



# Abseiling

program resource sheet | Early Adolescence

Abseiling is an individual challenge at height in which students are let down over an edge using a range of specialist equipment. Students descend using a safety line operated by qualified instructors to ensure their safety. Each student is taught the safety aspects of Abseiling, from fitting a harness to correct use of descending devices and proper Abseiling skills and techniques.

<b>Available at:</b>	Bickley (natural surface), Ern Halliday, Point Walter and Woodman Point (artificial surface).
<b>Challenge considerations:</b>	Individual challenge at height requiring hand and body coordination. Wheelchair Abseiling is also available at Point Walter.
<b>Duration of program:</b>	210 minutes (Bickley only), 90 minutes (all other camps).
<b>Items required:</b>	Enclosed shoes, knee-length shorts, water bottle, sunscreen and t-shirt covering midriff and shoulders. Long hair must be tied back.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> </ul>



## Program links:

Abseiling allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
<b>Self-management skills</b>	Understanding emotions	Students explore and describe their own fears, emotions and body responses prior to, during and after the abseil. They are able to use this experience to improve their self-understanding and build on their self-confidence for challenges in the future.
	Managing emotions	Due to the various emotions and fears associated with Abseiling, instructors explore proactive strategies to cope with these emotions and stresses and relate these strategies to real-life concepts. Students also learn to recognise that goals, assumptions, judgements and comments impact on their own and others' level of confidence in overcoming stressful situations.
	Communicating	Abseiling can provide a challenging situation, therefore students learn how to be sensitive and empathetic to peers. Students must learn to recognise the emotional states of others and ensure they relate to them in a positive manner.
	Building and nurturing relationships	Students learn to apply appropriate group behaviours that limit negative impacts such as being supportive and encouraging in challenging situations during the Abseiling program.
	Leading, initiating and facilitating	Students will be encouraged to demonstrate basic leadership skills during the skill session. Students will be encouraged to provide support to their peers and help guide them through difficult and/or challenging situations.
<b>Skills for physical activity</b>	Skills for recreating in the outdoors	Safety, skills and techniques for Abseiling are learnt in the program. Each student will have the opportunity to demonstrate proper use of the equipment through a backward abseil.

Abseiling encourages the development of the following Overarching Learning Outcomes:

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