

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: Climbing & Abseiling

Minimum Instructor Competence:
SPA

Date Reviewed: 8/11/10
Completed by: Clive Richley
Competence: S.P.A.
Is the activity acceptably safe if managed as
below? YES
Signature: *C. Richley*

Main Risks (numbered) People at risk: Participating staff and clients

- 1) Falling
- 2) Objects falling from above
- 3) Abrasion injuries
- 4) Dislodging objects onto others
- 5) Exhaustion
- 6) Exposure
- 7) Sunburn
- 8) Heat exhaustion/dehydration
- 9) Friction burns
- 10) Entrapment in belay/safety devices
- 11) Injuries during the approach to activity site
- 12) Getting lost during the approach

How to manage/reduce/minimise these risks safely (corresponding numbers)

Staff operate within the NGB guidelines and hold a First Aid certificate

- 1) Use approved safety and rope work techniques
- 2) Wear an individually fitted helmet and be aware of other people at the venue
- 3) Wear clothing appropriate to the conditions, not shorts; provide finger tape if required
- 4) Instructor to point out and protect loose objects
- 5) Location and routes used are chosen to fit in with the capabilities of the group
- 6) Clothing appropriate to the weather conditions is to be provided, eg. Fibre pile when cold and waterproofs when wet
- 7) Provision of sun block
- 8) Participants to wear loose clothing and adequate fluids to be provided in hot weather, and encouraged to find shade when not actively climbing
- 9) Participants are to use proper rope techniques and, if expected to fast abseil, gloves will be provided
- 10) Loose clothing to be tucked into trousers/belt. Long hair to be suitably tied back
- 11) Areas of poor footing will be pointed out by the instructor and safety ropes put in place if required.
No go areas to be clearly defined prior to the activity commencing
- 12) Map and compass to be used in unfamiliar areas

Activity Instructors must ensure that full emergency escape details and a full route plan is completed before the activity is undertaken and put in the Adventurous Activity File in the unit office.

Summoning Help: A call-out person is appointed before the activity takes place. This person is Contacted on completion of the activity. If not contacted, they will take appropriate action.

PRO-ACTIVE ADVENTURE

ACTIVITY: Climbing & Abseiling

MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Clothing suitable for the expected weather conditions
- 2) Suitable footwear for climbing
- 3) Suitable footwear for the approach walk
- 4) Individually fitted helmet
- 5) Individually fitted harness
- 6) Day sack to carry spare clothing, food and drink

Participants are to report all defects or damage of equipment to the activity instructor immediately

Instructor:

- 1) Company first aid kit
- 2) Bivy bag or survival shelter
- 3) All relevant safety equipment
- 4) Map and compass in unfamiliar areas
- 5) Sun block cream
- 6) Extra fluids and water purification tablets in hot weather

Note: The instructor must remove any defective equipment from service, clearly labelling the item with what is wrong and notify the stores person.