



Learn to Belay – Participants Risk Assessment

If a risk or hazard occurs, you must tell the instructor. If you are supervising children, 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? |
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| Degloving - Ripping your finger/wrist off because a ring, watch or accessory has got caught in some 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 whilst being belayed – 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 push yourself away from the wall, and keep your feet out in front of you. You can stop yourself with your feet by sticking them out towards the rock. If feel you are going to fall and are within 2 metres from the ground, you can climb down. |
| Loose rocks on the wall– When climbing, there is a chance that rocks will move or come off the wall. | The duration of the course/session. | Do not pull loose rocks. You can identify them by the wobbly and hollow feel. If a rock comes off the wall, alert everyone on the ground by shouting 'ROCK!'. If a rock is wobbly, alert the instructor and avoid using it. |
| Falling objects – these include rock, ropes, equipment and more. This could be caused by the weather, passers-by 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. |
| Objects in pockets causing injuries to self. | When wearing a harness. | Pockets must be emptied before you put on a harness and must stay empty. |
| 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. |
| A climber falling onto you – If the climber has not gone high enough, there is a chance the might fall, the rope will stretch meaning and they could hit the ground. | When climbing, belaying or standing by. | Belaying – Do not stand directly below the climber when they are climbing the start of a route. Everyone else should be stood in a safe location. |

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| Hair getting caught in equipment – You could lose your hair. | When Climbing and Belaying. | Everyone who has long hair must tie it back into a ponytail and tuck it away. |
| Damaging equipment | Duration of the course | Harnesses & ropes cannot be splashed by any fluid except water and should not come into contact with sharp, abrasive objects. Helmet and other equipment can be damaged by being dropped, please report equipment that has been dropped to the instructor. |
| Go pros, action cameras & drones compromising safety | During the course. | No Go Pros and Action Cameras being mounted during the course/session. Drones are also forbidden. Handheld cameras are allowed when used from the ground. |
| 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, you'll be told to stand at the bottom of the route your partner is climbing. |
| 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 before strenuous climbs, 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 on slopes – Paths can go up and down slopes, which can be difficult to walk on. There is a risk of slipping and falling on slopes. | When walking to the crag | When walking down a steep slope, you can shuffle down on your bum. 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. If you do not feel confident or safe, there might be alternate routes, just speak to your instructor. |
| Slips, trips & falls – You'll find ropes, bags, equipment, boulders and rocks on the ground of a crag. | The duration of the course. | Look where you are walking and avoid running. |
| Falling off the top of a cliff. | When walking or standing by | Stay 5 Metres from the cliff edges, they can be unstable and there are plenty of variables that could make you lose balance and fall. |
| Objects being thrown | The duration of the course | It is unacceptable to throw objects as they could injure climbers above and below, this is dangerous behaviour and could terminate the course. |
| Stings, bites, cuts and rashes from plants, animals, insects and litter. | All the time | Do not touch findings that you aren't sure are safe. |
| Traffic – Getting hit by a vehicle that is parking or driving on the road. | When on the approach to the crag. | Take care and use common precautions when crossing a road, listen to the instructors' advice. |

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| | | In a car park when vehicles are manoeuvring, standing out of the way or between parked cars will keep you safe. |
| Getting Lost | For the duration of the session | Stay with the instructor at all times, if you need to leave the group, speak to the instructor. |
| Event of sickness | During the course. | You need to feel well to participate in climbing, please do not attend the course if you are experiencing illness 48 hours beforehand, contact us by email: hayden@southsideclimbing.co.uk If you are feeling unwell during the course, please speak to the instructor. In the event the Instructor isn't well and is unconscious, call for help using the whistle attached to the first aid kit. |
| Sunburn | In good weather | Please use sun cream and bring it with you to the course |