


# SPORT SPECIFIC RISK ASSESSMENT 5 – ROCK CLIMBING & ABSEILING



SSRA 5 – ROCK CLIMBING & ABSEILING		
Applicable to all outdoor rock climbing and any abseiling activities for CHMAS.  See instructor skills matrix for staff / client ratios	Date Compiled Compiled By	8 February 2020 Chris Hughes
	Date of Next Review	01/02/2023
	Is the activity acceptably safe if managed as below (YES/NO): <b>YES</b>  Signed: 	

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<b>Benefit Statement</b>	<i>These activities provide the opportunity to undertake personal challenge, with support and encouragement from the rest of their group– thus helping people understand the value and importance of teamwork. Pushing comfort zones and sense of achievement.</i>	
<b>Hazard</b>	<b>Risk</b>	<b>Control Measure</b>
Usual climbing and abseiling risks.	Various Injuries	Use suitably qualified and experienced instructor that holds an appropriate in date first aid certificate. Clear activity briefings and supervision to be provided. Climbing helmets to be worn.  All accidents, near misses and incidents are recorded and appropriate action undertaken as required.
Extreme Weather	Sunburn Hypothermia Heat Exhaustion / Heat Stoke	Weather forecast to be obtained and impact on venue to be considered. If conditions, make activity unsuitable consider alternative activity. Remind participants about sun protection and participants have suitable & adequate clothing plus access to warm (or cold) drinks.
<b><i>For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session.</i></b>		

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<b>Hazard</b>	<b>Risk</b>	<b>Control Measure</b>
Participants	Various injuries	Instructor to check / recheck medical history (discretely) before commencing activity. Instructors to also check with group leaders about any behavioural issues.
Slips & trips	Various injuries	Brief group on 'walk in' to crag and discuss environmental hazards.
Falling rocks / other objects	Head injuries	Selection of an appropriate venue for group. Designate a 'safe area' climbing helmets to be worn always s outside of safe area. Advise on the action to be taken when hearing the 'Below' call.
Faulty or ill-fitting equipment.	Various injuries	All equipment to be checked by instructor prior to the start of the session and then checked regularly throughout the session.
Misunderstood communication.	Various injuries	Identify key commands before climbing and then check for understanding by questioning.
Peer group belaying.	Falls / various injuries	Appropriate demonstration, briefing and supervision to be given. For inexperienced groups a suitable back up method should be used (tailing the rope etc) for conventional belaying. If using bell ringer method two persons to tail rope.
Incorrect climbing / abseil technique.	Various injuries	Appropriate briefing and demonstration.
Friction rope burns whilst abseiling.	Burns	Students encouraged to perform controlled descents.
Falling from the top of the abseil.	Falls / various injuries	Students to be attached to a safety rope when approaching the top of the abseil. Appropriately trained / qualified staff may introduce the use of an autobloc device for advanced students who have undertaken sufficient training.  Instructor to be attached to the abseil system by an appropriate method.
Hair/other items caught in abseil device.	Entrapment	Appropriate briefing re-clothing and tying long hair back. Use of releasable system.
Bouldering activities	Various injuries	Appropriate briefing. Warm up prior to bouldering. Boulder in pairs with one person spotting.