

## Abseiling for Scouts/Guides:

Clock	Time	Session	Presenter
19:00	10 mins	1. Welcome, Plan of Evening <i>Intro and video</i>	
19:10	10 mins	2. game "crab soccer" <i>soccer ball</i>	
19:20	5 mins	3. One and a half body lengths <i>chalk</i>	
19:25	15 mins	4. Gear and safety <i>Harness, helmet, descenders</i>	
19:40	15 mins	5. Knots <i>cord</i>	
19:55	5 mins	6. Crocodile crawl <i>Hessian bags</i>	
20:00	40 mins	7. Gear up - and horizontal abseil, practice calls	
20:40	10 mins	8. Repack kits	
20:50	10 mins	10. Summarise and Close	

### Resources:

- cord for knots, Hessian bags,
- personal abseil equipment kits, rope and anchors, other gear
- "Totally Wild" video
- Abseil Proficiency Badge checklist and knot pictures provided by Youth Leader

---

**Session 1. Introduction (10 min)**

Who we are; That we understand that they are keen to achieve their abseiling proficiency badge – and that we'd like to help them learn the first skills. There are higher qualifications for those with more skills and more exciting activities involving abseiling for older people in scouting.

Ask scouts/guides if they can think of what these might be...mountain climbing, caving and canyoning.

“Totally Wild” video segment if available.

---

**Session 2. Game: “Crab Soccer” (10 min)**

Rationale: position similar to the position on the abseil rope.

Game: Troop in 2 teams. One soccer ball. End walls (or goal posts marked).

Start sitting on floor, with hands to  $\frac{3}{4}$  back, and bend knees. Raise bottom off floor.

Aim is to kick ball to goal maintaining this position.

---

**Session 3. One and a half body lengths (5 min)**

In pairs, (or patrols?): Each scout/guide to lay on their back with feet against the wall. Mark length with chalk, then measure  $\frac{1}{2}$  body length again, and draw a firmer mark.

When everyone is done, they all stand at their own line, one and a half body lengths from the wall so they can recall this distance.

---

**Session 4. Gear and clothing (15 min)**

Demonstrate how we wear a harness and helmet.

Show the device that attaches to the rope, and the top belay rope.

- Safety questions to the scouts: prompting for long pants, tucked in clothes and tied back hair.
- Care of gear (not stepping on ropes, not dropping hardware, or at least telling us)

---

**Session 5. Knots (15 min)**

Each scout/guide (in pairs?) with some cord and tape.

Teach and practice the following knots and explain their use:

- Tape knot
- Tie offs (with tape knot)
- Figure eight on the bight

---

**Session 6. Crocodile crawl (5 min)**

Rationale: If allowed, a participant may approach the cliff edge by this method only unless on safety harness line.

*Hessian bags.*

Patrol relay. Start as for relay length of hall.

Only as it is your turn, lay on stomach on bag or mat. Propulsion is achieved with arm and legs but stomach must stay on mat to keep the mat with them.

---

**Session 7. Abseil activity (40 min)**

Scouts will have harnesses fitted, and helmets on.  
Take turns for horizontal abseil, with calls prompted and practiced.

---

**Session 8. Re-pack kits (10 min)**

Make sure kits are complete as packed away. Reinforce importance of caring for own kit.

---

**Session 9. Summarise and Close (5 min)**

Any questions?