

## Reach out adventures

This includes Indoor Rock Climbing, Bouldering and Abseiling  
Risk assessment 1.1

### Indoor Rock Climbing

Hazards	Likelihood & seriousness of the injury	People at Rick	Control Measures in place to reduce risk from each Hazard	Remaining Rick
Fall from height	Likely serious	All participants	<ul style="list-style-type: none"> <li>● Only bottom rope climbing to be used.</li> <li>● Helmets to be worn if necessary.</li> <li>● Appropriate use of spotting techniques when necessary.</li> <li>● Use coach and monitor, safe belay techniques i.e.: any peer group belaying will be closely monitored.</li> </ul>	Low
Falling objects	Possible serious	Everyone involved	<ul style="list-style-type: none"> <li>● Helmets to be worn if necessary.</li> <li>● Participants to remove items from pockets.</li> <li>● Effective group management and briefing.</li> <li>● Appropriate footwear to be secure at all times.</li> </ul>	Low
Equipment i.e.: equipment failure	Likely Serious	All participants	<ul style="list-style-type: none"> <li>● Ensure correct fitting, and use of harness.</li> <li>● To check all equipment prior to use, any suspected items to be removed from service.</li> <li>● All equipment will be CE marked.</li> </ul>	Low
Holds spinning or breaking	Possible Serious	All participants	<ul style="list-style-type: none"> <li>● Make sure holds are monitored throughout the session.</li> <li>● Hold to be removed or re-secured by the instructor.</li> <li>● Rope to be kept tight on participants to support any falls.</li> </ul>	Low
Hair/other items caught in belay device	Possible Serious	All participants	<ul style="list-style-type: none"> <li>● Appropriate briefing i.e.: appropriate clothing and tying back long hair.</li> </ul>	Low
Watches/ jewellery piercings	Possible Serious	All participants	<ul style="list-style-type: none"> <li>● All watches, and jewellery must be removed or covered with the appropriate tape.</li> </ul>	Low
Muscle joint injuries i.e.: previous injury or illness being made worse by	Possible serious	All participants	<ul style="list-style-type: none"> <li>● Use appropriate climbing specifies warm ups.</li> <li>● Instructor should be aware of any long running joint/mobility problems.</li> <li>● All participants will be required to complete appropriate forms before taking part.</li> <li>● Participants should alert the instructor immediately if any injury or discomfort due in activity.</li> </ul>	Low

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activity			<ul style="list-style-type: none"> <li>● Good coaching and briefing on the wall at all times.</li> <li>● Appropriate management with rest and recovery time.</li> <li>● Use suitable route choice.</li> <li>● Use appropriate cool down at the end of each session.</li> </ul>	
Other site users	Unlikely serious	Everyone involved	<ul style="list-style-type: none"> <li>● All participants should access the activity with instructor.</li> <li>● Briefing before activity begins.</li> <li>● Use of effective group management throughout the activity.</li> </ul>	Low
Auto belay & personal injury	Possible serious	All participants	<ul style="list-style-type: none"> <li>● Effective group management and briefing.</li> <li>● Demonstration if necessary.</li> <li>● Good spotting techniques if necessary.</li> </ul>	Low
Instructor i.e. instructor error	Unlikely serious	Everyone involved	<ul style="list-style-type: none"> <li>● All instructors will hold the appropriate qualifications with valued first aid certificate.</li> <li>● Instructors will carry first aid kit.</li> </ul>	

### Indoor Bouldering

Hazard	Likelihood & seriousness of injury	People at risk	Control measures in place to reduce risk from each Hazard	Remaining risk
Personal injury due to falling climber	Possible serious	Climbers and spotters	<ul style="list-style-type: none"> <li>● Effective group management and briefing throughout the session.</li> <li>● Coaching to bend knees when landing on fall.</li> <li>● Group to work in pairs if necessary or instructor to spot.</li> <li>● Coach group to climb down not to jump.</li> <li>● Climbers head not to go over top of wall.</li> <li>● Effective route choice and games.</li> <li>● Effective warm up and cool down to prevent injuries.</li> </ul>	Low
Hazards arising the action of group members i.e. overcrowding	Likely serious	Everyone involved	<ul style="list-style-type: none"> <li>● Max size group per session 10 participants.</li> <li>● Effective group management and briefing throughout the session, i.e. playing games keeping all participants involved.</li> <li>● Boundaries and safe area will be provided for participants not involved.</li> </ul>	low
Holds spinning or breaking	Likely serious	All participants	<ul style="list-style-type: none"> <li>● Instructor to make sure holds are monitored throughout the session.</li> <li>● Holds to be removed or re-secured by instructor.</li> <li>● Appropriate spotting techniques.</li> </ul>	low

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Watches/ jewellery piercing	Possible serious	All participants	<ul style="list-style-type: none"> <li>All watches, rings, earrings/piercings should be removed or covered with appropriate tape.</li> </ul>	low
Other site users	Possible serious	Everyone involved	<ul style="list-style-type: none"> <li>Participants to access the wall with the instructor.</li> <li>Boundaries and safe areas will be provided for participants not taking part.</li> <li>Effective group management.</li> </ul>	low
Instructors error	Unlikely serious	Everyone involved	<ul style="list-style-type: none"> <li>All instructors will hold the appropriate qualifications with valued first aid certificate, DBS and insurance. Instructors will carry first aid kit.</li> </ul>	Low

## Indoor Abseiling

Hazards	Likelihood & seriousness of injury	People at Risk	Control Measures in place to reduce risk from each Hazard	Remaining Risk
Falling from top of abseil	Likely Serious	Everyone involved	<ul style="list-style-type: none"> <li>All participants to be attached to safety rope at all times when approaching top of abseil.</li> <li>Abseil platform to be clear at all times.</li> <li>Effective group management and briefing, prior before group session and on platform.</li> <li>Releasable abseil system to be used at all times.</li> </ul>	Low
Equipment failure	unlikely serious	Everyone involved	<ul style="list-style-type: none"> <li>Correct fitting and use of harness.</li> <li>Correct abseil set up.</li> <li>All equipment used to be CE marked.</li> <li>To check all equipment prior to use, suspect items to be removed from service.</li> </ul>	low
Falling objects	Possible serious	Everyone involved	<ul style="list-style-type: none"> <li>Helmets to be worn if necessary.</li> <li>Participants to remove items from pockets.</li> <li>Effective group management and briefing.</li> <li>Appropriate footwear and to be secure at all times.</li> <li>Boundaries and safe area to be used.</li> </ul>	Low
Friction rope burns whilst abseiling	Possible serious	All participants	<ul style="list-style-type: none"> <li>Releasable abseil to be used at all times.</li> <li>Effective group management and briefing.</li> <li>Gloves to be provided if necessary.</li> </ul>	low
Hair/other items caught in abseil device	Possible serious	All participants	<ul style="list-style-type: none"> <li>Appropriate briefing, long hair tying back.</li> <li>Use of releasable abseil at all times.</li> <li>Effective group management throughout the session.</li> </ul>	low

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Slips during the abseil	Possible serious	Everyone involved	<ul style="list-style-type: none"><li>● Effective group management and briefing at all times.</li><li>● Appropriate foot wear.</li><li>● Use of releasable abseil at all times.</li></ul>	medium
Other site users	Unlikely serious	All participants	<ul style="list-style-type: none"><li>● Participants to access the climbing wall with the instructor.</li><li>● Effective group management throughout the session.</li><li>● Safe area when individuals are not participating in activity.</li></ul>	low
Instructor error	Unlikely serious	Everyone involved	<ul style="list-style-type: none"><li>● All instructors will hold the appropriate qualifications with valued first aid certificate, DBS and insurance. Instructors will carry first aid kit.</li></ul>	low

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