re-entry
- Deep water assisted rescue e.g. X rescue
- Safe towing of another boat

Kayaking Level 3.1 - Whitewater

Whitewater trip leaders may run whitewater trips within their skill level. It is in their best interest to run flatwater trips to aid in the reproduction of whitewater paddlers. **All whitewater trips must have at least 1 trip leader with this skillset**

Competencies

- Is actively aware of their paddling ability. Ideally is confident on grade 3 rivers
- Demonstrates ability to choose safe paddling lines
- Knows all river signals
 - Are you ok/I am ok
 - Stop
 - Go
 - Eddy out
- Knows all whistle signals
 - 1 blow
 - 2 blows
 - 3 blows
- Interpret river levels and rain forecasts

Skills

- Can roll
- Can perform a "hand of god"
- Can chase a boat and/or swimmer
 - Knows how and when to prioritise themselves over the boat/swimmer
- Demonstrates safely entering/exiting boat in precarious river positions
- Can accurately throw a throw rope twice in a row
 - Knows how to coil a throw rope without tangling

Kayaking Level 3.2 – Ocean Kayaking

Ocean TL's may run trips which are in open ocean such as outside the Sydney Harbour Heads, or trips to islands or off of a beach. **All ocean trips must have at least 1 trip leader with this skillset**

Competencies

- Can interpret the marine forecast
 - Understands difference between seas and swell
- Understands how to choose paddling direction based on wind/swell
- Head on a swivel
- Very good group management
 - Rough conditions make for difficult tracking

Skills

- Can roll
- Empty a kayak full of water without a pump

Rescue Scenarios

Title	Scenario	Applicability
Hair Caught in Device – Releasable System	As anchor manager, the person on rope is stuck mid-rappel. Their hair is caught in their belay device, preventing them from moving up or down. They are holding onto the rope, unable to free themselves.	Canyoning, Climbing 3A, Climbing 3C, Caving
Hair Caught in Device – Non-Releasable System, Spare Rope Available	As anchor manager, the person is stuck on the rope with their hair caught in the belay device. The system is not releasable from above. They are unable to descend further or free their hair on their own.	Canyoning, Climbing 3A, Climbing 3C, Caving
Unconscious Abseiler	The abseiler is unresponsive while hanging on the rope. They are not moving or responding to calls. Consider if the abseiler is on a top, bottom, or self-belay.	Canyoning, Climbing 3A, Climbing 3C, Caving
Casualty Stuck at Bottom of Pitch	A person has reached the bottom of a vertical section but cannot ascend the rope. Their equipment is on, but they are either unable to operate it or too fatigued to continue.	Canyoning, Climbing 3A, Climbing 3C, Caving
Casualty Stuck Halfway, Refusing to Continue	Partway through a pitch, an individual has stopped and refuses to continue. They are not injured but are unwilling to move further down or back up.	Canyoning, Climbing 3A, Climbing 3C, Caving
Participant Stuck on Ledge, Unable to Continue	A person has landed on a ledge instead of continuing their rappel. The rope is now out of reach, and they are unable to move forward or reposition themselves.	Canyoning, Climbing 3A, Climbing 3C, Caving
Dangerous Unexpected Traverse / Climb / Downclimb with Beginner Participants	The route unexpectedly requires a traverse, climb, or downclimb that was not planned. Some participants are hesitant or unable to proceed safely without assistance.	Canyoning, Climbing 3A, Climbing 3C, Caving
Casualty Stuck at Unexpected Knot in Middle of Rope, Cannot Ascend	A person has encountered a knot in the middle of the rope while descending. They are unable to pass the knot and do not have the ability to ascend back up.	Canyoning, Climbing 3A, Climbing 3C, Caving

Injured Abseiler On Rope	A person has slipped mid-abseil and injured their leg.	Canyoning, Climbing 3A, Climbing 3C, Caving
Dislocated Shoulder While Abseiling	A participant has lost control mid-abseil and swung into the rock face, injuring their shoulder, they complete the abseil. They are in pain, and unable to use the injured arm for the remaining abseils.	Canyoning, Climbing 3A, Climbing 3C, Caving
Foot Trapped, Stuck Upside Down on Abseil	A participant has slipped while abseiling and their foot has become lodged in a crack. They are now hanging upside down, unable to free themselves. They cannot reach their foot easily and are unable to continue their descent.	Canyoning, Climbing 3A, Climbing 3C, Caving
Participant Struggling in Pool Under Waterfall	A participant is in a deep pool beneath a waterfall. They are struggling to keep their head above water. You are at the other side of the pool.	Canyoning
Abseiler struggling in Pool with a jammed descender	A participant has descended into a deep pool. The rope is jammed in their descender and they are unable to move or escape the pool. Consider if a trip leader is at the bottom of the pitch.	Canyoning
Head Injury and Dizziness Mid-Abseil	A participant has accidentally hit their head mid-abseil and is now feeling dizzy and disoriented.	Canyoning, Climbing 3A, Climbing 3C, Caving
Trip Participant Slipped Over	A participant slipped over and may have hit their head, they are showing signs of a head injury (dizziness, disorientation, confusion, combativeness, etc) they have no signs of other injuries.	All