


## RockSchool Abseiling Activity Days 2024 information for parents and guardians

 <p>www.rockschool.au</p>	<p><b>Location:</b> Noorumba Girl Guide Camp (off Thorp Rd, Fire Trail (Woronora) Your Group may arrange to meet at the Thorp Rd gate.</p> <p><b>Activity Leader:</b> Marion Fisher, ph 0410534409</p>
--	--

**Dates available:** first Saturday of the month

**Bookings:** must be completed with our booking officer online at <https://www.scaasf.adventure.org.au/content/rock-school-enquiry-form>.

Once booking is accepted, remaining registration can be completed on Scouts EVENTS using the given password.

*Notes regarding cancellation:*

Registered participants will be contacted via the details in registration. Forecast weather will be monitored and prepared for accordingly. If extreme events are anticipated, the activity may be cancelled at late notice (such as Fires, Total Fire Bans, or very strong winds).

**Cost:** paid directly to SCAASF \$36 for participants and \$5 for others.  
Southern Cross Adventurous Activities Scout Fellowship  
BSB 032-153  
Acc 312 193

**Program:** 0900 assemble at Campsite for activity introduction.

Depart campsite around 3:30pm for 20 minute walk back to Thorp Rd gate.

### Activity Summary:

The aim of the activity is to provide a supportive environment for youth members to try abseiling.

Participants are fitted with harness, helmet, gloves and descending hardware and rehearse abseiling skills on flat ground.

They then try short drops and are top belayed by experienced supervisors. They can progress to longer descents.

Supervision in the waiting zones is provided by adults from the attending group.

### What participants need to bring

- Bring/wear suitable clothing for the weather, including wet weather gear, enclosed shoes and long pants for the activity
  - packed morning tea & lunch, and water bottle
  - Insect repellent and sunscreen
  - Hair **must** be tied back
  - personal first aid kit
- Abseiling Kits are provided.