

# ROCK CLIMBING & ABSEILING

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<b>PURPOSE</b>	Personal challenge coupled with responsibility for self and others. A safe and enjoyable educational experience in a different environment To acquire and/or develop techniques relating to movement over rock and safety in the activity, building confidence and personal ability	<b>OUTCOMES</b>	Sense of achievement and meeting challenge Shared responsibility, trust in peers and safety awareness Increased understanding of outdoor environments Introduction to possible lifetime activity. Create an activity and an atmosphere where an element of perseverance is required for success.
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<b>EQUIPMENT CONCERNS</b>	<b>Required</b> Correctly fitting Helmets for all participants and instructors Correctly fitting Sit harnesses for each participant and chest harness where instructor deems it appropriate. Dynamic single ropes for climbers – check for any damage before leaving the centre. Protection against rubbing over sharp edges for ropes. Secondary safety system to be in place when abseiling. Releasable abseil rope system (static rope) Full inspection of the equipment to be carried out once a month. Inspections to be recorded in the kit inventory and any damaged equipment to be identified, discarded and not to be used again. Manufactures recommendation of life span off equipment to be abided by at all times	<b>ENVIRONMENTAL CONCERNS</b>	<b>Required</b> Visual check of rock face for falls, movement etc. Inspection of anchor points, natural or artificial Minimal impact approach to activity with consideration given to tree damage, noise pollution, group size, litter and other users of the crag. Selection of climbs to meet mixed ability levels.
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<b>STANDARD OPERATING PROCEDURES</b>	<b>Before setting out</b> <ul style="list-style-type: none"> <li>Any medication to be kept at hand</li> <li>Appropriate dress to the conditions</li> <li>Weather check</li> <li>Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios</li> <li>Primary location on Island is Aldrick.</li> <li>Chasms can be used as a secondary location if deemed suitable for the group</li> <li>Other areas of operation include Primate &amp; Scarlett Point and Hango Hill, Lake &amp; Peak District, North Wales, Scotland</li> </ul>	<b>Pre-session briefing</b> <ul style="list-style-type: none"> <li>Thorough safety briefing including equipment care and positioning of non-active group members</li> <li>Highlight expected communication between climber and belayer</li> <li>No participants or leaders to solo, with the exception of low level traversing.</li> <li>Participants are lowered back down the crag unless adequate safety is arranged at top.</li> <li>Consideration to be given to spotting techniques and landing areas when bouldering.</li> <li>Long hair tied back</li> </ul>	<b>End of session</b> <ul style="list-style-type: none"> <li>All climbing kit is returned to stores neatly</li> <li>De-brief the group</li> <li>Safety warning after activity.... 'Don't try this at home!'</li> <li>Give advice to interested participants of how to get involved in the sport.</li> <li>Complete Session Sheet and any other paperwork necessary</li> </ul>
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# Risk Assessment – Climbing, Abseiling or High Ropes

Minimum Leader Qualification	Rock climbing instructor (MLTE)	Minimum Assistant Qualification	In house assessed
Max group size with Leader	8 (including 1 adult)	Max group size with Assistant	12

Hazard	People at Risk	Control Measures	Risk (minimal, manageable, unacceptable)
Falling	Staff & Participants	Ropes to be attached and checked before climbing Belayers to be given suitable training and be supervised	Minimal
Falling from tops of abseil/climbing pitches	Staff & Participants	Cows tails to be used at all times, including when setting up pitches	Minimal
Falling objects i.e. Phones, I pods, rocks	Staff & Participants	Helmets to be worn at all times and group to wait in a safe area Ask climbers to zip up pockets or empty them Communication ("Below") to alert group of falling objects	Manageable
Failure of anchors and belay points	Staff & Participants	All permanent anchors to be checked regularly for corrosion and improvised belays to have appropriate number of anchors	Minimal
Medical emergency	Staff & Participants	Communications to be carried at all times as well medical sheets available for paramedic use	Manageable
Entrapment on the climb	Staff & Participants	Highlight the danger to participants Staff training on rescues	Manageable
Equipment failure	Staff & Participants	All equipment to be checked before and throughout the session and replaced in accordance with guild lines	Manageable
Becoming entangled in rope when being lowered	Staff & Participants	Trained belayers to be aware of ropes.	Manageable
Cuts and grazes from rough surface of the wall	Staff & Participants	Instructor to coach climbing techniques and lowering of the climb 1 <sup>st</sup> aid kit to be carried	Manageable
Hand burnt when Being lowered	Staff & Participants	Climber to be told which rope to hold Belayers to be given training on lowering climbing safely Gloves can be worn where appropriate.	Manageable
Instructor incapacitated	Staff & Participants	Instructor to have a good level of fitness and experience for level they are working Assistant to take over and activate appropriate emergency plan	Manageable

## Essential equipment

Personal – Harness, helmet, climbing shoes (if available) & personal medication. *Also check for warm clothing, waterproofs and appropriate footwear*

Group – Snacks & drinks

Leader – Harness, helmet, ropes, protection, karabiners, slings, belay devices, group first aid kit, knife, phone, whistle, spare warm clothing, group shelter & medical info for the group

## **Locations – Aldrick**

- This is National Trust land and can be used year round
- Keeping other users and wildlife in mind shouting should be kept to a minimum
- Vehicles should be parked the Sound Café car park, early arrival is recommended at the weekend
- Group should be encouraged to make use of public toilets at the café before going to the crag
- Pathways should be kept clear and group kit located at one location while climbing

## **Locations – Chasms**

- This is National Trust land and has nesting restrictions, meaning it cannot be used from April to June
- Vehicles should be left in such a manner so as not to cause an danger or obstruction
- Particular care should be taken with group management in areas where there are chasms or loose ground
- Extra caution should be exercised in the area of Tower Buttress due to rock fall in the past 5 years
- Ensure anchors are up the fall line on the Torque Test Wall to avoid swing

## **Locations – Primate**

- Vehicles should be left in such a manner so as not to cause an danger or obstruction
- Access is through farm land and groups should aim to have a minimal impact on the land and any livestock
- This is a progression site and not be used with beginners or large groups
- Check tide and prevailing weather conditions before going

## **Locations – Scarlett Point**

- Vehicles should be left in such a manner so as not to cause an danger or obstruction
- Bouldering and Horizontal Leading site
- The group should maintain a tidy base
- Check tide and prevailing weather conditions before going

## **Locations – Hango Hill**

- Vehicles should be left in such a manner so as not to cause an danger or obstruction
- The group should maintain a tidy base
- Check tide and prevailing weather conditions before going
- Anchors to use Van taking care not to damage any stone work.

## **UK locations – Lake District, Peak District, North Wales, Scotland**

- Vehicles should be left in such a manner so as not to cause an danger or obstruction
- All locations should be visited by the instructor prior to taking a group there to ensure suitability for the group

**Instructors must keep up to date with any changes to these Climbing Procedures (Copies of and altered procedures will be discussed in the team meetings)**