

Risk Assessment – Climbing / Abseil

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> • Lead - Single Pitch Award (SPA) Holder minimum • Assist – Technical Advisor Statement of Competence. • First Aid Certificate
Ratios	<ul style="list-style-type: none"> • <u> </u> 1:9 • <u> </u> Ratios should be reduced to meet the needs of participants where appropriate - e.g. behavioural issues.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
<p>Personal Injury</p> <p>E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones</p>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Rock falling from above. • Falling or slipping on to rock. • Injury by slipping whilst climbing/abseiling and hitting rock. • Cuts on hands from climbing. • Inappropriate spotting whilst bouldering. • Trips whilst walking to and from crag. • Jewellery being worn. • Climbing without shoes. 	<ul style="list-style-type: none"> • Ensure all equipment is checked before, during and after activity • Staff and participants must wear helmets at all times whilst at the crag and appropriate clothing. • Designate a safe zone away from the crag for waiting. • Instructor to provide health and safety briefing to prevent injuries. • Instructor to hold first aid qualification and carry first aid kit. • Participants should be shown how to spot correctly for bouldering and this must be enforced. • Jewellery must be removed or covered with tape if it cannot.
<p>Difficulty controlling body temperature</p> <p>(Hyperthermia/Hypothermia)</p>	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Cold, wet windy days. • Sitting for long periods at a crag which acts as a 	<ul style="list-style-type: none"> • Appropriate clothing to be worn / carried. • Appropriate amounts / type of food and drink should be carried dependent on weather

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		<p>suntrap or is exposed to the elements.</p> <ul style="list-style-type: none"> • Carrying heavy equipment on walk in to crag. 	<p>conditions, terrain etc.</p> <ul style="list-style-type: none"> • Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.
Falling	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Anchor failure • Participants wanting to get a close look over the edge. • Equipment Failure • Incorrect harness fitting • Incorrect/unsupervised belaying 	<ul style="list-style-type: none"> • Ensure instructor and participants are tied in appropriately to systems at all times. • Safety rope to be used on abseil. • Designate safe area for observers to watch from. • Instructor to check harness and helmet before each turn. • Multiple anchors should be used when appropriate. • Ensure all equipment is checked before, during and after activity. • Regular karabiner checks. • Instruction on safe belaying technique to be provided and instructor must monitor.
Becoming Stuck	Participants	<ul style="list-style-type: none"> • Hair caught in fig of 8 • <u> </u>Becoming scared 	<ul style="list-style-type: none"> • Long hair must be tied back. • Instructor to consider route choice and possibility of participants getting stuck on ledges.

N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment