

Outdoor Climbing Operating Procedure

Live Life Outdoors

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1.1 Inspection of climbing site

Crag and surrounding area safe and appropriate for user group

Check for loose rock/wet conditions etc.

Awareness of weather forecast

Pre-visit essential

Knowledge of anchors to be used

1.2 Inspection of equipment

Equipment utilised must be owned by Aberdeenshire Council

Checked bi-annually by a competent person

In addition, all equipment checked prior to activity by lead instructor

1.3 Rigging set up and preparation

Anchors and ropes rigged prior to group arrival

Pre-stretched rope for rigging/dynamic for climbing

All connectors screwgate/tri-lock

Final check of area for safety prior to the start of the session

1.4 Safety briefing for participants

All participants to be briefed prior to the start of the activity ensuring fit and healthy to take part

Ensure participants have clear understanding of boundaries and safe areas and nature of activity

Check briefing has been understood by all

1.5 Issue of PPE and correct fitting

All PPE to be checked before use and correctly fitted

Participants must be issued with PPE - helmet, harness, climb shoes

PPE must remain on participants throughout until safe to remove, as advised by instructor

Long hair must be tied back and jewellery removed

Harness must be visible over clothing

No loose clothing to be worn

No mobile phones in pockets or sharp items

Instructors must wear PPE at all times whilst instructing, including additional rescue equipment

1.6 Staff to participant ratios

Climbing sessions will have a maximum of 6 participants to 2 instructors

Participant numbers may be reduced to reflect needs of individuals

1.7 Climb set up

2 climbing lines using bottom roping system

Climbers tied in with figure of 8 knot and stopper

Connectors using Petzl Am'D pinlockers with captiv

Belay using assisted breaking device (Mammut smart)

Instructor belaying novice/tailing more experienced

1.8 Preparing the Climber/Belayer

- Clear communication
- Climbing calls
- Basic climbing techniques
- Route description
- Practise controlled lower-off from low height
- Controlled descent/lower-off

1.9 During Session

- Aim for progression on difficulty of climbs
- Build supportive environment
- Increase confidence and role of participants within the safety system
- Provide positive feedback throughout
- Safe and fun

1.10 Emergency Procedures

- Instructors fully trained in rescue procedures and first aid in the event of injury, illness or incident such as cragfast climber, entrapment or equipment failure
- Instructors must be aware of the protocols/procedures should an incident arise.
- Base Contact telephone number and emergency contact of individuals must be accessible to instructors

1.11 Post Session

- Lead instructor de-rigs climbing safety system
- Second instructor leads participants to starting point for day
- Debrief takes place with participants
- Instructor to ensure all participants are safe and well
- Incidents/near misses must be reported on CAIRS system and to Head of Establishment
- Instructor requests feedback where appropriate
- Equipment checked and returned to store
- Lead instructor informs base contacts of completion of activity.