



## SAREA TOP ROPE GUIDE

### RESCUE AND PERSONAL SKILLS ASSESSMENT

Candidate's name: ..... Location: .....

Assessor/s name/s: .....

Date: .... /.... /.... Time started: ..... Time finished: ..... (Time allowed: 8hrs)

#### Please note:

- All equipment for this assessment must be provided by the candidate, unless otherwise arranged. This may include, but is not limited to, an abseil rope, rescue rope, climbing rope, prussiks, mechanical ascenders, pulley, carabiners, slings, harness, helmet and belay device.
- Your assessment may be immediately concluded if you fail to maintain the personal safety of yourself or any person under your direct supervision.
- If this is your final assessment, you must not conduct yourself as a qualified SAREA Guide until your assessments, logbook and first aid certificate have been sighted and approved by the SAREA Assessors & Advisors Panel, and you have been subsequently notified by the Coordinating Assessor.



I have read and understood the above information: ..... (Candidate's Signature)

#### Assessment Outline:

1. Assessor to meet candidate at pre-arranged location, e.g. the top gate at Morialta. Candidate is accountable for all equipment needed. Conduct pre-assessment checks (if safety items are missing, such as the candidate's first aid kit, the assessment may be cancelled). **Knowledge and terminology assessment must be submitted prior to day.**
2. Move to the top of the cliff where the candidate is to set up a top belay, using a standard belay device. The system is then put under load by a 'climber', and the candidate is to demonstrate escaping the system. This is then repeated with an assisted-braking or auto-blocking belay device.
3. Lower climber approximately 3m over cliff edge. Demonstrate an assisted hoist, and then an unassisted hoist using a mechanical advantage system. Weight must be moved efficiently, and the climber must be lowered back to the 3m mark between tasks, (time taken must not exceed more than 5 minutes for each task). Following this, demonstrate the ability to increase mechanical advantage if required.
4. Set up a single abseil line with a load releasing anchor and a safety line. Candidate guides an abseiler on abseil with safety line with a chest harness. Abseiler to use a figure 8 descender. Demonstrate the use of the load releasing anchor to release a jammed abseil device for a novice abseiler. Repeat without a load releasing anchor. The abseil line must be fully weighted for both tasks.
5. Candidate to abseil 3 times:
  - Using a belay device, chest harness and a prusik as a safety. Candidate asked to engage and test effectiveness of prusik 2m before the bottom.
  - Candidate to repeat using non-standard abseil device, such as a munter hitch.

A knot is then placed in the abseil rope approximately 3m from the ground. Candidate abseils to the bottom of the cliff passing the knot. The candidate then ascends the rope passing the knot, using either prussiks or mechanical ascenders, and removes knot on descent. The rope is then ascended and descended using the method not used already, without passing a knot.
6. Respond to the following top-rope scenario; you are an instructor supervising a top-rope bottom belay system with one climber and one belayer. The belayer is attached to a bottom anchor. The climber (at approximately half-height) 'freezes' on the climb and will not descend without further support. Your task is to safely remove the belayer from the system, access the climber and safely bring them to the ground. The belayer is belaying on a non-autolock belay device and the climber will willingly return to the ground with close and careful assistance.
7. Demonstrate an anchor setup using natural anchors. To be done at a time considered suitable by the assessor, and must include the use of natural protection such as cams, nuts and slings.
8. End of assessment. Show candidate this assessment sheet and discuss all items. A pass or fail cannot be advised at this time as is determined by the SAREA AA Panel and Board, not the assessor. You will be notified by the Coordinating Assessor of your result.



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## 1. Pre-assessment checks

- 1.1. Knowledge and terminology assessment.....
- 1.2. Readily accessible first aid kit and phone.....
- 1.3. Appropriate climbing equipment, with known history.....
- 1.4. Appropriate footwear and attire.....

## 2. Top belay systems and escaping the system

- 2.1. Safety checks carried out prior to use of equipment.....
- 2.2. Anchors equalized with minimal shock load.....
- 2.3. Checks on all knots and carabiners, including tape knots.....
- 2.4. Safe positioning of belayer.....
- 2.5. Discuss direct/indirect belay systems and understand pros/cons of each.....
- 2.6. Safety of climber and belayer maintained at all times.....
- 2.7. Standard belay device..... 
  - 2.7.1. Anchors and system is set up to facilitate escaping.....
  - 2.7.2. Escape carried out in an efficient and timely manner.....
  - 2.7.3. Minimal lowering of climber.....
  - 2.7.4. Communication maintained.....
  - 2.7.5. Personal safety maintained.....
- 2.8. Assisted-braking or auto-blocking belay device..... 
  - 2.8.1. Anchors and system is set up to facilitate escaping.....
  - 2.8.2. Escape carried out in an efficient and timely manner.....
  - 2.8.3. Minimal lowering of climber.....
  - 2.8.4. Communication maintained.....
  - 2.8.5. Personal safety maintained.....

