



Tui Ridge Park

ROTORUA NEW ZEALAND

Abseiling or Rappelling

What is Abseiling?

Abseiling is traditionally thought to have started in Germany and this is where we get the word "Abseil". Two German words make up the one, "Ab" meaning "down" and "seil" meaning rope. So in effect you are down roping! And that's exactly what abseiling is, using a special device called a descender to slide down a rope on a rock face. Abseiling is also known as rappelling, which is the French equivalent to the word.

Tui Ridge Park has two Abseil platforms on natural rock, one 7 metres high and the other 18 metres high.

You are in good hands

Qualified instructors will take a group through each step of the process in learning how to abseil from introduction to gear and training of its use to finally getting "over the edge". Each instructor has been fully trained and is totally competent in every aspect of all the activities and procedures.

What do I have to wear?

We advise sturdy shoes, relatively comfortable fitting practical clothes. Items like Lycra shorts, loose sandals and trousers with low crutches aren't recommended. Hats and warm jackets are recommended and a raincoat just in case as it can get cold on the platforms.

Food and Water

There is a tap at the site that has drinking water so you can fill up your drink bottles there if needed. Tui Ridge can provide lunches by request but must be booked prior to arrival.

Who can use it?

Any member of the public can hire our Abseil site on any day of the week except Saturdays and subject to booking availability. Prices will vary depending on group numbers and time required. If you have your own instructors this can keep your costs down, however Tui Ridge reserves the right to check your instructors training and competence.

Contact details

You can book with us by email at tuiridgepark@xtra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



Tui Ridge Park

ABSEILING PROCEDURES

This is a qualified instructor only activity

RESPONSIBILITIES

WITH TUI RIDGE INSTRUCTORS

Adults to help supervise participants during activity (i.e. group control).

Adults to assist in the fitting of harnesses

Adults to assist in lifting & lowering participants

Must have at least one adult per group of participants

WHEN SUPPLYING OWN INSTRUCTORS

Group must have a competent, trained instructor with experience in running the abseil.

The instructor must be assessed & approved by TRP staff.

Group is completely responsible for the safety and well being of all participants in their group

TUI RIDGE PARK RESPONSIBILITIES

WHEN HIRED AS INSTRUCTORS

Tui Ridge Park will provide competent, trained abseil instructors.

Tui Ridge Park will be responsible for the safety and well being of the participant while in the process of the activity.

Tui Ridge Park instructors will give clear instructions on the operation of this activity.

Tui Ridge Park will provide helmets, harnesses, ropes and equipment for the activity.

All ropes will be logged and checked on a regular basis and ropes retired after no more than 300 hours of actual use

Tui Ridge Park will maintain and upgrade the abseil sites and equipment.

Group ratios to suit instructor experience, participant experience and conditions.

Tui Ridge Park will close down activity if conditions are considered by the instructor to be too dangerous.

WHEN HIRED AS A SITE ONLY

Tui Ridge Park will maintain and upgrade the abseil sites.

Tui Ridge Park reserve the right to ask for and inspect instructors log book.

Tui Ridge Park reserve the right to inspect any equipment brought on site to be used on the park's abseil sites. If found not to be up to Tui Ridge Park standards use of sites will be denied.

If group wishes to hire Tui Ridge Park abseil equipment, the park will supply the necessary equipment on request.

DISCLAIMER

I, the under signed have read and understand the procedures for the hire and use of the Tui Ridge Park abseil site and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____ (Group leader) Date: ____/____/____

Group name: _____

Safety Action Plan

Abseiling

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Broken bones	Lack of instruction Falling due to poor technique or equipment failure	Instructors have proper qualifications & experience Clear instructions given to group Equipment logged and checked	Tui Ridge Park Tui Ridge Instructors Tui Ridge Park Group leaders	Prior to instructing the group At the beginning of each rotation Every 2 months
Sprains, grazes or muscle strains	Slipping on rock face due to incorrect stance Falling down stairs	Good footwear Clear instructions given to group No running on stairs	Tui Ridge Instructors Tui Ridge Park	During the activity
Head injuries	Falling objects	Check for any loose objects at site Prevent people from throwing or dropping objects of the platform Wear helmets	Group leaders Tui Ridge Instructors Group leaders	Before the activity During the activity During the activity
Emotional stress	Phobias of heights Being forced to do activity	Challenge by choice philosophy Group support		During the activity

Safety Action Plan

Emergency Action Plan

If someone is injured:

- Stop activity
- TRP instructor to assess injury and apply first aid if needed
- If injury is serious contact Ambulance services immediately
- Assess if activity can continue

Instructor requirements

- Abseiling training to an appropriate level through a recognised training provider
- Leadership and group management skills
- First Aid certificate

Pre activity check list

- Equipment is safe and properly set up
- Clear instructions given

Additional requirements/Qualifications:

Group leaders to assist with group management and fitting of harnesses

