

Canyoning Safety Cards

THE CANYONING COACH

FRONT
REAR

Whistle Blasts 1AAv211024
CANYON (AU)

Recommended Brand/Model = Fox 40 Classic

STOP
1 long, 3 second blast

OK
2 short, 1 second blasts

OFF-ROPE (safe)
2 long, 3 second blasts

DOWN (give rope or lower)
3 short, 1 second blasts

RELEASE (the releasable descent rope/s)
3 long, 3 second blasts

UP (take rope or haul)
4 short, 1 second blasts

HELP / EMERGENCY
(1 extended, 5 second blast + 1 short, 1 second blast) repeating....

ACTIVATE PLB (life or limb at risk)
(3 long, 3 second blasts + 3 short, 1 second blasts) repeating....

There shall be a 1 second interval between each blast. Confirmation of correct receipt can be indicated by a repeat-back of the blasts and an 'OK' reply from sender.

the Adventure Architect .com

Hand Signals 1AAv191224
CANYON (AU)

Face the receiver and exaggerate your movements

ATTENTION - waving both arms above head.
HAZARD - forearm cross on chest or above head.
CANT HEAR YOU - palms-forward, hands at ears.
OK - single fist bump on top of head.
YES - straight arms up to create a 'Y' (Yes), with palms front.
NO - raise one arm up high to the side and extend the other downward to the side - palms forward.
HELP REQUIRED (to Helicopter) - same as 'Yes', **HELP NOT REQUIRED (to Helicopter)** - same signal as 'No'.
DONT UNDERSTAND - two straight arms down and out beside hips with palms front (i.e. upside down 'Y').
STOP! - one or two palms facing front (i.e. cop stop).
LOWER ROPE - horizontal movement of hand with palm down.
RAISE ROPE (or haul) - twofold index finger and forearm in an upright/above head position.
OFF-ROPE - single hand movement from waist to outstretched arm.
ON-BELAY - one fist moves up and down, between waist to chin in front of chest.
IDEAL DESCENT CORRIDOR - double arm point with hands apart and palms facing each other.
INDICATE LOCATION - point with single straight arm.
RELEASE! - repeated large single arm circles in the frontal plane, (i.e. washing a big window)
LOCK-OFF - 'stop' signal then close the open palm.
SLIPPERY ROCK - wipe palm down thigh or arm.

the Adventure Architect .com

SAFETY CHECK 1AAv090125
CANYON (AU)

Use list immediately PRIOR to every exposure to risk.

The DR ABCDEFG Check

D - DESCENT DANGERS? (hazards to avoid, best route, redirections, pack-off?)

R - RESCUE AND RETRIEVAL? (method, strategy, gear, skills, knowledge, capacity?)

A - ANCHORS, STRONG AND TRUE? (rated, sound, fail-safe, equalised, limited, correct rope?)

B - BUCKLES AND REST OF HARNESS TOO? (double-backed, untwisted, above hips, firm, incl. helmet?)

C - CONNECTORS, LOCKED AND ON THE RIGHT SPOT? (incl. knots, hitches, carabiners and tube nuts?)

D - DEVICES, RIGGED JUST RIGHT? (function, orientation, unobstructed, compatible, incl. prusiks?)

E - ENDS AND ELASTICITY? (rope end/s positioned, tape/hair/shirt ends isolated, load to stretch rope, end knot?)

F - FRICTION, AS FRIEND OR FOE? (enough friction in device/s for the anticipated loads, wet vs dry, gloves, sharp edges, edge protection, rope-on-rope, rope-on-gate, ease of pull-down?)

G - GIVEN THE "GOOD-TO-GO"? ("on-belay" "absail when ready"?)

the Adventure Architect .com

Voice Calls 1AAv211024
CANYON (AU)

To be delivered CLEARLY, LOUDLY and with INTENT

ROPE! / PACK! / ROCK! / HEADS! - warning!
ON-ROPE AND CHECKED (abdef check)
ON-BELAY AND CHECKED (abdef check)
ABSEIL, JUMP, CLIMB, ZIP WHEN READY
ABSEILING, JUMPING, CLIMBING, ZIPPING
OK
NEXT (invite to approach the dispatch point)
TAKE-IN
GIVE-ROPE
THAT'S ME (desired tension or slack achieved)
STOP / STOPPED
HOLD / HOLDING
HELP
RELEASE / RELEASING (the descent rope)
LOWER / LOWERING
LOCK-OFF / LOCKED
TIE-OFF / TIED-OFF
HAUL / HAULING
SAFE
OFF-ROPE
CLEAR
OFF-BELAY
YOUR RIGHT or LEFT
CANYON RIGHT or LEFT (facing downstream)
SUPER SLIP (very slippery spot)
TRAP (hazard, route blocked or no-go)
DX (X = water depth in meters)

the Adventure Architect .com

Hand Signals 1AAv191224
CANYON (AU)

If needed, have a torch shining on you.

SHARP EDGE - saw action of hand across an elbow, therefore bleed rope.
DEPTH CHECK? - repeated palm-down hand movement from waist to head
DEPTH - indicated by palm-down still hand.
SAFE TO JUMP - two thumbs up in front of chest.
HYDRALIC - rolling forearms in front of chest.
SEND BAG - draw square in front of face with two hands (e.g. calling for video ref)
SEND ROPE - repeated vertical fist bump movements between waist and head
EMERGENCY - two straight arms directly above head, palms forward (i.e. number '11', not a 'Y')
ACTIVATE PLB - very large single arm circles above head in transverse of head, simulate helicopter blades)
NEED LEADER - two hands on top of head like rabbit ears (palms facing forwards)
WILL TRAVEL AHEAD to the next problem - two arm point with hands together
WILL GO TO SEEK HELP - two arm point to sky with palms together
TAKE PHOTO OR FOOTAGE - charade game action that indicates movie category.
SWITCH TO ELECTRIC COMMS - one straight arm above head, palm forward + second hand at ear w/ palm forward.
SEND FOOD/WATER - move single hand from mouth to outstretched arm.
SNAKE! - sock puppet.

the Adventure Architect .com

Hypo. Therm. 1AAv211024
CANYON (AU)

Measure rectal temp with a 26-44°C thermometer.

Symptoms

The 'umbles' = stumbles, grumbles, mumbles, & fumbles.

Mild = 35-37°C feels and looks cold w/ poor judgement and decision making, shivering and poor fine motor coordination.

Moderate = 32-34.9°C personality change, 'switches-off', w/ violent shivering, stumbling, falling, incoherent, confusion, consciousness clouded, paradoxical behaviours (e.g. removing clothes), collapses.

Severe = <32°C w/ cessation of shivering, limbs stiffen, reduced level of consciousness progressing to stupor, paradoxical behaviours, low and irregular heart rate, reduced respiration, increased urination, organ failure, <31°C unconscious, <30°C pulse and breathing undetectable, appears dead <28°C pupils fixed and dilated, <24°C few people recover.

Treatment

the Adventure Architect .com

