

Learn to Belay – Risk Assessment

In the event that a risk or hazard occurs, you must tell the instructor. If you are supervising children or dogs, it is your responsibility to prevent them from these risks and hazards.

What are the risks and hazards?	When are you at risk?	How can the hazards be prevented? What action can be taken?
Degloving - Ripping your finger/wrist off because a ring, watch or accessory has got caught in rock, rope, or equipment.	When climbing and Belaying	Ensure that you are not wearing anything on your fingers or wrist before climbing and belaying. If a ring is stuck, ask a member of staff for assistance.
Falling onto the rope when climbing – It is likely that you will fall when climbing, these falls are short, you may hit the rock on the way down and graze/cut yourself.	When climbing	When falling you should try and lean back and push yourself away from the wall, if possible, to create a small swing. You can stop yourself with your feet by sticking them out towards the rock.
Loose Rocks – When climbing or walking there is plenty of loose rocks on the wall and ground. If you use one of these, there is a chance that it will move or come off the wall.	All the time	Do not pull or step on loose rocks. You can identify them by the wobbly and hollow feel, or if they are not supported properly. If a rock comes off the wall, alert everyone on the ground by shouting 'ROCK!'.
Falling Objects – these include rock, ropes, equipment and more. This could be caused by the weather, pass byers and other climbers.	When you are at the crag (climbing location).	If someone shouts 'Rock,' 'Rope' or something else to alert you, LOOK DOWN! Everyone near the rock must wear a helmet. Pockets must be emptied before you put on a harness.
Swinging – If you climb a further left or right from the rope, if you fall you swing into the wall like a wrecking ball.	When climbing	Stay below where the rope is attached. If you are unsure, ask the instructor for help.
Climber falling onto someone – If the climber has not gone high enough there is a chance they might fall, the rope will stretch meaning they could hit the ground.	When climbing, belaying or standing by.	Climbing – If you are uncertain of how to climb a route, you can always climb down. Belaying – Do not stand directly below the climber. Everyone else should be stood in a safe location.
Hair getting caught in equipment – You could lose your hair.	When Climbing and Belaying.	Everyone that has long hair must tie it back into a ponytail and tuck it away.

Being swung into by a belayer or swinging into – If a climber falls, the belayer will get pulled towards the wall to catch the climber.	When standing by or belaying	Do not stand in front of a belayer. When belaying make sure there is nothing obstructing you from the rock.
Muscular aches and injuries – Looking up at the climbers for a long period can strain your neck. Also, when climbing it is possible that you injure yourself by trying hard.	When climbing, belaying and spectating.	We will encourage a warm up, this might be walking into the crag or doing some stretches. If you are starting to feel sore, we recommend you stop climbing and tell the instructor.
Falling Down Slopes – Paths can go down slopes which can be slippery as feet can slide down as you go up or down the slope.	When walking to the crag	When going down you can shuffle down on your bum. When you go up you can use your hands to crawl up. Give plenty of space for others going up or down the slope. Wearing walking shoes or trainers with rubber soles will give you the best support. There might be other ways of getting down if you do not feel confident going down, just speak to your instructor.
Falling off the top of a cliff.	When walking or standing by	Stay well away from the cliff edges, they can be unstable and there are plenty of variables that could make you lose balance and fall.
Stings, Bites and Rashes from plants, animals and insects.	All the time	Do not touch the wildlife that you aren't sure is safe.
Traffic – Getting hit by a vehicle that is parking or driving on the road.	When on arrival, departure and when walking to the crag.	Take care and use common precautions when crossing a road, Listen to the instructors advice. In a carpark when vehicles are manoeuvring, standing out the way or between parked cars will keep you safe.