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 minimum requirements. Please note that the fulfillment of the minimum requirements outlined in this document are not by themselves sufficient to be promoted to the trip leader level described, final say on any promotion is given to the training officer.

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
4. Is approved by the training officer

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
4. Is approved by the training officer

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 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, including the skillset of the additional leader(s)
- Inform the Exec if leading a trip that they haven't completed before
- 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.

Language Used

To avoid confusion, items on each skills document uses standard verbs which are defined as follows:

Word	Expectation
Demonstrates	Consistently performs the skill without prompting
Can Demonstrate	Performs the skill when prompted by the assessor or when otherwise necessary
Identifies	Consistently makes the correct observation
Can identify	Has made the correct observation when prompted or when otherwise necessary
Understands	Provides detailed verbal explanation when prompted

Note that other verbs are used however they are believed to be clear. If you are unsure about any item in this document please notify the Exec.

General Trip Leader Skills/Traits

General skills for all trips including hiking, canyoning and climbing

- ☐ Demonstrates running a trip brief as outlined in the trip brief document
- ☐ Demonstrates logging trip intentions, assign safety contacts and reporting safety incidents through the club
- ☐ Demonstrates planning a trip and identifies when to call off a trip (weather, time, trip participant skill level, etc.)
- ☐ Identifies when to prevent a participant from participating due to safety concerns
- ☐ Demonstrates navigation skills required for trips (GPS, topos, trip notes)
- ☐ Demonstrates and enforces 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 demonstrates Leave No Trace principles
- ☐ Demonstrates checks on participants throughout the day, ensuring they are all hydrated, well fed, feel safe, and comfortable
- ☐ Demonstrates comfort and respect when engaging with trip participants and fellow trip leaders, and encourages a safe, inclusive environment
- ☐ Understands the importance of not spreading the group out, and demonstrates ensuring that everyone is within eyeshot of someone else at all times.
- ☐ Understands appropriate response to an incident/emergency on a trip, including seeking any required assistance and maintaining the safety & wellbeing of the group

Bouldering Skills

Minimum skills required to run a bouldering trip -
https://unswoc.org/wordpress/petzl-access-book-6-bouldering/

Prerequisites:

- ☐ Meets all General Trip Leader criteria

Self Sufficiency:

- ☐ Demonstrates self sufficiency 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.
- ☐ Demonstrates good crag etiquette - https://unswoc.org/wordpress/ethics/
- ☐ Demonstrates effective spotting

Group Management:

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

Falling:

- ☐ Understands and demonstrates the teaching of the importance of visualizing the route before climbing to anticipate falls
- ☐ Understands and demonstrates the teaching of the importance of knowing how to get back down before starting to climb - opt for down climbing or topping out
- ☐ Understands and demonstrates the teaching of safe falling including:
  - ☐ Falling aiming for the centre of the landing zone
  - ☐ Limiting any unnecessary movements during the fall in order to protect the spotter
  - ☐ Breaking the fall with your legs, then butt, and back. Tuck in your arms
  - ☐ If necessary, rolling. Slap your arms against the ground once you start to roll to minimise the chance of rolling off the mat
  - ☐ Not absorbing the fall with your back or landing with your arms straight behind you

Spotting:

- ☐ Understands and demonstrates the teaching of safe spotting:
  - ☐ Adapting technique to climb height, climbers weight and hazards
  - ☐ Locating a safe landing zone, guide the falling climber to it
  - ☐ Using good technique: Legs spread, knees and arms bent, hands at the climbers hip level is possible
  - ☐ Using multiple spotters if the situation demands
- ☐ Understands and demonstrates the teaching of effective bouldering pad placement:
  - ☐ Considering where the climber will fall
  - ☐ Covering hazards (roots, rocks, etc)
  - ☐ Using multiple pads as necessary next to each other or stacking vertically as the situation demands
  - ☐ Moving 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:

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

Level 2:

- ☐ Demonstrates the tying and inspecting of a Double Fisherman’s Bend, Tape/Water Knot, and European Death Knot
- ☐ Demonstrates the tying and inspecting of an Alpine Butterfly and can identify its use on isolating a section of rope
- ☐ Understands 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 no 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.

Prerequisites:

- ☐ Meets all L1 General Ropework criteria
- ☐ Meets all General Trip Leader criteria

Self Sufficiency:

- ☐ Demonstrates self sufficiency on a trip, not requiring any guidance in management of self including sun, eating and drinking, and management of gear
- ☐ Demonstrates safe and controlled single-strand abseiling using a simple 8 descender (and preferred descender if different), including safe approach, device loading and checks, communication, smooth braking, and device unloading.
- ☐ Can demonstrate self-rescue
    - ☐ Can self rescue from a jammed descender
    - ☐ Can self rescue from a jammed self-belay
- ☐ Understands and demonstrates whistle, verbal and hand signals for communication in abseiling and canyoning
- ☐ Demonstrates rope management rigging with a rope flaked into a bag
- ☐ Can demonstrate tying off a simple 8 descender (and your descender if they are different)
- ☐ Understands and demonstrates the use of a third hand above and below the abseil device, and the use cases of each and understands the associated hazards
- ☐ Can demonstrate the Klemheist, French Prusik, Classic prusik and VT friction hitches, and understands their uses
- ☐ Can 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:

