

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

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

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	
E	equalised	
R	redundancy	
E	efficient	
N	No - extension	Look up <i>cordelette</i>
E		

2. ANCHOR ANGLES

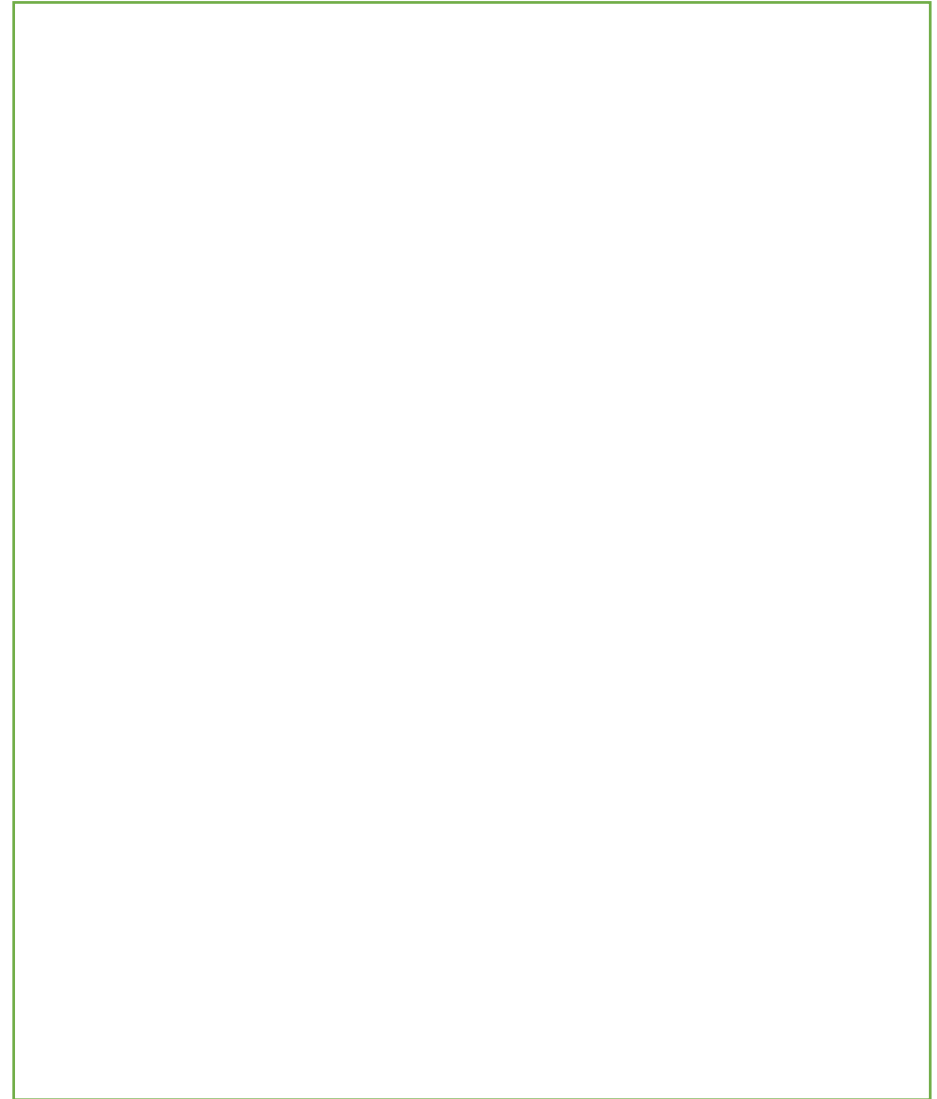
Many helpful rules – but what are they? What did you learn?

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



3. GROUP ACTIVITY (outside):

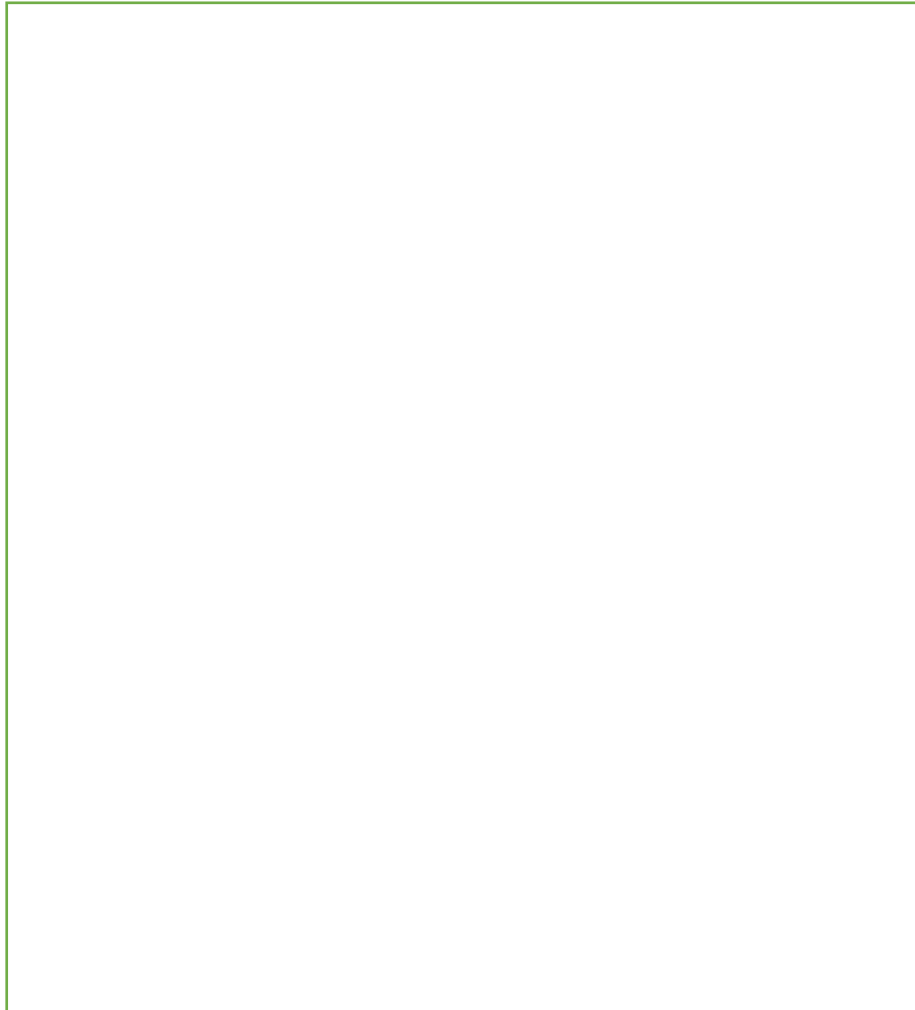
Build a simple rig with anchor and load line. Draw what your group achieved and label the parts.



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	preparation, reschedule
cliff, height	fall	Instruction, briefing, Work zone safety, PPE - safety lines
ropes	break, mis-use	
descenders	misuse, loading in contrast to manufacturers advice	Be familiar with specific equipment limitations; know your own gear
Participant variables – age, size, experience, behaviour, emotional regulation,		

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.

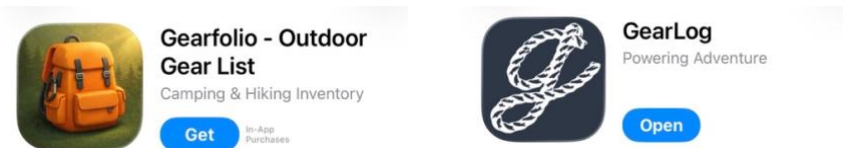
What do you think is important in a briefing - for *team*, and then *participants*?

Team briefing topics	participants

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.



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: