

One Day Abseiling And Rock Climbing Program

8.30am Arrive at abseiling venue (Boya Quarry in Boya)

- Introduction to Adventure Out staff

8.40 Introduction to:

- Abseiling and rock climbing equipment
- Abseiling and rock climbing techniques
- Safety
- Individual and group responsibilities

9.40 Morning tea

10.00 Commence abseiling:

- Nursery slope (4 metres)
- Intermediate slope (20 metres) (backward and forward)
- Climbing alongside (12-20 metres)

12.00 noon Lunch

12.30 pm Continue activities:

- Abseiling on overhang (20 metres)
- Abseiling on main face (50 metres)

3.30 Finish Activities:

- Return equipment
- Program summary and debrief

4.00 Depart venue