

**1: Venture-Out
 rious climbing walls
 ent for sessions run by suitably qualified staff (SPA holder, Climbing Wall instructor)**

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	severity	Likelihood	Control Measures
itions and	Low to med	Low	Medical declaration on booking forms Participants alerted to strenuous nature of climbing Instructors in pre-session briefing ask participants to inform them of a changes to the medical conditions since signing the form Climbing walls have first aid provision and staff who are trained to hel emergencies Emergency contact details are brought to wall with instructor or they available by phone call.
experience/ inors under 16	Low	Med	competent supervision from an experienced instructor appropriate route grades explained and used. Rainbow holds (use anything) offered as an escape option for continui climb up or down.
all	Ankle twists Ankle break	Low to med Low	Users usually jump of rather than slip of (especially on easy routes wit appropriate footwear. Risk sport participation (disclaimer) signed to make participants aware their responsibility for their own safety.
ipment - evelopices and	severe	low	Equipment visually checked before and after use (in accordance with f guidelines). Once excessive wear or defect is detected item is retirec Participants all properly instructed in how to use the equipment Participants do buddy checks Instructor enforces buddy checks and monitors

others	Low	Low	Control of numbers in supervised sessions Explain vigilance and climbing etiquette (giving way to climbers above)
used by jewellery	Low	Low	Require participants to remove rings – show them how they catch on holds and damage the ring. Chains – explain how they can tangle (allow them to tuck them under clothing) Remove dangling earrings (pendants and hoops). Studs permitted as face piercings
footwear	Low – foot slips on easy routes usually result in the climber just falling flat against wall. Slight bruising possible	Med – training shoes will only work on large holds & easy routes	User common sense – they usually stick to holds they can use or lower they can't progress climbing in bare feet is not permitted. Climbing shoes can be hired for participants who want to progress
vision during	Low	Low	Only qualified instructors employed by Paddles Away UK Appropriate ratios for given group ability or activity adhered to Group etiquette explained and enforced.
risers to	Low	Low	Numbers controlled by booking system, set by course administrator, governing body regulations, maximum 1:8 for roped climbing and bouldering, 1:12 if bouldering with spotters.
icipants	Low	Med	Qualified coaches used, coach knowledge, planned sessions to create appropriate duration, activities and challenge for ability level.
aration/fatigue	Low	med	Adequate warm up and cool down time programmed into each session.

with ropes

	severity	Likelihood	Control Measures
ts and rope	Low	Low	Correct belaying procedure taught and monitored, Belayers backed up if necessary
ng caught in	Low – low injury but severe effect on progress	Low – med	Pre-session checks on hair and clothing, monitored. The climbing wall operating procedures demand that their staff be inf and used if a climber needs to be rescued.
g from climber ;	Med	Low	Pre-session checks – participants must empty pockets of mobile phone money, smoking equipment etc. Climbers must not have equipment clipped to their harness gear loops Inform participants not to stand under climbers from their group or ot people
ming loose n (after toilet)	Severe	Low	Buddy check system used and enforced. Instructor monitors After lunch or other break, or toilet break, all climbers are checked.
oing climber	Severe	Low	Experienced belayers only permitted or those under supervision,
ing or falling off ng into wall	Low	Med	Appropriate footwear Climbing shoes available for hire Rainbow holds used if necessary
relayer not ope correctly	Severe	Low	Correct attachments and buddy system taught and enforced If climbers cannot manage to retie a figure of eight then this is either c for them each time or a screwgate karabiner is used on a figure of eigh bight. Instructor monitors buddy checks
ing on wall – owering off	Low	Low	Protocol for arriving at top of wall and being lowered off is practiced b climbers on a low wall or off a low / first runner before progressing on higher walls
pping top rope ; out	Severe	Low	Climbing walls have two top clips, one is usually a oval nut locked clip to be undone without spanner. If this is not the case, instructor vigil usually enough – watching when a nervous climber approaches top. Instructors usually come to back up the lower off anyway
ontrolling or e dead end of	Severe	Low to med	Correct 4 point technique is coached on the ground before novices try real. Instructor vigilance is usually enough – watching a nervous or clumsy l and having the climber slow down to allow belayer to work at a slow s

			<p>If this slower speed does not help belayer can be backed up by two others</p> <p>If this is still too clumsy then the belayer is replaced (they will usually be relieved not disappointed)</p> <p>Instructors always come to back up the lower off of any climber with inexperienced groups</p>
<p>able to lower quickly (too fast)</p>	Med to severe	Low	<p>Inexperienced belayers are always backed up by instructor when the climber approaches the top.</p> <p>Instructor backs up the dead rope and coaches correct lock off positions lower off positions for slow, smooth, controlled lower</p>
<p>able to keep up</p>	Med to severe	Low to med	<p>Correct 4 point technique is coached on the ground before novices try real.</p> <p>Instructor vigilance is usually enough – watching a nervous or clumsy climber and</p> <p>Instruct the climber to slow down to allow belayer to work at a slow speed</p> <p>And not to climb when the rope is slack above them.</p> <p>Try different partners</p>
<p>climbing down wall lowering off</p>	Low	Low	<p>Correct descent technique demonstrated and practice on low wall first (back, walking down, legs wide, looking down)</p> <p>Explain the risk of ankle damage</p>
<p>ability to belay a heavier climber</p>	Med to severe	Med if climber is a lot heavier than belayer	<p>Ballast/belay bags must be used when necessary.</p> <p>Belayer is attached to these via a lark's foot sling to the belay loop</p> <p>Belayer is supervised and backed up during lowering off until Instructor is confident they can manage.</p>
<p>inc. use of</p>	Severe	Med	<p>Solo climbing on rope wall is prohibited by all climbing walls</p>
			<p>Lead climbing is not offered by Paddles Away UK and should not be attempted with their clients by any staff. Unless by agreement with Director (Ian Sheldrake), a technical advisor, their insurance company under a separate risk assessment.</p>

	severity	Likelihood	Control Measures
climbing / falling off wall	Low to med	Low to med – climbers more usually step backwards off rather than fall off. Sliding down more common with poor footwear	Traversing walls have impact matting and climbers are not to climb above 50cm (i.e not to touch top of traverse wall with hands) Bouldering walls have crash matting underneath, ensure that this has been moved to leave a gap between wall and matt. Teach climbers how to climb up half way then look around and jump – controlled jump.
falling from height	Med – crash mats are more than deep enough to absorb fall but bad landings cause ankle injury or landing on someone	Med	Experienced users only permitted or those under supervision, crash mats in place user risk explained and controlled jump down demonstrated from low heights No safety equipment (harness with metal gear) is worn whilst bouldering
falling from height	Severe	Very unlikely	Bouldering walls used do not normally enable climbers to get their feet higher than 2m. Bouldering on climbing wall without ropes (soloing) is not permitted on climbing walls
falling from height under rope	Severe	Very unlikely	Bouldering on climbing wall without ropes (soloing) is not permitted on climbing walls
falling from height onto people / equipment	Med	Low	Controlled jump offs practiced and demoed (involves looking around and warning) Climbers also warned about walking or climbing under or near other people above them.
falling from height spotting	Low	Low	Spotting involves someone standing under another climber ready to catch their back up to straighten them during a fall to ensure they land on feet, not their back. Coaching on how to do this without trying to catch the climber and judge when the climber is too high for the spotter to control this. If in doubt, spotter is discouraged from continuing

Coaches should be aware of Venture-Out's emergency procedures prior to delivering any sessions.

It is the responsibility of the coach to ensure equipment is safe and appropriate for use prior to each session.

It is the responsibility of the coach to alert Ian Sheldrake or Kevin Beattie of broken or damaged equipment, or injury or near miss and report this information in the Accident and Emergency book. If unclear how to complete this then contact Ian immediately for support.

If a coach is unsure of any relevant safety-related matters the problem should be resolved prior to coaching session.

Adventure is an adventurous sport and some risk is assumed by participants. Removal of all risk is not only impossible but detrimental to the development of participants. However risk versus benefits have to be considered.