Risk Assessment – Climbing / Abseil

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Next Review Date	23/03/2027
Manager Name	Tobias Turnham-Rutland
Internally Reviewed By	Alex Mortimer
T/A(Name & Date)	Mark Garland please date __10/05_/26__

General Information	This risk assessment considers single pitch climbing, including top and bottom roping, plus abseiling.

Instructor Competence (minimum)	- Lead - Rock Climber Instructor - Assist – Technical Advisor Statement of Competence.

Ratios & Remits	- 1:9 maximum (Leads & Assists) 1 RCI can work with a max of 2 assists

Identified Hazards	**Who is at risk?**	**Example Causes**	**Control Measures**
Personal Injury E.g. Slips, Cuts, Twisted Ankles, Spinal Injuries, Broken Bones	Instructors & All Participants/Group Leaders	- Rock falling from above. - Falling or slipping on to rock. - Injury by slipping whilst climbing/abseiling and hitting rock. - Cuts on hands from climbing.	- Staff and participants **must** wear helmets at all times whilst at the crag and appropriate clothing. - Instructor to be familiar with locations and choose routes that have no obvious loose rock. - Participants not to climb with things in their

		- Inappropriate spotting whilst bouldering. - Trips whilst walking to and from crag. - Jewellery being worn. - Climbing without shoes. - Pulled muscles - Not being clipped or tied in correctly.	pockets that could fall out, phone, wallet, keys etc - Appropriate warm up for the group to be included and suitable routes chosen to allow participants to ease into the activity. - Designate a safe zone away from the crag for waiting. - Instructor to provide health and safety briefing to prevent injuries. - Instructor to hold first aid qualification and carry a first aid kit. - Participants should be shown how to spot correctly for bouldering, and this **must** be enforced. - Jewellery **must** be removed or covered with tape if it cannot. - Appropriate footwear **must** be worn. - Communications carried - VHF and mobile. - Medicals to be checked prior to the session.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	- Cold, wet, windy days. - Sitting for long periods at a crag which acts as a suntrap or is exposed to the elements. - Carrying heavy equipment on walk into crag.	- Appropriate clothing to be worn / carried. - Appropriate amounts / type of food and drink should be carried depending on weather conditions, terrain etc. - Appropriate group safety equipment to be carried.

Falling	Instructors & All Participants/Group Leaders	- Anchor failure - Participants wanting to get a close look over the edge. - Equipment Failure - Incorrect harness fitting - Incorrect/unsupervised belaying - Climber moving off route. - Climber climbing past the top of a climb.	- Ensure instructors and participants are attached appropriately to systems at all times. - Safety rope **must** be used on abseil. - Designate a safe area for observers to watch from. - Instructor to check harness and helmet before each turn. - Multiple anchors **must** be used when setting up top / bottom ropes and abseils. - Ensure all equipment is checked before and after activity. Any damaged or faulty equipment must be reported and removed from service. - Check the climber is attached to the rope correctly before leaving the ground every time. - Check belay device is correctly set up and attached before the climber leaves the ground every time. - Instruction on safe belaying technique to be provided and instructor **must** monitor. - Instructors **must** tail the belayer with all novice climbers. - Instructor to be attached to a solid anchor when working at the top of a crag. Distance from edge when to be attached varies from location to location. At Dancing Ledge instructors should be attached when a

			minimum of 2 metres from the edge. - Clear briefing given explaining where the route goes and where to stop, constant monitoring. - Rope to be kept very tight in early stages of climb
Becoming Stuck	Participants	- Hair caught in fig of 8 - Becoming scared	- Long hair **must** be tied back. - The instructor will consider route choice and the possibility of participants getting stuck on ledges or cracks. - Instructor to carry appropriate rescue equipment. - Tailor session to group ability. - Allow progression for participants to trust the system, e.g participants climb a short way up before lowering down to build confidence before climbing higher.

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment, speak to your manager.

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Emergency Action Plan

Remember;
Self – Team – Casualty – Equipment

1. Make sure you are safe
2. Make sure the group are safe
3. Make sure the individual(s) concerned are safe
4. Rescue the individual(s)
5. Call/send for assistance (as required)
6. Remove all to a safe place
a. Where possible move the casualty and group up an exit route via the safest route to a safe place or vehicle.
b. Water Based rescue. If the casualty is unable to exit, call
for a rescue. When the services arrive, follow their direction.
c. Land Based rescue. If the casualty cannot move, make them safe and await rescue services help. Where possible, move the group away from the venue to a safe place to allow an unhindered rescue to take place. If the assistant knows the exit, they may lead the group out at the lead instructor's discretion and make the group safe.
7. Diagnose the extent of the injury and effect first aid in line with your training.
8. Take further action as appropriate.
9. Inform Day Manager, ensuring all appropriate documentation is
completed at the earliest possible opportunity.

If required, call the emergency services on 999. If no signal exists, move to a new location, perhaps on higher ground. Ensure you have discussed your plans with your colleague and also the additional risk you are being exposed to yourself.

Instructors are to have knowledge of the nearest hospital (A&E or small injuries unit to where they are operating).