



## Risk Assessments

### **Rock Activities**

Including: weaselling, scrambling, abseiling and indoor climbing wall

Contained in the following pages are the risk assessments for Dukes Barn Rock Activities.

These risk assessments have been carried out by the staff of Dukes Barn taking into account any entries to our accident / near miss report folder.

These risk assessments are Reviewed periodically

# Rock Climbing

Including weaselling, scrambling, abseiling, and indoor climbing wall

<b>Benefit Statement</b>		<p>Rock climbing/rock activities are indoor and outdoor recreational sports; these are activities that are physically and mentally demanding and incredibly fulfilling. It is one of the world's fastest-growing mainstream sporting activities.</p> <p>There is no getting away from the fact that these activities involve a level of risk. With good instruction and modern safety equipment, the risks are reduced to an acceptable level; this enables anyone, regardless of age or ability, to enjoy these activities to their comfort and ability level.</p> <p>These activities provide the opportunity for fun, challenge, teamwork, support and encouragement.</p> <p>In the following pages are Dukes Barn's risk assessment/safety management controls, followed by the operating procedures for these rock activities.</p>		
<b>What are the hazards?</b>	<b>Who affected and Risk</b>	<b>What we are already doing / control measures</b>	<b>Further action required</b>	<b>Action required Responsibility/dates due and completed</b>
General	Staff and participants - Various injuries	<ul style="list-style-type: none"> <li>■ The nature of the activity and choice of venue is based on: <ul style="list-style-type: none"> <li>- The physical needs of the client</li> <li>- The client's previous experience</li> <li>- Educational aims of the session</li> </ul> </li> <li>■ All activity sessions are booked out on the activities venue board, giving time out and expected return time</li> <li>■ A suitably qualified and experienced instructor leads all sessions with a current First Aid certificate</li> <li>■ A dynamic risk assessment will be carried out by the instructor taking into account the group, venue, and environment. The instructor will adapt or even discontinue the activity if safety is compromised.</li> <li>■ Instructors are familiar with standard operating procedures for the centre</li> <li>■ All accidents and near-miss incidents are recorded, and appropriate action taken</li> <li>■ Good group management and briefing before and during the activity</li> </ul>	No further action at this time	

# Rock Climbing

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Hit from falling objects	Staff, participants and instructor - Head injury	<ul style="list-style-type: none"> <li>■ Helmet worn on and around the activity site</li> <li>■ Good group management and briefing before and during the activity</li> <li>■ Suitable venue choice</li> </ul>	No further action at this time	
Fall from height	Staff, participants and instructor - Serious injury	<ul style="list-style-type: none"> <li>■ Effective group management on-site/route</li> <li>■ Safe and efficient rope systems employed</li> <li>■ Helmet worn</li> <li>■ Good belay technique used, coached and monitored.</li> <li>■ Bouldering – Climbing height limited, effective spotting</li> <li>■ Participants to be supervised at the top of the crag</li> <li>■ Instructor must consider their safety during setting up</li> </ul>	No further action at this time	
Slips and Trips	Staff, participants and instructor - Various injuries	<ul style="list-style-type: none"> <li>■ Appropriate footwear used.</li> <li>■ Access to, from and moving around the site assessed.</li> <li>■ High-risk areas highlighted to the group during the briefing and managed effectively.</li> <li>■ When deciding on the session venue, the instructors are to consider the impact of past and expected weather on underfoot conditions.</li> </ul>	No further action at this time	
Equipment failure	Staff, participants and instructor - Various injuries	<ul style="list-style-type: none"> <li>■ The condition of all equipment to be assessed before use, suspect items removed from service.</li> <li>■ Avoid or protect ropes running over abrasive edges.</li> <li>■ Ensure correct fitting and use of harnesses</li> <li>■ Climbing hardware used appropriately</li> </ul>	No further action at this time	
Abseiling entanglements	participants	<ul style="list-style-type: none"> <li>■ Personal items and hair secured away from abseil device.</li> <li>■ System for group abseiling is releasable.</li> </ul>	No further action at this time	

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Other site users	Anyone - Various injuries	<ul style="list-style-type: none"> <li>■ The Operations of other users on-site should be identified and assessed</li> <li>■ Discussions with other site users are helpful to reduce any conflict and risks</li> </ul>	No further action at this time	
Extreme weather	Staff and participants	<ul style="list-style-type: none"> <li>■ The instructor to check the weather forecast before activity and observe conditions throughout. If necessary, change plans, amend activity or move to a safe environment.</li> <li>■ Ensure participants have suitable and adequate clothing</li> <li>■ Remind participants of sun protection</li> </ul>	No further action at this time	
<b>Additional risks at Millers Dale (Bridge 75)</b>				
Cyclists	Staff and participants - Various injuries	<ul style="list-style-type: none"> <li>■ Good group management and briefing before and during the activity</li> </ul>	No further action at this time	
Slippery steps	Staff and participants	<ul style="list-style-type: none"> <li>■ Good group management and briefing before and during the activity</li> </ul>	No further action at this time	
Leaning over the railings	Staff and participants	<ul style="list-style-type: none"> <li>■ Good group management and briefing before and during the activity</li> </ul>	No further action at this time	
<b>Additional risk in the Climbing Wall</b>				
Fall from platform	Staff, participants and instructor - Serious injury	<ul style="list-style-type: none"> <li>■ Building to be locked when not in use</li> <li>■ Gate to platform to be locked if an instructor is not on the walkway or platform</li> <li>■ Rope barrier at the top of the stairs to be used as an additional control</li> <li>■ Instructors and participants to be clipped into safety ropes</li> </ul>	No further action at this time	4 <sup>th</sup> January 2016
Hit from falling objects	Staff, participants and instructor - Head injury	<ul style="list-style-type: none"> <li>■ Climbing helmets to be worn when appropriate</li> </ul>	No further action at this time	4 <sup>th</sup> January 2016
<b>Big Swing</b>				
Hit by the participant on the swing	Staff, participants and instructor - Various injuries	<ul style="list-style-type: none"> <li>■ Everyone to be in the safe areas before the participant on the swing is hoisted</li> </ul>	No further action at this time	4 <sup>th</sup> January 2016

