

## Risk Profile

The following risks have been identified through PGL's risk assessment process:

- a. Extreme Weather
- b. Injury from participation/physical exertion
- c. Fatigue/exhaustion/dehydration
- d. Injury due to incorrect set-up and operation
- e. Injury from falling objects
- f. Collision/entanglement with elements / structures / equipment/ people
- g. Entrapment of hair, fingers, loose clothing, etc. in element or operating structure
- h. Splinter injury from pole.
- i. Tear/ de-gloving injuries from rings and other jewellery
- j. Danger of ground fall from
  - i. Lack of supervision of climbers
  - ii. Intentional misuse of equipment and systems
  - iii. Incorrect attachment
  - iv. Poor fitting of harnesses
  - v. Equipment Failure
- k. Webbing burn injury
- l. Slips/Trips/low to ground falls

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

## Control Measure

### Deployment Requirements

<b>Instructor Qualifications:</b>	Centre based training by Approved Ropes Trainer and assessment by PGL Approved Assessor
<b>Instructor – Participant ratio:</b>	1:2
<b>Max Group size :</b>	15
<b>Active participation:</b>	Maximum 2 Climbers
<b>Min / Max User Weight:</b>	10kgs – 150kgs

## 1. Equipment Requirements per Auto belay Unit

- 1 x Short Nylon Sling
- 1 x Alloy Triplock Karabiner
- 1 x Tru Blue Auto Belay Unit

## 2. Participant & Instructor equipment requirements

### Per Instructor:

- 1 x Full Body Harness

### Participant :

- 1 x Full Body Harness

## 3. Specific Clothing Requirements

- Trousers or shorts that prevent harness contact onto skin
- Flat soled shoes or boots unable to slip off
- Long hair tied back and made safe
- Jewellery removed where possible, or made safe.
- A top or t-shirt must be worn that covers the individuals shoulders
- All items removed from pockets
- Any items constituting a risk of entanglement removed i.e hoodies removed, or made safe

## 4. Session Preparation

- Instructor to carry out a routine visually inspection of the element and activity area, checking the integrity of the whole element (to include tower structure, climbing holds, face of climbing wall, etc, as per 'Daily rope inspection Checks ACOP'.
- If the Instructor has any concerns about the integrity and safe use of the element and activity area, then they should raise this with the appropriate Senior Staff Member, prior to any activity taking place.
- For outdoor elements, check the expected weather conditions, focusing on expected wind strength. Elements must not be used in wind conditions above Force 5 (29km/h-38km/h) or during any storm that breaches the 30/30 rule.
- Operating temperature range: -4° C to 60° C, outside of this range the Auto Belays must not be used.
- All set-ups must be rigged in accordance with PGL Technical Advisor approved methods/policy.
- Access to adjacent activities (Abseil & Centipede) must be restricted during the session.
- Instructor to visually & physically check the integrity and setup of all PPE to be used, including twists in any straps and amount of PPE for the group.
- Instructors should prepare themselves for the session ahead by ensuring they are aware of relevant group information, and have a broad session plan which can be finalised when meeting the group.
- The Tru Blue Auto Belay Units must have a daily pre-use check; ensuring the correct retraction of the webbing and the integrity and wear of the webbing it at an acceptable level, see ACOP.

- j. Any anomalies or deviations from the norm must be reported immediately to centre management team and the units taken out of use for investigation

## 5. Session Instruction

- a) All participants must receive a safety brief and a demonstration and instruction in how to Climb – see ACOP.
- b) All participants must remain in the waiting area unless called forward by the instructor.
- c) Maximum of 2 participants only allowed in the climbing area.
- d) Only the instructor can clip and unclip participants from the system
- e) The Instructor will attach participants to the system as per the ACOP
- f) Before every ascent the Instructor must ensure all final departure checks including a function check of the Tru Blue Units have been completed. Where the instructor does not perform them personally, they must visually witness they have been completed – i.e. Instructor watches participant perform karabiner squeeze tests and auto belay retraction check.
- g) All participants can climb only when attached to the Auto-belay webbing, instructor final checks have been carried out and has been given permission to start climbing.
- h) When a participant has climbed and returned to the floor they must walk backwards until they reach the rear boundary of the climbing area, approximately 2 metres away from the wall.
- i) All participants to descend in a “sat” or “abseiling” position only.
- j) All participants must practise the descending position before their first climb, when just a short distance off the floor –with their feet less than 2 metres.
- k) Participants must not climb faster than the retraction speed on the Auto-belay unit, if slack occurs the instructor must get the participants to climb slower.
- l) Whilst supervising and instructing, instructors must be aware of their own positioning and sight lines, ensuring they can see all the Participants they are directly supervising at all times.
- m) Instructors should remain vigilant at all times and make ongoing dynamic risk assessments of the environment, people and the activity.
- n) The instructor should ensure that maximum inclusion is aimed for by involving the participant in the activity. This must be balanced against maintaining the safety of the participant.
- o) Some walls can be relatively quick to climb, the stop procedure should be reinforced before participants leave the ground.
- p) Reaching games and exercises should be used when participants are just a few metres off the ground. They will have very positive outcome on their climbing technique, before they become affected by the exposure of additional height.

## 6. Problem solving and rescues

Participant may become entrapped within elements either by limbs, clothing, or they may become emotionally frozen

- a. Problems should be solved with the least complicated solution/rescue and in the way most sympathetic to the ‘victim’
- b. A frozen participant may be assisted down using a parallel rescue by the instructor, this can only be carried out when all other participants are in the waiting area, but they may be left attached to the lanyards if time is of the essence.
- c. If “rescues” are needed which are outside of the instructors assessed qualification level, a supervisor’s assistance must be called for.

- d. If a participant becomes physically entrapped, but is not in immediate danger then the Instructor should send for a supervisor.
- e. If a supervisor has been called, they will need to execute either a parallel rope rescue or a snatch rescue depending on the circumstances.
- f. If a participant becomes physically entrapped in a way that constricts their breathing or they are entrapped and unconscious– i.e. suspended by their clothing, then the Instructor must send somebody to raise the alarm and then they must try the following solutions (in order of simplicity):
  - i. Ask Participant to get their weight back on their feet and hands to take the weight off their neck
  - ii. Ascend the wall using the auto belay next to the participant to try and aid them in taking pressure off and getting them free from entrapment.

## 7. Session Conclusion

- a. Positive active reviewing should be used to revisit aims and objectives and allow Participant to share/reflect on achievements
  - b. The activity base must be left so that unauthorised people cannot access the element with the auto belays full retracted.
  - c. Any tracer cords must be secured to the top of the tower before leaving the base.
  - d. Tower covers must be replaced when the base is unattended
  - e. All harnesses should be left extended to the limit.
  - f. Any dirty equipment must be washed in clean water.
  - g. Any activity base or equipment faults must be communicated immediately to the appropriate senior/s and where items / bases should not be used, the instructor must take initial steps to ensure this does not happen.
  - h. Any relevant accidents/incidents/events must be recorded on the relevant report form or centre logbook
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