



Rock Climbing and Abseiling	<i>Climb or abseil on a traditional rock climbing area</i>
Target group	Age 10+
Time	Half day
Rationale / Outcome Benefit	Mutual support, communication and shared success
Group size	1:12
Staff	1:12 Must have SPA or above and appropriate group management experience as a minimum. Must also be trained on-site. Must be a holder of a current First Aid certificate.
Preparation	Put safety ropes in place. Set up belay system.
Specific Emergency Procedure	If delegate 'cragfast' then pulling on rope will haul them off AS A LAST RESORT! Should an incident occur in which immediate threat to life or limb occurs: <ul style="list-style-type: none"> • Lower the casualty to the ground • Give first aid • Refer to Emergency Flow Chart
Equipment	<ul style="list-style-type: none"> • Belay Plates • Dynamic safety ropes • Slings and Karabiners • First aid kit • Head torch • Warm spare clothes • Group Emergency Shelter • Mobile phone.
Trainer kit	First aid kit Harness and Helmet
Delegate kit	Clothing suitable for weather Boots or trainers Harness Helmet
Sites	Anywhere Risk Assessed in advanced

Risk Assessment

Rock Climbing and Abseiling



Significant Hazards	Protective Measures
Head injury	<ul style="list-style-type: none"> All group members must wear helmets at all times.
Equipment failure	<ul style="list-style-type: none"> All equipment will be checked on a monthly and yearly basis with log books kept. A visual check will be carried out on a daily basis. Any defects will be reported to a defects book, and the harness taken out of the system.
Falling due to poor belaying	<ul style="list-style-type: none"> All activities to be undertaken by a suitably qualified and 'passed out' person. Full training and assessment of belayer before climber begins Harnesses to be checked. Participants to be attached to a rope directly, or via a locking karabiner. All participants must be checked before climbing. Climbers to be kept on a reasonably tight rope. Constant vigilance by instructor throughout session. Use a 'belay buddy' to tail and ensure correct usage. All lowering to be directly supervised by staff.
Bruises, cuts and strains	<ul style="list-style-type: none"> Warm up in colder weather. Briefing of strenuous activity - especially for older groups. Remove rings and watches before climbing Ensure that hair is tied back Ensure that necklaces or 'hoody' strings are tucked away Double check all knots before climbing – specially those tied by delegates. First aid kit to be on site and visible during session.
Student freezes or panics	<ul style="list-style-type: none"> Use of progression. Close supervision and support Participants must be briefed about correct procedure before use of any equipment. Ensure use of 'Challenge by Choice' in all sessions.
Falling object	<ul style="list-style-type: none"> Check karabiners are closed before use. Empty pockets before climbing. Observers stand to side of element
Misadventure	<ul style="list-style-type: none"> All participants will be briefed on safe areas. Boundaries not to be passed Abandon session in electrical storms Any loose clothing and hair tucked away. Releasable abseil must be used.