

Trainer Notes



Tower Abseil	<i>Climb to the top of the stairs and abseil down the tower</i>
Target group	Any
Time	3 – 5 minutes per person
Rationale / Outcome Benefits	Personal challenge and shared success
Group size	No minimum
Staff	1 for adults and 2 for youth groups – 1 must have SPA or IRATA Level two and appropriate Group management experience as a minimum. Must also be trained on-site. Must be a holder of a current First Aid certificate.
Preparation	Put belay and abseil ropes in place. Set up belay and personal protection system
Specific Emergency Procedure	<p>If hair/clothing/body part caught in the abseiling device then:</p> <ol style="list-style-type: none"> 1. Tighten and tie off the belay rope 2. Loosen the abseil rope enough to free trapped item 3. Tighten and tie off the abseil rope 4. Utilise the belay rope again 5. Carry on as before <p>Should an incident occur in which immediate threat to life or limb occurs:</p> <ul style="list-style-type: none"> • Free the abseil rope completely • Lower the casualty to the ground using the belay rope • Give first aid • Refer to Emergency Flow Chart • Send two runners to reception to alert venue co-coordinator and also to request type of assistance and equipment required.
Equipment	1 x Gri-Gri and steel karabiner for belay rope 1 x Figure of Eight and karabiner for abseil rope Gloves 1 x Semi-Static Abseil Rope 1 x Dynamic Belay Rope 3 x Slings and Karabiners
Trainer kit	First aid kit Harness and Helmet
Delegate kit	Clothing suitable for weather Boots or trainers Chest and Sit Harness Helmet

Site-Specific Risk Assessment: Tower Abseil



Significant Hazards	Protective Measures
Fingers/hair/clothing becoming trapped in the Figure of Eight device	<ul style="list-style-type: none"> • Ensure that long hair is tied back • Ensure that hands and cloths are kept clear from the Figure of Eight device • Ensure that clothing toggles are tied back or tucked in
Falling out of harness in case of Inversion	<ul style="list-style-type: none"> • Ensure that sit harness is worn properly • Ensure that a chest harness is worn and the two are linked by a short sling • Attach safety rope to ends of short sling and abseil rope to sit harness
Muscle strain when abseiling	<ul style="list-style-type: none"> • Ensure that rope is allowed to dangle freely and not wrapped around arms/legs etc. • Try to ensure that the delegate is warmed up and feeling as relaxed as possible before attempting activity.
Delegates falling/slipping whilst abseiling	<ul style="list-style-type: none"> • A clear introduction and example must be given. • Try to ensure that the rope runs smoothly whilst belaying. • Slow the delegates down through means of tight belaying if it is felt that they are abseiling too quickly for their ability.