- ☐ Demonstrates safe and effective canyon navigation
- ☐ Demonstrates appropriate jumping techniques into water (arms across chest, knees bend, L sits)

- ☐ Does not encourage jumping
- ☐ Demonstrates safe movement, wading and swimming appropriate to straightforward canyon environments
- ☐ Understands weather considerations and demonstrates conservative decision making on weather

Manage Trip Participants:

- ☐ Demonstrates competent managing of participants on trips
- ☐ Encourages a safe and inclusive environment
- ☐ Understands and demonstrates good canyon ethics
- ☐ Demonstrates inspecting participants loading their device to abseil, attaching their safety, ABCDEF and weighing the abseil strand checks
- ☐ Demonstrates the loading of a figure 8 descender with inspection and coaching participants through line and abseil technique
- ☐ Understands the importance of, and demonstrates the correct method of bottom belay
- ☐ Demonstrates giving the canyon brief outlined in this document

Rigging & Ropework:

- ☐ Demonstrates the inspecting and assessing of anchor safety (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)
- ☐ Demonstrates inspecting of rigging by other trip leaders e.g. top to bottom check
- ☐ Demonstrates rigging single-strand retrievable abseils using suitable existing tape and fixed-bolt anchors, including an eight block and biner block. Rigging must be inspected by a separate L1 or L2 before loading
- ☐ Understands the benefits of a releasable abseil - they are the expectation when the abseiler cannot self-rescue
- ☐ Can demonstrate the lowering of an appropriate load on a releasable setup
- ☐ Demonstrates setting an **unweighted** rope length as both an anchor manager and first person down (between abseilers)
- ☐ Understands the importance of end knots, including appropriate knots and when to use them
- ☐ Identifies potential hazards at anchors and on pitches (sharp edges, approach to anchor, overhanging abseil, loose rocks)
- ☐ Identifies a safe abseiling line for both people and rope and identifies when to ask for help managing an abseil
- ☐ Can demonstrate joining two ropes together for a 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)
- ☐ Identifies uncertainty about anchor condition, loading, rope path or system suitability, and seeks L2 assistance when required.

Water Awareness:

- ☐ Can identify a drowning participant (thrashing/head dropping below water)
- ☐ Understands the importance of self-preservation in aquatic rescue (Throw bags, Buoyant object rescue)
- ☐ Demonstrates 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.

Prerequisites:

- ☐ Demonstrates a high degree of confidence and competence in all L1 skills (has the ability to teach them)
- ☐ Meets all L2 General Ropework criteria
- ☐ Meets all L1 canyoning criteria

Self Sufficiency:

- ☐ Demonstrates safe descent, self belay and locking off of double rope abseiling
- ☐ Can demonstrate descending and ascending past a knot

Navigate the Canyon Safely:

- ☐ Identifies suitability of no belay
- ☐ Can identify and **avoid** aquatic hazards such as boils, hydraulics, siphons, sieves
- ☐ Understands the limits of one's skill and can identify canyons and conditions they should **NOT** run trips in (weather, water levels etc)

Manage Trip Participants:

- ☐ Demonstrates competently and confidently managing participants on trips
- ☐ Can demonstrate the setting up and use of top belays and identifies when they should be used
- ☐ Identifies when jumps are appropriate, including identifying: appropriate landings, take-off points, depths and heights
- ☐ Demonstrates the 6 different friction options using a standard figure eight device and identifies their relative frictions

Rigging & Ropework:

- ☐ Demonstrates rigging an MMO and identifies when its use is more suitable than an 8 block
- ☐ Can demonstrate converting from descent to ascent and ascending double ropes ensuring two points of contact with each rope
- ☐ Can demonstrate abseiling and ascending past knots in free-hanging abseil
- ☐ Can demonstrate lowering past a knot with an MMO and Eight block
- ☐ Demonstrates the replacement of tape anchors and mallion/quicklinks
- ☐ Demonstrates the lowering of appropriate loads on releasable setups, including how to **retie when loaded**
- ☐ Demonstrates setting a **weighted** rope length as both an anchor manager and first person down (lowering)
- ☐ Identifies suitable abseiling lines in **complex** conditions, considering flow, swing of the abseiler, risk to the rope etc

- ☐ Identifies risks of damage to the rope and the solutions to minimise this such as bleeding the rope or applying a type of rope protection, e.g. foot, bag, etc
- ☐ Demonstrates the rigging of double strand and identifies when it is suitable (LPAR)
- ☐ Demonstrates joining 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.

- Understands and can identify rope materials and their uses (nylon, polyester, dyneema, technora)
- Demonstrates meat anchors and know how to safely use them
- Has practice with emergency descenders (Super munter, biner brake bar)
- Demonstrates rescue and traverse techniques such as tensioned line traverse and supported river crossing
- Demonstrates the setup and retrieval of retrievable traverse lines (Self belay and Munter belay)
- Demonstrates converting from descent to ascent and identifies when this skill may be required informing abseil order
- Demonstrates setups for hauling (2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul), Complex hauling)
- Understands and demonstrates progress capture devices on hauling setups (Microtraxion, tibloc, prusiks)
- Understands the importance of efficiency on mechanical advantage (Biners vs Pulleys)
- Demonstrates the conversion to a haul (using appropriate loads) starting from releasable setup and biner block setup.
- Demonstrates 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
- A club trip must not occur in the Blue Mountains or Kanangra Boyd National Parks

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/

Prerequisites:

- ☐ Meets all L1 General Ropework criteria
- ☐ Meets all General Trip Leader criteria

Self Sufficiency:

- ☐ Demonstrates self sufficiency 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.
- ☐ Understands and demonstrates climbing calls such as ‘TAKE!’, ‘SLACK!’, ‘IN HARD!’, ‘LOWER!'
- ☐ Can demonstrate tying off a belay device (ATC or Gri Gri)
- ☐ Demonstrates good lead belay technique and etiquette (avoids distractions etc)
- ☐ Demonstrates good lead climbing technique
- ☐ Demonstrates genuine partner checks
- ☐ Demonstrates good crag etiquette - https://unswoc.org/wordpress/ethics/
- ☐ Demonstrates effective rope management, flaking then climbing/belaying with a rope in a rope bag/tarp
- ☐ Understands their own limits and communicates with the other trip leader/s to choose paring/crag suitable for the abilities of the group

Manage Trip Participants:

- ☐ Demonstrates competent managing of participants on trips including edge management
- ☐ Encourages a safe and inclusive environment

- ☐ Demonstrates the teaching of the 5 step belaying process with an ATC or GriGri
- ☐ Demonstrates the teaching of partner checks and ensures that all trip participants undertake them before every climb - Check the knot, check the belay device, check you're on the same rope
- ☐ Demonstrates the teaching of participants on how to safely lower on a GriGri

Climbing Skills:

- ☐ Demonstrates the teaching of, and identifies 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
- ☐ Understands and demonstrates the teaching of safe clipping (stick clip high first bolt, avoiding z-clipping and back-clipping, when to clip high or clip at waist height)
- ☐ Understands and demonstrates the teaching of correct technique for clipping a quickdraw to a carrot bolt and fixed hanger with each hand and gate combination
- ☐ Understands and demonstrates the teaching of the effects of rope drag
- ☐ Understands and demonstrates the teaching of the importance of avoiding foot faults when lead climbing (not having leg/foot between wall and rope, must be on outside)
- ☐ Understands and demonstrates correct quickdraw orientation, considering route direction, gate orientation, rope path and appropriate attachment of the quickdraw to the bolt and rope (spine facing direction of climb and rope in dogbone stiff side, loose side to bolt)
- ☐ Understands and demonstrates the teaching of cleaning a climb from double bolts ensuring two points of contact at all times
- ☐ Understands and demonstrates the teaching of how to spot a climber when they are not yet on belay
- ☐ Identifies ground-fall hazards when lead climbing and belaying, including excessive slack, high clipping, obstacles, belayer position and rope stretch, and demonstrates appropriate preventative measures.

Rope Work:

- ☐ Understands the importance of end/stopper knots, including appropriate knots and when to use them
- ☐ Understands fall factors and its impact on rope longevity
- ☐ Demonstrates the setting up and inspecting of a suitable double bolt top rope setup ensuring the use of locking carabiners, correct loading direction and redundancy. (e.g. quad)
- ☐ Identifies suspected anchor or hardware defects and seeks L2 assistance rather than using an uncertain system
- ☐ Identifies potential hazards to the rope at anchors and on climbs (sharp edges, Ironstone knives etc) and identifies when to ask for assistance with rope protection
- ☐ Demonstrates effectively helping their climber ascend back to the wall while safely managing the brake 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:

- ☐ Demonstrates a high degree of confidence and competence in all L1 skills (has the ability to teach them)
- ☐ Meets all L2 General Ropework criteria

Manage Trip Participants:

- ☐ Understands the limits of their skill and can identify crags and conditions they should **NOT** run trips in (weather, difficulty levels etc)

Climbing Skills:

- ☐ Can demonstrate ascending of single ropes ensuring two points of contact with rope
- ☐ Can demonstrate ascending of double ropes ensuring two points of contact with each rope
- ☐ Can demonstrate bailing off of a single bolt (Rethreading for eye bolts, and using a mallion/quicklinks or spare carabiner for carrot plates to lower off) with appropriate backup (prusik or similar progress capture)
- ☐ Can demonstrate the transferring of a belay to either another person or anchor
- ☐ Identifies the risk of a top-rope swing on traversing/overhanging climbs and demonstrates methods to minimize the risk (redirects/seconding)
- ☐ Understands the importance of lowering an unconscious climber to the ground (hanging syndrome)

Rope Work:

- ☐ Demonstrates the inspection and assessing of 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)
- ☐ Understands and demonstrates the inspecting of different bolts such as U-bolts, carrot bolts with bolt plates, expansion bolts
- ☐ Identifies situations where excess damage to the rope may occur, such as sharp edges, natural hazardous rock features, or loose boulders and demonstrate methods to mitigate damage