Comments:

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## 3. Hoisting and Hauling

- 3.1. Anchors set up to facilitate use of an assisted or unassisted hoist.....
- 3.2. Safety checks carried out prior to use of equipment.....
- 3.3. Demonstrate safe lowering practices with chosen belay device.....
- 3.4. Assisted Hoist
  - 3.4.1. Clear and unambiguous communication.....
  - 3.4.2. Carried out in an efficient and timely manner.....
  - 3.4.3. Personal safety maintained.....
  - 3.4.4. Climber safety maintained.....
- 3.5. Haul conscious person using a mechanical advantage system
  - 3.5.1. Clear and unambiguous communication.....
  - 3.5.2. Carried out in an efficient and timely manner.....
  - 3.5.3. Demonstrate an increase in mechanical advantage.....
  - 3.5.4. Personal safety maintained.....
  - 3.5.5. Climber safety maintained.....

Comments:

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- 4. Load releasing anchors and abseil guiding**
  - 4.1 Safety checks carried out and selection of suitable anchor points.....
  - 4.2 Checks on abseiler done prior to abseiling.....
  - 4.3 Effective use of chest harness.....
  - 4.5 Clear and unambiguous communication.....
  - 4.6 Safety of climber and belayer maintained at all times.....
  - 4.7 Release a jammed abseil device through use of load releasing anchors**
    - 4.7.1 Clear and unambiguous communication.....
    - 4.7.2 Carried out in an efficient and timely manner.....
    - 4.7.3 Personal safety maintained.....
    - 4.7.4 Climber safety maintained.....
  - 4.8 Releases a jammed abseil device without load release anchor**
    - 4.8.1 Clear understanding of implication of situation.....
    - 4.8.2 Problem solving regarding different situations.....

Comments:

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## 5. Abseiling, ascending and descending

- 5.1. Safety checks carried out prior to use of equipment.....
- 5.2 Abseiling Competence**
  - 5.2.1 Safety checks carried out.....
  - 5.2.2 First abseil (belay device) .....
  - 5.2.3 Second abseil (not a recognised friction device) .....
  - 5.2.4 Effective use of chest harness.....
  - 5.2.5 Ability to release loaded prusik.....
- 5.2. Passing a knot**
  - 5.2.1. Carried out in a timely and efficient manner.....
  - 5.2.2. Personal safety maintained.....
- 5.3. Ascending with prusiks**
  - 5.3.1. Carried out in a timely and efficient manner.....
  - 5.3.2. Personal safety maintained.....
- 5.4. Ascending with mechanical ascenders**
  - 5.4.1. Carried out in a timely and efficient manner.....
  - 5.4.2. Personal safety maintained.....

Comments:

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- 6. Top rope set up and rescue scenario**      **Climb Name:**
- 6.1 Safety checks carried out.....
  - 6.2 Evidence of set up equipment safety checks.....
  - 6.3 Assesses bollards and demonstrates bollard knowledge.....
  - 6.4 Climb choice is appropriate, with hazards removed.....
  - 6.5 Awareness of loose rock.....
  - 6.6 Figure 8 knot (re-threaded, and on the bight) .....
  - 6.7 Discuss appropriate use of trees at Morialta and Onkaparinga.....
  - 6.8 Multiple anchors equalized with minimal shock load.....
  - 6.9 Rechecks all knots, including tape knots.....
  - 6.10 Checks carabiners are correctly closed.....
  - 6.11 Prusik knots (demonstrate two different variations) .....
  - 6.12 Appropriate and safe bottom belay anchor point/site.....
  - 6.13 Correct belay and bottom belay anchor set up.....
  - 6.14 Escaping the system with minimal lowering in timely and efficient manner...
  - 6.15 Rescue scenario (please refer to section 6 in the outline for correct set up)**
  - 6.14.1 Clear and unambiguous communication.....
  - 6.14.2 Carried out in an efficient and timely manner.....
  - 6.14.3 Personal safety maintained .....
  - 6.14.4 Climber safety maintained.....

Comments:

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## 7. Natural Anchors

- 7.1 Safety maintained at all times.....
- 7.2 Choice of anchors appropriate for climb.....
- 7.3 Multiple anchors equalised with minimal shock load.....
- 7.4 Discuss different types of equipment used for natural anchors.....
- 7.5 Demonstration of various equalisation methods.....
- 7.6 Correct use of Natural Protection - cams, nuts, hexes .....

Comments:

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Assessor/s comments on assessment:

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I hereby state that this is a true and fair assessment:

Assessor's signature: ..... Candidate's Signature: .....