

PRO-ACTIVE ADVENTURE

HEALTH AND SAFETY PROCEDURE

Activity: High Ropes (The Pole, High V)

Minimum Instructor Competence:
SPA + In House Training Course

Date Reviewed: 10/05/11
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) Exhaustion
- 5) Sunburn
- 6) Friction burns
- 7) Entrapment in belay/safety devices

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 and full body harness
- 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) Appropriate breaks between climbs, advise tired climbers to be lowered off
- 5) Provision of sun block
- 6) Participants are to use proper rope techniques and, if expected to fast abseil, gloves will be provided
- 7) Loose clothing to be tucked into trousers/belt. Long hair to be suitably tied back

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.

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MINIMUM EQUIPMENT TO BE CARRIED

Participants:

- 1) Clothing suitable for the expected weather conditions
- 2) Suitable footwear for climbing
- 3) Individually fitted full body helmet
- 4) Individually fitted harness

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

Instructor:

- 1) Company first aid kit
- 2) All relevant safety equipment
- 3) Sun block cream
- 4) Fluids and water

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