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

E.g. Point Perpendicular, Linked Reservoir Dogs

- ☐ Demonstrates the inspecting of the rigging of other trip leaders
- ☐ Demonstrates the effective supervision of participants loading device to abseil, attaching to safety, ABCDE checks and weighing abseil strand checks
- ☐ Can identify the benefits of using a static rope for abseiling
- ☐ Identifies a suitable abseiling line considering factors such as: swing of the abseiler, risk to the rope etc.
- ☐ Identifies risks of damage to 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.
- ☐ Understands and demonstrates the teaching of verbal signals for communication in abseiling
- ☐ Demonstrates setting up a top belay with an ATC Guide and GriGri, and understands the importance of redundancy at a belay
- ☐ Can demonstrate the lowering of a top belay setup with an ATC Guide and GriGri
- ☐ Demonstrates loading up on and inspecting different descender categories (GriGri, tubular devices)
- ☐ Understands the importance of, and demonstrates setting up of belays when abseiling (top, bottom and third hand)
- ☐ Understands and demonstrates the use of a third hand below the abseil device and how to self rescue should something jam:
    - ☐ Can demonstrate self rescue from a jammed descender
    - ☐ Can demonstrate self rescue from a jammed prusik
- ☐ Can demonstrate the rigging of a releasable abseil (e.g. MMO, Eight bloc, ATC, etc)
- ☐ Can demonstrate the lowering of appropriate loads on a releasable abseil setups
- ☐ Can demonstrate setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul) and Complex hauling
- ☐ Understands the importance of efficiency on mechanical advantage, including biners vs pulleys
- ☐ Understands and demonstrates the use of progress capture devices on hauling setups, including Microtraxion, tibloc and prusiks
- ☐ Can demonstrate the conversion to a haul (using appropriate loads) starting from static setups
- ☐ Can 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. Demonstrates at least two scenarios and walk through the rest with the Assessor.

Climbing Level 3.B - Trad Climbing Additional Skills

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

Climbing Level 3.C - Multi Pitch In Additional Skills

- [ ] Understands the importance of reading track notes including climb considerations, climb commitment etc
- [ ] Understands and demonstrates 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.
- [ ] Understands the differences between using a dynamic or static rope for abseiling
- [ ] Identifies suitable abseiling lines considering factors such as: swing of the abseiler, risk to the rope etc.
- [ ] Identifies risks of damage to the rope on an abseil and demonstrates solutions to minimise this such as bleeding the rope or applying some kind of rope protection, e.g. foot.
- [ ] Demonstrates the ability to build a wide range of sling anchors and understands the limitations and applications of each (e.g. quad, girth hitch)
- [ ] Demonstrates the inspecting of rigging by other trip leaders
- [ ] Demonstrates the inspecting of participants loading device to abseil, attaching to safety, ABCDE checks and weighing abseil strand checks
- [ ] Demonstrates good rope management, including coiling ropes at hanging belays
- [ ] Demonstrates safe decision making regarding when to continue climbing or bail depending on environmental, physical and psychological factors
- [ ] Understands and demonstrates the teaching of verbal signals for communication in abseiling
- [ ] Demonstrates setting up a top belay with an ATC Guide and GriGri, and understands the importance of redundancy at a belay
- [ ] Can demonstrate the lowering of a top belay setup with an ATC Guide and GriGri
- [ ] Demonstrates loading up on and inspecting different descender categories (GriGri, tubular devices)
- [ ] Understands the importance of, and demonstrates setting up of belays when abseiling (top, bottom and third hand)
- [ ] Understands and demonstrates the use of a third hand below the abseil device and how to self rescue should something jam:
    - [ ] Can demonstrate self rescue from a jammed descender
    - [ ] Can demonstrate self rescue from a jammed prusik
- [ ] Can demonstrate the rigging of a releasable abseil (e.g. MMO, Eight bloc, ATC)
- [ ] Can demonstrate ascending past knots in a free-hanging abseil
- [ ] Can demonstrate abseiling past knots in a free-hanging abseil
- [ ] Can demonstrate setups for hauling including 2:1 (Counterweight), 3:1, 4:1 (Pig Rig Haul) and Complex hauling
- [ ] Understands the importance of efficiency on mechanical advantage, including biners vs pulleys
- [ ] Understands and demonstrates progress capture devices on hauling setups, including Microtraxion, tibloc and prusiks

- ☐ Can demonstrate the lowering of appropriate loads on a releasable setups, including how to retie when loaded
- ☐ Understands and is able to identify rope types and their uses (single, double, half)

Rescue Scenarios:

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

Additional Advanced Climbing Skills

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

- Can demonstrate cleaning a roof, minimising the swing of both climber and belayer
- Can demonstrate improvising a stick clip for both placing the first draw and clipping the first draw
- Has practiced with emergency descenders (Super munter, biner brake bar)
- Can demonstrate converting from descent to ascent and identifies when this skill may be required informing abseil order
- Can demonstrate “down-aiding” an overhung abseil
- Can demonstrate the creation of improvised anchors (e.g. without sling or cordelette, with only one carabiner)
- Can demonstrate a tandem abseil
- Can demonstrate removing the first draw with a stick clip
- Can demonstrate walking up the rope or boinking after a fall into free space
- Can demonstrate building extended quickdraws using only quickdraws

Caving

All club caving trips must have at least two caving leaders of the appropriate type, at least one of which must have RAFA/WFA and at least one of which must be an L2 leader of the appropriate type. A vertical trip is defined as a trip that involves any SRT ropework while horizontal trips do not. Horizontal trips may involve ropework including but not limited to: belays, handlines, ladders and protected traverses.

- A typical horizontal caving trip must have a total party size of no more than 10
- A typical club vertical caving trip must have a total party size of no more than 8
- Advanced caves may require trip leaders to have additional skills at the discretion of the training and safety officers
- Trips cannot be run in caves that require a permit

Horizontal Caving - Level 1

Skills for a trip leader to contribute constructively to a horizontal caving trip - self sufficient and can assist in managing participants.

Hazards:

- ☐ Understands hazards and conditions and identifies when an area should be avoided, and if necessary the trip cancelled altogether. Examples include but are not limited to:
    - Flash flooding risks
    - Foul Air
    - Delicate / sensitive areas
    - Bats
    - Rockfall risk
    - Participant's skill level / experience is insufficient and/or inappropriate for the cave (e.g. climbing experience, safely navigating around obstacles and formations etc)
- ☐ Consistently caves within the limits of their skill level and experience

Managing Participants:

- ☐ Demonstrates confidently managing Participants including calming / de-escalating claustrophobic participants
- ☐ Understands the importance of spreading trip leaders and experienced cavers appropriately across group / participants
- ☐ Demonstrates the education of participants on Minimal Impact Caving and ensures participants adhere
- ☐ Consistently ensures participants are dressed in clothing appropriate for caving (e.g. no soccer shoes, helmets are fitted properly, participants have suitable light sources)
- ☐ Demonstrates calling rock and ensuring participants do not stand directly under pitches / rockfall area etc
- ☐ Consistently does not pressure participants into squeezes

Cave Ethics / Minimal Impact Caving:

- ☐ Demonstrates leave no trace principles (e.g. touching formations, tracking mud, avoiding sediment banks)
- ☐ Understands the potential impact of posting caves on social media, (e.g. not publishing exact locations of caves, pictures of entrances where appropriate)

Bats:

- ☐ Demonstrates Guiding participants to minimize disturbing bats by keeping voices low and lights dimmed / red mode in areas with bats. Avoiding areas with high density of bats
- ☐ Understands the importance of cleaning gear for bat conservation (Clean Gear Saves Bats!)

Navigation:

- ☐ Can demonstrate navigating the way out of cave without a cave map
- ☐ Demonstrates the reading and interpreting of cave maps
- ☐ Understands the difference between plan & projected view
- ☐ Can identify symbols / features marked on maps
- ☐ Identifies their location on a cave map
- ☐ Can identifies basic cave formations such as stalagmites, helictites, straws, shawls, cave pearls / oolites, moon milk, flowstone, rimstone, false floors and guano
- ☐ Can demonstrate navigating rimstone and false floors

Foul Air:

- ☐ Identifies ventilating and non ventilating cave structures
- ☐ Identifies what causes fluctuations in foul air
- ☐ Demonstrates regular checks for foul air in caves known to contain foul air using the naked flame test
- ☐ Understands “pink puffer” and “blue bloater” reactions to foul air
- ☐ Can identify their own reaction to foul air

Squeezing:

- ☐ Demonstrates guiding participants through squeezes safely
- ☐ Demonstrates managing both apprehensive and overly eager / confident participants
- ☐ Can demonstrate how to manage / extract someone that is stuck in a squeeze

Ladders, Handlines & Ropes:

- ☐ Demonstrates how to climb a wire ladders (freehanging and against an edge) & step ladders safely
- ☐ Identifies risks to ropes and ladders (e.g. edge awareness / rub points, inside out rungs etc)
- ☐ Identifies scenarios where handlines / ladders / belays should be used
- ☐ Demonstrates belaying participants using only a carabiner (munter belay)
- ☐ Demonstrates the tying and inspecting of
    - Figure 8 (Rethreaded + On A Bight)
    - Clove hitch

  - Munter hitch
  - Girth Hitch
- ☐ Identifies how to appropriately clean and maintain PPE

Self Rescue:

- ☐ Understands the importance of a self rescue / emergency plan including the following items such as:
  - Spare equipment such as spare rope, tape, biners ,microtraxion etc where appropriate
  - National Park’s log book

Horizontal Caving - Level 2

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

Prerequisites:

- ☐ Meets all requirements of L1 horizontal caving

Rigging:

- ☐ Can assess & rig scenarios where handlines / ladders / belays should be used
- ☐ Can demonstrate tying and identify appropriate use of the following knots:
  - Water / Tape Knot vs Overhand On A Bight
  - Fusion / Karash Knot vs Bowline On A Bight
  - Tensionless hitch
- ☐ Can inspect and assess the safety of bolted / permanent anchors
- ☐ Demonstrates the assessing, rigging and inspecting of natural anchors
- ☐ Demonstrates effective rigging of ladders, belays and handlines
- ☐ Demonstrates correct derigging and stowage of ladders
- ☐ Addresses risks to ropes and ladders (e.g. edge awareness / rub points, inside out rungs etc)

