



Scouts Name.....

Troop.....

Scout Troop - ABSEILING Proficiency Badge

a) **DEMONSTRATE** precautions applicable to abseiling including:

Details		Completed
i	Approaching cliffs	
	Remain a safe distance from the edge and check for loose surface. Your harness must be attached to a secured rope.	
ii	Safe distance to cliff edge	
	Remain at least 1.5 x your height from the edge. If unharnessed and there is a need to move closer to the edge, connect to an anchor or lay face down and crawl forward	
iii	The need to restrain loose hair and clothing	
	Hair and clothing can get caught in the descender.	

iv) **Knowledge of standard communication conventions used in abseiling.**

Call	By whom	Why	Pass
'On Rope'	Abseiler	To the belayer to confirm belayer is ready.	
'On Belay' - 'Descend when ready'	Belayer – 2 distinct calls	to Abseiler to confirm they have control of rope and are ready for the abseiler to descend – 2 nd call optional	
Descending	Abseiler	To belayer to confirm abseil commenced	
Safe	Abseiler	To person at top of descent to confirm they have reached base of cliff safely	
Off Rope	Abseiler	To person at top of descent after they have disconnected from the rope to confirm the rope is available for the next person	

b) **SKILL.** Thorough knowledge of:

Item/ Details		Completed
i	Tape knot including tie offs	
	Tie a thumb or overhand knot then thread the other end of the rope back following the original knot. The knot gives a flat surface, is very strong and easy to untie. Used to: tie tape type harnesses, securing ropes to trees, other anchors	
ii	Figure 8 loop	
	Tie a figure 8 in doubled strand at the end of rope. Used to: create a loop to connect to equipment or anchor usually via a karabiner and as a stop knot at end of abseil rope.	



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	Item/ Details	Completed
iii	The correct fitting of a harness	
	Loosen harness then pass each leg through the waist loop and then the appropriate leg loop. Tighten the waist so that it is firm around the hips (top of harness at top of pelvis). Tighten the leg straps so that it is comfortable.	
iv	Clipping onto the abseil rope	
	Attach a descender to the karabiner in your harness then connect descender to the abseil rope (order of action depends on type of descender).	
v	Checking the system and the importance of having a second person check – ‘double up, double check’	
	If the equipment is not checked properly, someone’s life could be at risk. Experienced people get blasé about detail and could easily miss a safety item	
vi	A mock abseil on the ground	
	Set up a demonstration abseil and explain function of all the items used in the construct	
vii	Suitable protective clothing for all seasons	
	Helmet, gloves, closed in shoes	
viii	The importance of using appropriate equipment and ropes	
	Make sure that safety ratings are not exceeded. Using the correct equipment usually makes the activity easier and safer	
ix	The basic rules for the use and care of equipment	
	<ul style="list-style-type: none"> • Don’t walk on ropes and other equipment. • Don’t drop metal equipment – if you do accidentally drop something MAKE SURE YOU TELL YOUR LEADER • Keep equipment clean • Dry off equipment after use • Don’t leave things lying around. Put it away if not in use 	

c) **ACTIVITY.**

i) Undertake 5 abseils

Date	Location
Instructor	

No	Descender used	Confirmed complete
1		
2		
3		
4		
5		