


SPORT SPECIFIC RISK ASSESSMENT 7 – CLIMBING WALLS



SSRA 7 – CLIMBING WALLS		
Applicable to all climbing wall activities for CHMAS. See instructor skills matrix for staff / client ratios.	Date Compiled	8 February 2020
	Compiled By	Chris Hughes
	Date of next review	01/02/2023
		Is the activity acceptably safe if managed as below (YES/NO): YES
		Signed: 

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Benefit Statement	<i>This activity provides 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>	
Hazard	Risk	Control Measure
Usual climbing wall 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. All accidents, near misses and incidents are recorded and appropriate action undertaken as required.
<i>For every session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session.</i>		
Participants	Various injuries	Instructor to check / recheck medical history (discretely) before commencing activity. Instructors to also check with group leaders about any behavioural issues.
Faulty or ill-fitting equipment.	Falls / various injuries	All equipment to be checked by instructor prior to the start of the session and regularly monitored throughout the session.
Misunderstood communication.	Various injuries	Identify key commands before climbing and the importance of communication with the climber prior to lowering. Use question and answer to check understanding.

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Hazard	Risk	Control Measure
Falling objects / people.	Various injuries	Participants to be asked to empty pockets before climbing and be instructed not to walk under other climbers! Clients to be shown how to hold a fall (belaying) and appropriate technique to be adopted for the climber if they slip. For those under 18 helmets to be worn for all activities (except bouldering). For adults, unless leading, helmets are optional, but they must be briefed on the risks of not wearing a helmet.
Incorrect climbing technique.	Various injuries	Appropriate briefing, demonstration and supervision.
Peer group belaying.	Falls / various injuries	Appropriate demonstration and briefing to be given and back up to be provided (as appropriate) for conventional belaying. Use question and answer to check understanding and clients to demonstrate technique before climbing.
Other wall users.	Various injuries / collisions	Use an appropriate venue for the group size and advise group on good wall etiquette. Be aware of instructor noise.
Loose holds, poor quality fixed equipment or ropes.	Clients / Staff	The ultimate responsibility for fixed equipment at walls belongs to the wall management. However, if any doubt about the condition of the equipment, holds etc then report to the appropriate person and do not use.
Bouldering	Various injuries / collision with others	Appropriate briefing (helmets & harnesses to be removed) and participants encouraged to warm up prior to bouldering. Consider the use of a spotter and encourage participants to climb down from the top of the route.