Self Rescue:

- ☐ Can demonstrate tape sailing and identify where it is appropriate
- ☐ Can demonstrate the creating of a self rescue / emergency plan including the following items such as:
  - Packing spare equipment such as spare rope, tape, biners ,microtraxion etc where appropriate
  - Filling out National Park's log book

Hazards:

- ☐ Understands access conditions such as Permits, Closures, Private Land etc
- ☐ Understands what histoplasmosis is, and what situations can increase risk of histo

Bats:

- ☐ Demonstrates respect of seasonal closures of certain bat maternity / hibernation caves (e.g. Drum Cave, Borenore)

Vertical Caving - Level 1

Skills for a trip leader to contribute constructively to a vertical caving trip - self sufficient and can assist in managing participants.

Prerequisites:

- ☐ Meets all L1 horizontal caving criteria
- ☐ Meets all L1 General Ropework criteria

SRT Basics:

- ☐ Demonstrates putting on SRT kits and inspecting them
- ☐ Demonstrates effective and appropriate communications when navigating pitches, including use of radios where appropriate
- ☐ Demonstrates confidence ascending using mechanical ascenders and prusiks
- ☐ Demonstrates confidence descending using different type of devices (old / new Stops) including:
    - how to tie off
    - braking / increasing friction
    - Identify scenarios appropriate for bottom belaying

Rope Mobility:

- ☐ Can demonstrate and teach:
    - Passing rebelays
    - Passing redirects / deviations
    - Changeovers (descent to ascent and ascent to descent)
    - Down-prussiking with mechanical ascenders
    - Navigating horizontal traverses
- ☐ Can demonstrate:
    - Crossing knots
    - Changing ropes
    - Ascending with a stop

Knots and ropework:

- ☐ Demonstrates all L1 and L2 general ropework skills
- ☐ Demonstrates tying and identify appropriate use of the following knots:
    - Barrel / Poacher’s Knot
    - Daisy Chain / Chain Sinnet
    - Flemish Bend

SRT Rigging:

- ☐ Identifies rub points and understands how to minimise rope damage (e.g. rebelays, redirects, rope protectors)
- ☐ Understands Single Rope Technique vs Indestructible Rope Technique
- ☐ Can demonstrate cleanning a rebelay under supervision

Vertical Caving - Level 2

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

Prerequisites:

- ☐ Meets all L2 horizontal caving criteria
- ☐ Meets all L1 vertical caving criteria
- ☐ Meets all L2 General Ropework criteria

Rope Work:

- ☐ Can demonstrate descending using different type of devices (Rapraks,whaletails etc) including:
  - how to tie off
  - braking / increasing friction
  - use cases for each
  - Identify scenarios appropriate for bottom belaying

SRT Rigging:

- ☐ Can demonstrate rigging vertical pitches with supervision, including appropriate placement of Rebelays and Redirects
- ☐ Can demonstrate rigging horizontal traverses with supervision
- ☐ Can demonstrate cleaning rebelays and redirects independently
- ☐ Can demonstrate cleaning horizontal traverses independently
- ☐ Can demonstrate rigging a knot crossing on a pitch independently

Self Rescue:

- ☐ Can demonstrate a pickoff technique (e.g. Croll to Croll / counterweight or the “cut off” technique)
  - Using a second / back up rope
  - Using the same rope
- ☐ Can demonstrate assisted prussiking / hauling

Additional Advanced Caving Skills

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

- Can demonstrate descending a tensioned line using:
    - VT Prusik
    - Petzl Stop or similar Bobbin

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

Briefings

General Briefings / Trip Prep

Before the Trip

Briefings/preparation will start before the trip, in the week prior to your trip do the following:

- Create a group chat with all your participants (generally Facebook Messenger)
- Ensure all participants have organised the following:
    - All the gear listed on the trip post (you may need to help them with Booqable)
    - Know the expectations for the trip (outline exactly what they will be doing)
    - Organise transportation/carpooling there AND back home
- Log your trip intentions with UNSWOC and ARC (an email template will be forwarded the day before your trip)
- Update your PLB details on the AMSA website
- Pickup club gear, including a PLB and First Aid Kit
- Find an emergency contact, and provide them with your trip intentions/emergency plan

At the Carpark

When you are at the carpark/meeting point and have all the trip participants do the following:

- Introduce yourself, and the other trip leader(s)
- Acknowledge the traditional owners of the land
- Give an outline of the day, and ensure everyone understands what they are signing themselves up for
- Conduct a gear check (including shoes and clothes).
    - Make sure you physically *see* important gear (eg. food, water, helmet)
- Show everyone who has the first aid kit and PLB, and where it is located in their pack
- Identify those on your trip who hold first aid qualifications
- Ask everyone if they have any allergies and/or health conditions that may affect the trip, and if they are uncomfortable disclosing the group they can approach a trip leader privately. If they carry an epipen ask where they keep it, and ensure it is safe and dry
- Conduct a “Minimal Impact Brief” that is relevant to your sport/environment
- Iterate the fact that if they feel unsafe, or have any questions to raise them with a trip leader

After the Trip

Before everyone leaves make sure you do the following:

- **Notify your emergency contact that you are back safe**
- Give a general debrief, ask how everyone is feeling, ask for feedback, and make sure everyone had fun!
- Ensure all club and personal gear makes its way home. Club gear should be returned clean and dry (Ideally club gear should be returned by the person who borrowed it)
- Share photos with the group (and the social media officer!)

- Make sure everyone has a way home, and make sure drivers are not too tired (driving is most likely the riskiest activity they will do that day)
- Check up on any injuries, and if necessary notify exec of a near-miss/incident

Canyoning Briefs

Canyon Movement

This briefing should be conducted on the way to the canyon, and before entering any “canyon-like” environments. I find this is better to be short, most participants will figure it out pretty quickly. The main points to cover are:

- Canyons are slippery
- Stay low, get on your butt if needed
- Use your hands to balance yourself
- Stepping on the worn or pointy rocks tends to be the grippiest
- When traversing the canyon relay information to the person behind you (eg. downclimb beta/hazards)
- Always be within visual/audible range of someone else

Edge Safety

This should be conducted before participants are required to approach a cliff edge or significant fall. This brief should also include information on rockfall. The main points to cover are:

- Maintain 2 body lengths from an edge (where possible)
- Keep stable footing when close to edges (no running/jumping)
- Trip leaders will instruct you where/when you are required to be clipped into an anchor
- If you knock anything off a cliff call “ROCK, ROCK, ROCK”
- If you hear “ROCK”, move as close as possible to the cliff face, look into the cliff wall, and keep your hands beside your side
- Helmets must be worn when directed by your trip leader (set a good example)

Abseil Technique

Depending on the experience of the group this will often be held in the carpark, and then a shortened version repeated at the first pitch. The main points are:

- How to clip into safety
- How to check carabiners are locked (click test)
- How to load a descender
- Verbal communication (on-rope, on-belay, off-rope)
- Proper abseiling technique
    - How to control your speed (thumb in bum)
    - Feet shoulder width apart
    - Sit back into the harness, keeping legs perpendicular to the wall and butt low
    - Small steps downwards
    - Where to keep your hands (NEVER put your offhand above the descender)
- How to disconnect from the rope

Minimal Impact

This is to be conducted at the carpark, and some points can be reiterated on the walk in. The main points are:

- Tracks
    - Keep on the main track
    - Avoid shortcuts
    - Avoid stepping on plants and roots
    - When in the canyon keep to the watercourse and off the sensitive banks
- Toileting
    - There are no toilets in the canyon (remind them to go before the walk in)
    - Don’t urinate directly into the water (or wetsuits)
    - Carry human waste and toilet paper out
- Protect plants, animals, and their habitat
    - Don’t touch animals (e.g. crayfish, lizards, frogs)
    - Don’t take souvenirs (e.g. rocks, plants, flowers)
- Carry all rubbish out (even if it's not yours!)
- Respect other canyoners, let them pass, share anchors, and introduce yourself!

Climbing Briefs

Minimal Impact

This is to be conducted at the carpark, and some points can be reiterated on the walk in. The main points are:

- Tracks
    - Keep on the main track
    - Avoid shortcuts
    - Avoid stepping on plants and roots
- Toileting
    - There are no toilets at the crag (remind them to go before the walk in)
    - Carry human waste and toilet paper out, or follow best practice for the area
- Protect plants, animals, and their habitat
    - Don’t touch animals
    - Don’t take souvenirs (e.g. rocks, plants, flowers)
    - Avoid routes with nesting animals (and log on thecrag.com)
- Respect other climbers and the crag by:
    - Introducing yourself
    - Sharing routes
    - Following local ethics (check thecrag.com)
- Carry all rubbish out (even if it's not yours!)
- Avoid excessive chalk usage, and consider brushing holds/tick marks

Edge Safety

This should be conducted before participants are required to approach a cliff edge or significant fall. This brief should also include information on rockfall. The main points to cover are:

- Maintain 2 body lengths from an edge (where possible)
- Keep stable footing when close to edges (no running/jumping)
- Trip leaders will instruct you where/when you are required to be clipped into an anchor
- If you knock anything off a cliff call “ROCK, ROCK, ROCK”
- If you hear “ROCK”, move as close as possible to the cliff face, look into the cliff wall, and keep your hands beside your side
- Helmets must be worn when directed by your trip leader (set a good example)

Crag Etiquette

These are just general pointers to give before doing any climbing, and may only be necessary on beginner trips where participants may have never been cragging before. The main points are:

- Keep noise to a minimum, and be considerate to the groups around you. No speakers, loud music, shouting, TikTok, etc.
- Avoid spreading gear out below climbs, consolidate you stuff in one area out of the way of climbs and other climbers, and be ready to move it if needed
- If you are resting or eating, pick an area that is out of the way of others, and offer to move if you are in the way of others
- Share routes with others, and be considerate of other parties by:

