

# PRO-ACTIVE ADVENTURE

## HEALTH AND SAFETY PROCEDURE

### Activity: Tyrolean

Minimum Instructor Competence:  
SPSA

Date Completed: 1/03/18  
Review Date: 1/03/19  
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, e.g. 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 as directed by instructor
- 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.

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## ACTIVITY: Tyrolean

### MINIMUM EQUIPMENT TO BE CARRIED

#### **Participants:**

- 1) Clothing suitable for the expected weather conditions
- 2) Suitable footwear for use on the traverse
- 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.**