

Specific Safety Procedures – Single Pitch Rock Climbing and Abseiling

RSP1 Description:

RSP1.1 Single pitch rock climbing and abseiling on outcrops and crags using top or bottom safety ropes.

RSP1.2 Indoor climbing on artificial walls

RSP2 Learning Outcome:

RSP2.1 The learning outcome will vary depending on Participant needs and may include aspects of personal and social development, group dynamics, trust, responsibility and communication.

RSP3 Instructor:

RSP3.1 Hold a valid single pitch supervisors award (or Mountain Instructor Award and Mountain Instructor Certificate).

RSP3.2 Valid first-aid certificate/

RSP3.3 Knowledge and understanding of “Inside Out” emergency procedures.

RSP4 Site Knowledge:

RSP4.1 Effective group management to minimise erosion to the site.

RSP4.2 Clearly specify any ascent or descent routes.

RSP4.3 Designate a “safe” area for participants not directly involved in climbing or belaying.

RSP4.4 Implement a safety system appropriate to the site being used e.g. top or bottom rope.

RSP4.5 Operate within the safety procedures of any artificial wall being used.

RSP4.6 No solo climbing above waist height.

RSP4.7 Check for loose rock.

RSP4.8 Make sure anchor points are “bombproof”

RSP5 Participant Requirements:

RSP5.1 Receive clear explanation and demonstration of belay techniques to be

employed.

RSP5.2 Receive clear explanation and demonstration of the role of the back-up belayer.

RSP5.3 All belayers should be attached to a “bombproof” anchor point.

RSP5.4 All participants must wear a helmet at all times during the session.

RSP5.5 All participants must wear a correctly fitted climbing harness.

RSP5.6 All rings and jewellery which could become entangled must be removed prior to climbing.

RSP5.7 Long hair must be tied back to prevent entanglement in equipment.

RSP5.8 Any loose clothing or straps must be arranged in a fashion which prevents them being trapped in the equipment.

RSP5.9 Clear system of communication set up between belayer and climber.

RSP5.10 Participants must be able to be responsible and accept decisions.

RSP6 Equipment:

RSP6.1 Appropriate footwear should be worn (preferably hiking boots).

RSP6.2 All equipment checked by Instructor prior to the session commencing.

RSP6.3 The Instructor must carry a sharp knife and prusiks.

RSP6.4 Equipment must be counted and returned after the session/

RSP6.5 All use of ropes must be logged.

RSP6.6 Any defective equipment must be recorded in defect book.

RSP6.7 All equipment must be cleaned after each use if required.

RSP6.8 Safety bag must be immediately accessible at the site.

RSP7 Ratios:

RSP7.1 One Instructor to eight participants. (1:8)

RSP7.2 Ratio will vary depending on the nature of the site, the group and the session.

RSP8 Weather:

RSP8.1 The implications of the weather on the proposed activity should be taken into consideration e.g. friction of the rock, risk of exposure etc.

Risk Assessment – Rock Climbing

Hazards

Identify significant hazards which could cause harm:

1. Instructor.
2. Site selection.
3. Participants.
4. Equipment.
5. Ratio.
6. Weather.

How

How will people be exposed to hazard?

1. Insufficient knowledge of safety procedures.
2. Loose rock, steep descents, poor anchor points.
3. Group behaviour and approach.
4. Equipment malfunction or misuse.
5. Instructor cannot manage site.
6. Improper clothing.

Risk

Evaluate risks arising from each hazard (High, Medium, Low).

1. High.
2. High.
3. Medium.
4. High.
5. Medium.
6. Medium

Action

Prescribed risk management strategies to remove hazard or reduce risk

1. Qualification and pass out system (L3, RSP3)
2. Criteria for site selection observed (L4, RSP4)
3. Group Safety briefing. (L5, RSP5)
4. Equipment Checks. (L6, RSP6)
5. Effective group management. (L3.4, RSP7)
6. Ensure suitable clothing is worn. (L5.5, RSP8)

Monitor

How are risk management strategies monitored?

1. Instructor pass out system.
2. Course report.
3. Participant Evaluation forms.
4. Equipment logbook
5. Incident book. Near-miss folder.
6. Weather forecast supplied.

Review

Review date of this assessment: