



Abseiling

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About the activity

- The task is to walk backwards off the top of a tower, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.

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.

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

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.
- Developed 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.

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.