

ROCK SPORTS RISK ASSESSMENT

Benefit statement

Rock sports include climbing, both indoor and outdoor, as well as abseiling, bouldering, rope courses and via ferrata. These activities provide the opportunity to undertake personal challenge and problem-solving, with support and encouragement from the rest of their group. This helps people understand the value and importance of teamwork. All these activities push the participant's comfort zones, provide a sense achievement and deliver both aerobic and anaerobic work-outs.

Introductory statement

Currently, rope courses and via ferrata activities are only delivered via third party suppliers. OutdoorLads ensure that suppliers have valid insurance covering them for the activity to be delivered. The OutdoorLads Organiser of the activity, is merely there as a liaison between the delivering organisation and OutdoorLads participants on rope course and via ferrata activities. Indoor climbing is only run at fully operational indoor climbing centres. Events taking place at these centres are delivered under the operational terms of each individual climbing wall. On every outdoor climbing or abseiling session there will be a dynamic risk assessment on arrival and this will be on going throughout the activity session. Events will be led by a suitably experienced group leader who has undergone training and an assessment by an existing Rock Sports Leader and / or holds a nationally recognised qualification in rock sports. Outdoor Climbing Leaders should hold a first aid certificate. Clear briefings & supervision is given throughout the activity. All participants are asked to share relevant previous & existing medical issues prior to being able to register for the activity. Leader to group ratio amended as required. All accidents and incidents are recorded and appropriate action undertaken as required.

<u>ABSEILING</u>			
Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	Falling from the top of the abseil Danger from falling objects Injury due to incorrect abseil technique	Participants to be attached to safety rope when approaching the top of the abseil. Safety helmets to be worn at all times when outside. Helmets to UIAA/CEN. Appropriate briefing regarding the correct abseil technique.	
KIT	Injury due to faulty equipment Injury due to ill-fitting equipment Friction / rope burn whilst abseiling Hair / other items caught in abseil device	All equipment to be checked prior to the start of the session. Ropes to UIAA/CEN. All equipment to be checked prior to descent. Harnesses to UIAA/CEN. Members encouraged to perform controlled descents. Appropriate briefing re-clothing and tying long hair back. Use of releasable system.	Regular monitoring of group equipment condition. Group rope usage logged. Regular checks for cracks etc.



WEATHER	Sunburn	Remind participants about sun protection. Organisers are First Aid trained.	
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<u>INDOOR CLIMBING</u>			
Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	<p>Injury whilst climbing / bouldering</p> <p>Injury due to loose / spinning holds</p> <p>Injury due to falling or being dropped</p> <p>Danger from falling objects and contact with the wall</p> <p>Injury caused by incorrect climbing / belaying</p>	<p>Appropriate briefing. Warm up prior to climbing / bouldering. Boulder / climb above matted area.</p> <p>Centre should have an appropriate policy.</p> <p>Appropriate briefing and supervision.</p> <p>Centre to provide option of helmet.</p> <p>Appropriate briefing regarding the correct climbing / belaying technique.</p>	
KIT	<p>Injury due to faulty equipment</p> <p>Injury due to ill-fitting equipment</p> <p>Friction / rope burn whilst climbing</p>	<p>All equipment to be checked prior to the start of the session. Ropes to UIAA/CEN.</p> <p>All equipment to be checked prior to ascent. Harnesses to UIAA/CEN.</p> <p>Members encouraged to perform controlled ascents / descents.</p>	<p>Regular monitoring of group equipment condition.</p> <p>Group rope usage logged.</p> <p>Regular checks for cracks etc.</p>

<u>OUTDOOR CLIMBING / BOULDERING</u>			
Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	<p>Injury whilst bouldering</p> <p>Injury due to falling or being</p>	<p>Appropriate briefing. Warm up prior to bouldering. Boulder in pairs with one person spotting. Use appropriate bouldering mat.</p> <p>Appropriate briefing and supervision.</p>	



	<p>dropped</p> <p>Danger from falling objects and contact with the crag</p> <p>Injury caused by incorrect climbing / belaying technique</p> <p>Anchor failure</p>	<p>Safety helmets to be worn at all times. Helmets to UIAA/CEN. Selection of an appropriate venue.</p> <p>Appropriate briefing regarding the correct climbing / belaying technique.</p> <p>Check every anchor before use. If possible use two anchors except when using large quarried blocks. Check quality of bolts and location of placement.</p>	
KIT	<p>Injury due to faulty equipment</p> <p>Injury due to ill-fitting equipment</p> <p>Friction / rope burn whilst climbing</p>	<p>All equipment to be checked prior to the start of the session. Ropes to UIAA/CEN.</p> <p>All equipment to be checked prior to ascent. Harnesses to UIAA/CEN.</p> <p>Members encouraged to perform controlled ascents.</p>	<p>Regular monitoring of group equipment condition.</p> <p>Group rope usage logged.</p> <p>Regular checks for cracks etc.</p>
WEATHER	Sunburn	<p>Remind participants about sun protection.</p> <p>Organisers are First Aid trained.</p>	

ROPES COURSES / VIA FERRATA

Hazards arising from activity	Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented	
<p>GENERAL</p> <p>Injury whilst on the course</p> <p>Injury due to falling from the course</p> <p>Danger from falling objects and contact with the crag</p> <p>Zip line failure</p>	<p>Appropriate briefing. Warm up prior to starting the activity.</p> <p>Appropriate briefing and supervision by a trained third party provider.</p> <p>Safety helmets to be worn at all times. Helmets to UIAA/CEN. Selection of an appropriate venue.</p> <p>Centre should have an appropriate policy.</p>		
KIT	<p>Injury due to faulty or ill-fitting equipment</p>	<p>Centre should have an appropriate policy.</p>	
WEATHER	Sunburn	Remind participants about sun	



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