

AVSTP Workshop Notes 5/9/26

Context: Cancellation of rock-face activity due to local Total Fire Ban and extreme heat and wind conditions. This workshop was offered in its place. Met at Sutherland Guide Hall from 09:00-14:00

Hall induction and welcome to the day.

Attendees: Trainees, and RockSchool staff and helpers

Andrew L	Ahmad M
Carmelina F	Bob L
Claire B	Bruce L
Ethan L	Daniel M
Gary G	Gillian H
James G	Ken F
Kylie T	<u>Marion F</u>
Martin B	Michael M
	Tim M

Notes from day: These notes are to reinforce your learning, not provide you with answers! Use this sheet in your logs and record what you remember, or further research for your own development.

Have fun, Marion

1. ANCHORS AND RIGGING of primary load lines.

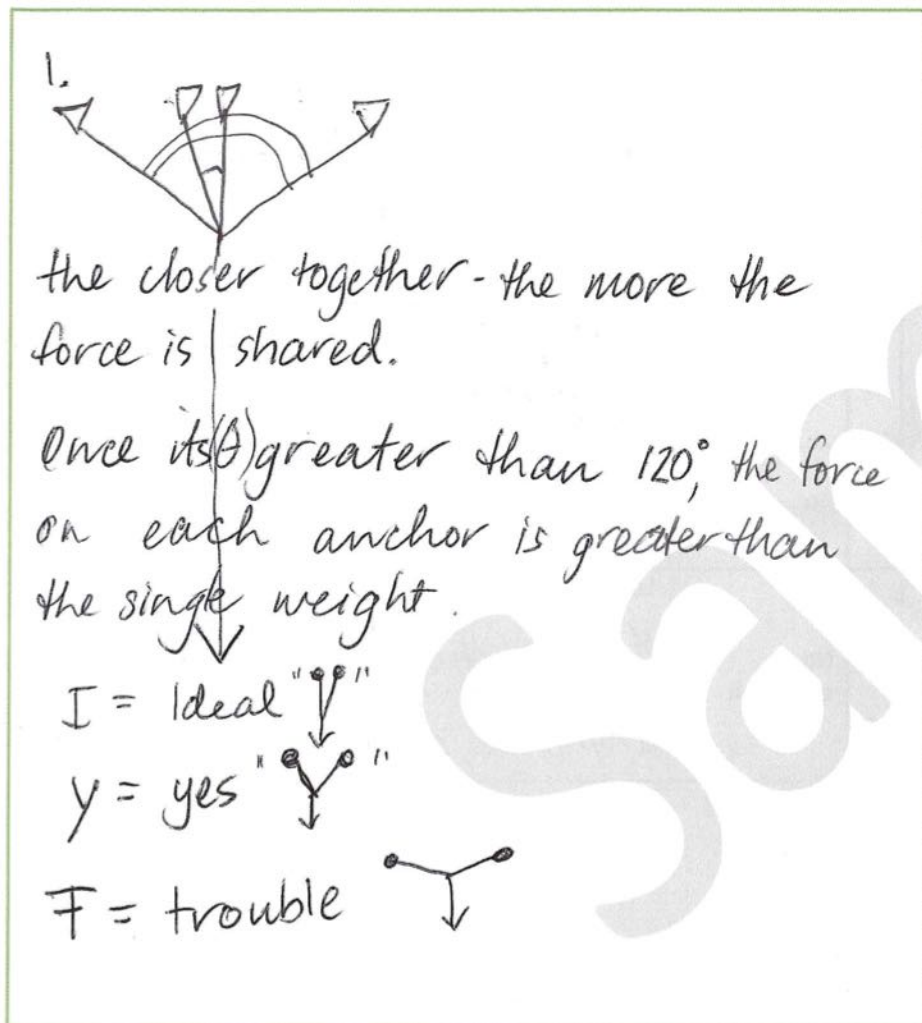
Ahmad led discussion and provided some technical information.

Anchor acronym		What did you learn for each term in relation to considering anchors?
S	strong	is it going to hold the required weight? Secure. Tree-roots diameter.
E	equalised	with two anchor points-do they meet where the line needs to go. Is the angle effective?
R	redundancy	is the system backed up in as many elements as poss.? Double tapes, crabs etc.
E	efficient	achieves the task in the simplest method - simple means others can recognise + check.
N	No - extension	Look up <u>cordelette</u> 
E		if one anchor gives way - have you reduced or eliminated drop force, or dangerous swing  overhands

2. ANCHOR ANGLES

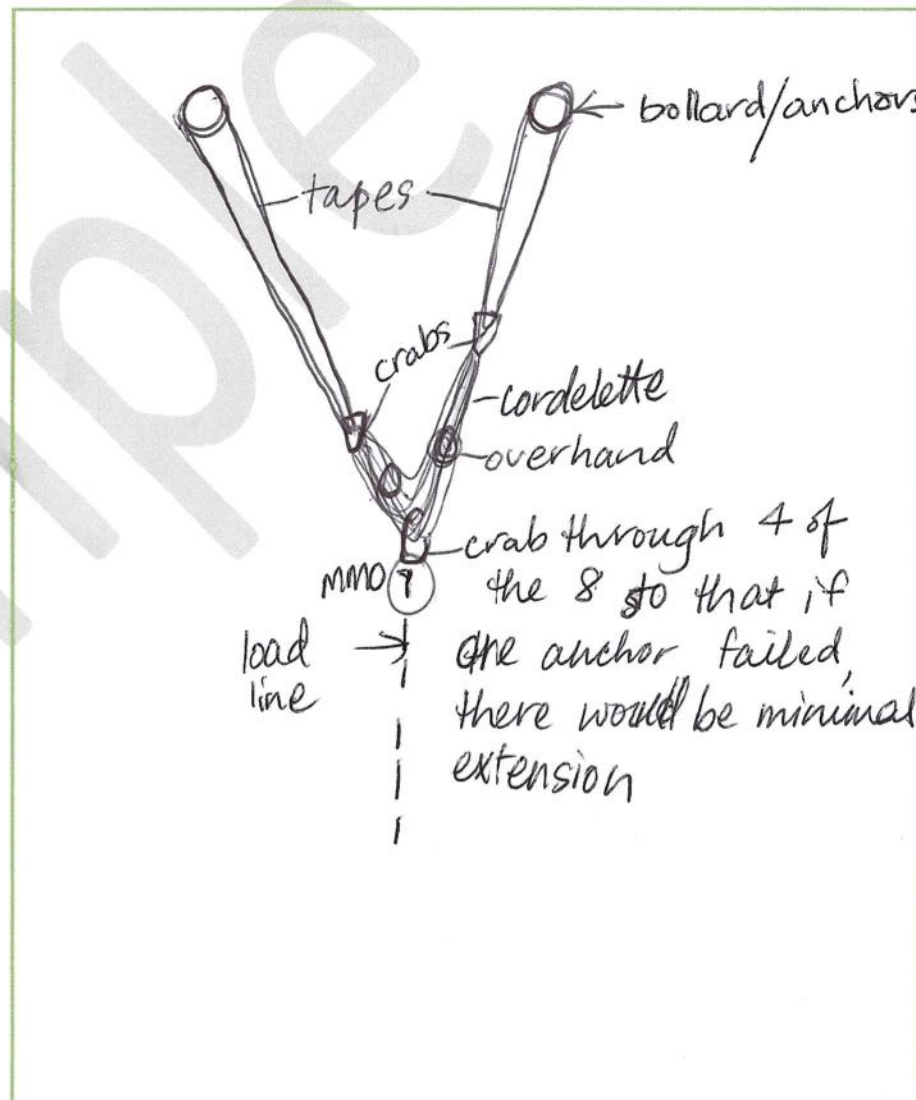
Many helpful rules – but what are they? What did you learn?

- Hand angles?
- I, Y, T?
- Why is the angle important?