    - Avoid leaving climbs setup with no one around
    - Consider offering other groups to use your gear
    - Avoid “hogging” the popular climbs at the crag
    - Communicating with other climbers, and letting them hop on between your group
- More details here https://unswoc.org/wordpress/ethics

Crag Safety

These are just general pointers to give before doing any climbing, and may only be necessary on beginner trips where participants may have never been cragging before. The main points are:

- Keep in earshot/visual of others at all times (don’t wander off)
- Be mindful when passing belayers/climbers, where appropriate ask the belayer, or judge if there is a risk to yourself, the belayer, or climber.
- Keep helmets on at all times (you are below a cliff)
- There are often cliffs/steep slopes/drops at the crag, follow edge safety rules, and consider clipping belayers into ground anchors

Belaying/Climbing

These are just general pointers to give before doing any climbing, and may only be necessary on beginner trips where participants may have never been climbing before. The main points are:

- Belay technique (consider backup belayers for first-timers)
- Climbing technique (hips in, use your legs, etc.)
- Avoid standing or walking on ropes
- Keep ropes on their tarps

Caving Briefs

Cave Movement

This briefing should be done either in the first chamber or just outside of the cave:

- Caves are muddy and slippery
- Stay low, get on your butt if needed
- Use your hands to balance yourself
- Stepping on the pointy rocks tends to be the grippiest
- When traversing the cave relay information to the person behind you (eg. downclimb beta/hazards)
- Always be within visual/audible range of someone else
- Stay near the trip leader and inform them of where you are going
- Be aware that drops are not always obvious, move slowly and with care
- Discuss safe squeezing
- Be aware anything you drop or throw (e.g. your pack, phone, spare batteries, etc) can fall into an impossible to retrieve from crevice

Edge Safety

This should be conducted before participants are required to approach a cliff edge or significant fall. This brief should also include information on rockfall. The main points to cover are:

- Maintain 2 body lengths from an edge (where possible)
- Keep stable footing when close to edges (no running/jumping)
- Trip leaders will instruct you where/when you are required to be clipped into an anchor
- If you knock anything off an edge call “ROCK, ROCK, ROCK”
- If you hear “ROCK”, move as close as possible to the edge wall, look into the edge wall, and keep your hands beside your side

Equipment

This is to be conducted at the carpark, and some points can be reiterated on the walk in. The main points are:

- Helmets must be worn at all times
- Your secondary light should be kept on your person
- Check your lights work and have fully charged / new batteries
- Gloves must be worn at all times (for cave conservation)

Minimal Impact

This is to be conducted at the carpark, and some points can be reiterated on the walk in. The main points are:

- Formation
    - Don’t touch things that are not already covered in mud
    - Watch your head to not smash delicate formation
    - It takes millions of years to form but only seconds to be destroyed
    - Do not get skin oils on formation
    - Avoid going near pristine areas

        - Don’t take souvenirs
- Toileting
    - There are no toilets in the cave (remind them to go before the walk in)
    - You cannot pee in the cave, bring a bottle to pee in
    - Carry human waste and toilet paper out (bring a wag bag)
- Protect plants, animals, and their habitat
    - Don’t touch insects (e.g. cave crickets, millipedes, etc)
    - Don’t disturb bats with your white light or loud voices
- Carry all rubbish out (even if it's not yours!)
- Leave no trace

Hiking Briefs

Minimal Impact

This is to be conducted at the carpark, and some points can be reiterated during the hike

The 7 Principles of LNT

- **Plan Ahead and Prepare:** Minimize your environmental footprint by researching local regulations, checking weather conditions in the Blue Mountains, and packing out all trash.
- **Travel and Camp on Durable Surfaces:** Stick to designated trails and existing campsites to avoid trampling fragile vegetation. Never cut switchbacks.
- **Dispose of Waste Properly:** Pack out all food scraps, wrappers, and litter. For human waste, dig a cathole 15 to 20 cm deep at least 100 meters away from water sources, trails, and campsites.
- **Leave What You Find:** Preserve the past and respect the environment by leaving rocks, plants, and historical artifacts undisturbed. Do not carve into trees or build rock cairns.
- **Minimize Campfire Impacts:** Use a lightweight camping stove instead of building a fire. If a fire is necessary and permitted, use an existing fire ring and keep it small.
- **Respect Wildlife:** Observe animals from a distance and never feed them. Secure your food in wildlife-proof containers to protect both yourself and the local ecosystem.
- **Be Considerate of Other Visitors:** Yield to other hikers on the trail, keep noise levels down, and respect private property boundaries.

Rescue Scenarios

Title	Scenario	Applicability
Hair Caught in Device – Releasable System	As anchor manager, the person on rope is stuck mid-abseil. 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. They are on a releasable abseil.	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. Consider how much rope you have (only weighted rope, twice weighted rope length, second rope, etc)	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. Consider how much rope you have (only weighted rope, twice weighted rope length, second rope, etc)	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. Consider how much rope you have (only weighted rope, twice weighted rope length, second rope, etc)	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 abseil. 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	A person has encountered a knot in the middle of the	Canyoning,

Unexpected Knot in Middle of Rope, Cannot Ascend	rope while descending. They are unable to pass the knot and do not have the ability to ascend back up. They are not on a releasable abseil.	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