

**Greater Western Sydney Region**  
**RECORD OF ACHIEVEMENT**  
**Scout Proficiency Badge: Abseiling**

Name: ..... Date: .....

Abseils must be single pitch, with a combined total of 50 metres.

<b>A. DEMONSTRATE</b>	Competent
Prior to abseil, demonstrate precautions applicable to abseiling, including:	
1. How to approach cliffs	
2. Safe distance to cliff edge	
3. The need to restrain loose hair and clothing	
4. Use of standard abseil calls	

<b>B. SKILL</b>	Competent
Demonstrate thorough knowledge of:	
1. Tape knot	
2. Figure eight on the bight	
3. Correct fitting of a harness	
4. Clipping onto abseil rope	
5. System checks – anchor, set-up etc.	
6. Mock abseil on flat ground	
7. Suitable protective clothing for all seasons	
8. The importance of using appropriate equipment	
9. Basic rules for the use and care of equipment	

<b>C. ACTIVITY</b>	Height (metres)	Competent
Undertake abseils with a total height of 50 metres: State device: for example, Figure eight, Rack etc		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

Instructor: .....