3. GROUP ACTIVITY (outside):

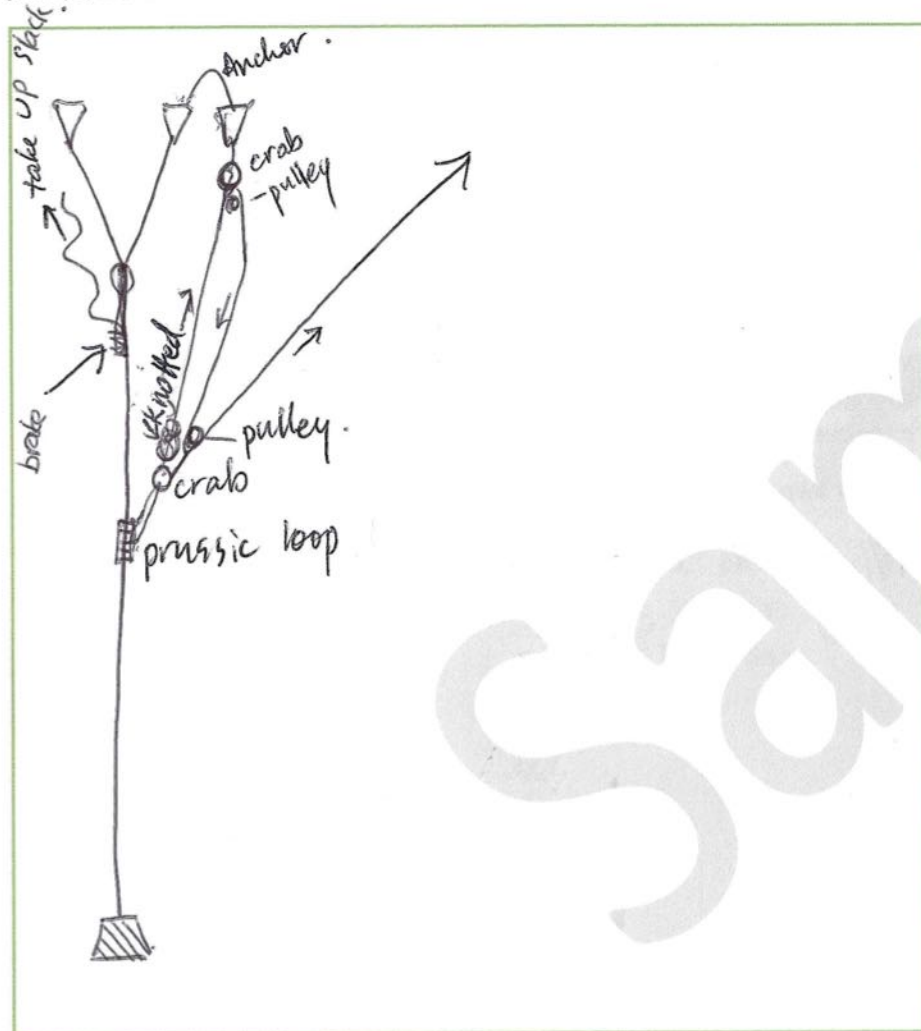
Build a simple rig with anchor and load line. Draw what your group achieved and label the parts.



4. HAULING

Ken and Ahmad both provided an outline and demonstration, primarily of a 3:1 or "Z-haul"

What are the main components? Draw an ADD-ON 3:1 on a load line. Label anchors, pulleys, brakes.



5. RISK EVALUATION

Why? Consider LIKELIHOOD and CONSEQUENCE and agree on action to mitigate or modify these.

Try this example. Fill in gaps.

HAZARD OR ELEMENT	RISK	MODIFICATION/ACTION
weather	Extreme conditions eg. wind = free limbs sun/heat	preparation, reschedule, eg. isolate areas, addit. shelters, PPE, water
cliff, height	fall	Instruction, briefing, Work zone safety, PPE - safety lines
ropes	break, mis-use	protect on sharp edges correct knots, dressed correctly
descenders	misuse, loading in contrast to manufacturers advice, uncontrolled	Be familiar with specific equipment limitations; know your own gear, friction control
other gear	breakage, give way	log usage, inspect for damage, inspect branding for standards.
natural environment - vegetation - geology - animals	trips (over roots) scratches unstable rubble bites, stings	reminders/awareness long sleeves/legs clothing clothing, repellants first aid,
Participant variables - age, size, experience, behaviour, emotional regulation,	impulsive, argumentative, distractability	induction instruction, "rules" - safe zones, activity leader, time limited activity

6. BRIEFING

Includes (but not only) site layout and considerations, plans for activity, equipment, safety and agreed strategies. See handout from day, or the Induction briefing sheet used for RockSchool Activity.

What do you think is important in a briefing - for team, and then participants?

Team briefing topics	participants
overall plan + timing specific requests team allocation roles who the participants are + accommodating them risk assessment + contingency plans. which drops + setup requirements Gear checks + logs check setups + review risk assm.	overall plan + times expectations site resources include participants in identifying risks so discussion can follow about rules - eg. work zones, roles of leaders, equipment, emergency procedures. Review gear - fitting labelling use Practise (horizontal abseil).

7. GEAR LOGS

All gear needs to be recorded for age, usage, inspection, instructions, and perhaps cost. RockSchool has its own detailed system (see links previously shared) for all gear.

Personal equipment should be recorded in a similar way. Several systems and apps are available, eg.



Gearfolio - Outdoor Gear List
Camping & Hiking Inventory
Get In App Purchase



GearLog
Powering Adventure
Open



8. CONCLUSION

We had additional discussion about gear including descender strengths, crab strengths, use and loading; further to anchoring include practising MMO (munter-mule-overhand) vs friction devices for belay and lowerable lines.

9. Your own notes for next time:

Throw in some rescue tasks
eg. escape from belay
crossing knots.