## Operating procedures

# Abseiling

### **Instructor requirements:**

Current First Aid, Relevant NGB awards for the activity and or site-specific trained with relevant experience

### **Key briefing points:**

- All participants should be wearing appropriate clothing. They should wear or carry, as is appropriate, hats, gloves, spare sweater/ fleece and foul weather clothing. Depending on the intended length of the activity, participants should also carry drinks and additional food/lunches. Boots or trainers are appropriate footwear; the instructor should advise the group.
- The instructor should always carry a first aid kit.  
Additional safety equipment, including an emergency shelter, sleeping bag and hot drinks, may be carried if necessary.  
Each participant must wear (except in unusual circumstances) a correctly fitting climbing harness and helmet.
- The group should be appropriately briefed before the session. Emphasis should be given to the importance of staying together, not throwing or dropping any items, showing awareness of other users, helping each other. Additional hazards, such as loose rock, should be highlighted.

### **Millers Dale abseil**

- The abseil rope must always be rigged to be releasable.
- Millers Dale (Bridge 75) protocol must be followed (See PDNP licence), including that for the use of the gates for disabled users.
- In addition to the standard briefing, the group should be briefed on the hazard of cyclists using the trail, slippery steps and leaning over the railings.
- All instructors must have attended a training session on the specific procedures used for abseiling using the gates.
- Particular attention should be given to the considerable hazard created by the opening of the gates, which should only remain open for the absolute minimum time necessary to move the group member into position for abseiling.
- Particular attention should also be given to the system used for safely getting the chair down to the bottom of the abseil without endangering staff or the public.

## Operating procedures

# Rock Climbing

### **Instructor requirements:**

Current First Aid, Relevant NGB awards for the activity and or site-specific trained with relevant experience

### **Key briefing points:**

- All participants should be wearing appropriate clothing. They should wear or carry, as is appropriate, hats, gloves, spare sweater/ fleece and foul weather clothing. Depending on the intended length of the activity, participants should also carry drinks and additional food/lunches. Boots or trainers are appropriate footwear; the instructor should advise the group.
- The instructor should always carry a first aid kit. Additional safety equipment, including an emergency shelter, sleeping bag and hot drinks, may be taken if necessary.
- Each participant must wear a correctly fitting climbing harness and helmet when appropriate.
- The group should be appropriately briefed before the session. The importance of staying together, helping each other and additional hazards including traffic, loose rocks and other users should be highlighted.
- The instructor should always be in a suitable position to supervise the whole group.
- All equipment used should meet UIAA/CEN specifications and /or should be suitable for their purpose.

Instructors should inspect all equipment at the start of any session and remove any item they are not happy with for inspection by the Head of the Centre.

## Operating procedures

# Weaseling and Scrambling

### **Instructor requirements:**

Current First Aid, Relevant NGB awards for the activity and or site-specific trained with relevant experience

### **Key briefing points:**

- All participants should be wearing appropriate protective clothing.  
Dependent on conditions, it may be necessary to wear or carry, as is appropriate, hats, gloves, spare sweater/ fleece and foul weather clothing.
- Correctly fitting the climbing helmet to be worn by all participants.
- Boots, wellies or trainers are appropriate footwear; the instructor should advise the group.

The instructor should always carry a first aid kit. Additional safety equipment, including an emergency shelter, sleeping bag and hot drinks, may be taken if necessary.

## Operating procedures

# Indoor Climbing Wall

### **Instructor requirements:**

Current First Aid, Minimum Relevant NGB awards for the activity and or site-specific trained with relevant experience

Instruction staff to be familiarised in the setup and operation of the climbing wall

### **Key briefing points:**

- The building must be locked when not in use.
- The first-floor walkway gate must be locked if an instructor is not present on the platform.
- To further restrict access to the platform, the rope barrier at the top of the stairs to the platform must be used.
- Instructors and participants must be clipped into safety lines whilst on the platform.
- While climbing or rope activities climbing helmets must be worn.
- All participants should be wearing appropriate clothing, including clean footwear.
- The instructor should always have access to a first aid kit.
- Climbing helmets and/or harnesses must fit correctly.
- The group should be appropriately briefed before the session.
- The instructor should always be in a suitable position to supervise the whole group.
- All equipment used should meet UIAA/CEN specifications and /or should be suitable for its purpose.
- Instructors should inspect all equipment at the start of any session and remove any item they are not happy with for inspection by the Head of Centre.