

# Post Workshop Assignment

## Slope Lowering

Course number:
Due by:
Workshop location:
Workshop dates:
Student name:
Contact: Hm phone – Cell phone – Email –

**Send completed assignments to:**

SARINZ,  
PO Box 8827,  
Riccarton,  
Christchurch.

**Contact for assistance:**

0800 4 SARINZ  
0800 4 727469  
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Post Workshop

# Introduction

## What is the purpose of this assignment?

This assignment aims to continue the process of applying theory to practical situations, and reflect on your learning from the workshop.

## How long do you get?

This assignment is due for completion 3 months after the practical workshop or as advised by SARINZ. Some of you may find the concepts here to be difficult and therefore be tempted to leave the assignment. It is therefore important that you start this assignment as soon as possible and ask for assistance early.

## How long will it take?

It is expected with reading, research, inquiry and answering the questions you are likely to put in several hours of work to complete this assignment.

## Access to a course instructor?

If you have any questions with regard to this post workshop assignment please make contact with one of your course instructors or alternately contact SARINZ.

## Assessment instructions

You need to answer every question and follow the instructions given in the tasks. This is an individual assignment and is to be your own work. A minimum of 3 reflective practice journal must be filled out.

This assignment provides exercises for you to show that you are competent in learning outcome 23 Undertake reflective practice of the standard of SAR3 105: Demonstrate rope rescue techniques for slope lowering (level 6, Credit 10, version 1). Other learning outcomes are also assessed.

This reflective practice could include training, an incident, your employment or filling out a gear maintenance log. Wherever you can identify you have used learning outcomes 4-11:

- Explain, construct and use earth anchors for slope lowering
- Explain, construct and use snow anchors for slope lowering
- Apply vector analysis to determine the forces on the slope lowering rope rescue system.
- Complete lowers in a steep angle rescue environment
- Analyse a slope lowering rope rescue system
- Rig a stretcher for slope lowering rope rescue
- Complete a raise in the context of a slope lowering rope rescue environment.
- Maintain good practice in site safety for rope rescue.

## Reflective Journal – Slope Lowering EXAMPLE

Name <b>JOE BLOGGS</b>		Entry # <b>1</b>	
Date <b>1/1/01</b>		Location <b>CRAIGIEBURN</b>	
Time <b>8</b>	Start <b>8AM</b>	Finish <b>5PM</b>	Total <b>8 HOURS</b>
<b>Briefly describe the situation.</b> <ul style="list-style-type: none"><li>• Rescue training practice for the Alpine Cliff Rescue Team.</li><li>• Walk to the top of the mountain.</li><li>• Multi-pitch slope lowering down middle basin shoots.</li></ul>			
<b>What was your position and role?</b> <ul style="list-style-type: none"><li>• Team leader to get the first scenario put together.</li><li>• Main and belay.</li><li>• Stretcher attendant.</li></ul>			
<b>What skills did you mostly use or practice?</b> <ul style="list-style-type: none"><li>• Equipment logging.</li><li>• Systems analysis of rig we were using.</li><li>• Communication skills as team leader.</li><li>• Passing knots.</li><li>• Rescue belay.</li><li>• System changeovers.</li><li>• Snow anchor building.</li><li>• Double rope and single rope lowering.</li></ul>			

**What went well – and why?**

- Single rope was quick and moved the load down the hill.
- Hand signals worked well as the team was in visual contact.
- Systems analysis of the rig determined the number of anchors to take.
- Anchors went in quickly and were well placed for the mainline and belayline.
- Team used rock anchor where available as these were quicker to set up.

**What should have been done differently – and why?**

- More emphasis on a tidy workstation. A lot of people were struggling with rope being on the wrong side of the anchors.
- More emphasis on efficiency and good rope handling practices.
- The team was rusty on basic changeover techniques. This is core skill that everyone needs to know. In the future while people are waiting get them to practice these techniques.
- Get the attendants to hold the stretcher on the single rope to hold the tension well before the knot.

**What would you do differently next time?**

- More practice of changeovers before getting on to the slope.
- Better team briefing before beginning.

**Date 1/1/08**

**Signed Student JOE BLOGGS**

**Date 1/1/08**

**Signed Assessor JIM BLOGGS**



**What went well – and why?**

**What should have been done differently – and why?**

**What would you do differently next time?**

**Date**

**Signed Student**

**Date**

**Signed Assessor**



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**Date**

**Signed Student**

**Date**

**Signed Assessor**

## Reflective Journal – Slope Lowering

Name		Entry #	
Date	Location		
Time	Start	Finish	Total
<b>Briefly describe the situation.</b>			
<b>What was your position and role?</b>			
<b>What skills did you mostly use or practice?</b>			

**What went well – and why?**

**What should have been done differently – and why?**

**What would you do differently next time?**

**Date**

**Signed Student**

**Date**

**Signed Assessor**