

About the Activity

Abseiling involves descending either one of our 40ft purpose-built towers or a natural crag whilst attached to a safety rope. During a short safety briefing participants will be encouraged to consider hazards and risks associated with the activity and the purpose of PPE. Our qualified instructors will support and coach each individual in the correct abseiling technique. The activity will end with a post activity review. This is a challenging activity that offers a real sense of achievement.

Activity Aims

The aim of this activity is to:

- Introduce the skill of abseiling and the necessary equipment.
- Allow each participant to experience abseiling.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

Learning Outcomes

Upon completion of the activity, participants will have:

- Demonstrated an approved abseiling technique to descend safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression Opportunities

Some participants may also:

- Improve the quality and consistency of their abseiling technique.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal Communication
- Teamwork
- Using initiative

Associated Vocabulary:

Words relevant to safety e.g. hazard, personal protective equipment, risk assessment, safety area.

Words relevant to equipment e.g. abseil rope, figure of eight, harness, helmet, karabiner, maillon, safety rope.

Words relevant to the activity e.g. abseil, belay, commando jump, friction, gravity.

Words relevant to teamwork e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.