# ROCKCLIMBING

**LOCATION: (Note map on page 5)**

This activity is undertaken on site 50 metres to the east of the main buildings

GPS Coordinates for Nayook: Map Datum WGS 84 55 H 0405242, 5804400

S 37°54.165’ E 145°55.333’

**DESCRIPTION:**

The climbing wall is able to have up to 4 ropes running through a top bar and back to anchors back from the wall. Students are normally involved with belaying each other after a suitable period of training and practice. Some of the skills needed for this activity can be taught in other sessions to avoid information overload. It is a very easily supervised activity however the wall surface is very abrasive so special attention needs to be given to minimize cuts and grazes to students

**AIMS;**

1. To enable students to safely take on the responsibility for other students wellbeing and safety.
2. Students to work in a mature and cooperative manner in small groups to complete the various climbs
3. For individual students able to tackle a new and challenging activity

**LEARNING OUTCOMES:**

1. Each student to fit: helmets, harnesses and learn to confidently belay each other.
2. Students to learn the climbing calls the techniques used for bouldering and climbing
3. For each student to feel confident and safe to tackle the climbs on the wall
4. That students will positively support group members participating on the various climbs

**AGE SUITABILITY:**

This activity is suitable for students from Year 6 upwards

**STAFF/STUDENT RATIO:**

This session is conducted with one Nayook staff and one trainee with up to 15 students.

## Ratios and training: 1:9 (top rope bottom belay) on the climbing face and 1:12 for other students (AAS Rock-climbing 2003))

**INSTRUCTOR EXPERIENCE:**

* Must have a sound understanding of setting up ropes, anchors and belay systems
* Must have sufficient knowledge to demonstrate, teach and supervise students for artificial wall climbing.
* Needs to have a clear understanding of the safety protocols and emergency procedures for this activity

**ASSISTANT EXPERIENCE:**

* Be able to assist setting up the climbing wall under supervision
* Able to assist with teaching and supervising the skills required
* Must have a sound understanding of the safety protocols and emergency procedures
* The assistant/s needs to be able to competently assist the instructor in an emergency.

**PARTICIPANT EXPERIENCE:**

* No previous experience is required however overweight, very unfit or students with coordination issues may struggle with climbing and belaying.
* Participants need to responsibly follow safety procedures at all times.

**INSTRUCTOR RESPONSIBILITY:**

* For all students and staff generally
* Brief assistants/visiting staff on their role and the safety protocols and emergency procedures.
* Rigging and de-rigging the wall or supervising and checking the assistants.
* Brief participants on suitable footwear, clothing, required skills and safety procedures.
* Demonstrate, teach and supervise students while learning the required skills
* Continual supervision and monitoring of students wellbeing throughout the session

**ASSISTANT/VISITING TEACHER RESPONSIBILITY:**

* Follow any instructions issued by the instructor
* Assist the instructor where possible with setting up, teaching, supervising and packing up.
* Monitor groups during the session, report any problems to the instructor
* Take over if the instructor becomes incapacitated

**PARTICIPANT RESPONSIBILITY:**

* To follow instruction as outlined in the safety brief and lesson outline
* To be responsible for the issued climbing equipment

**SAFETY, FIRST AID & ACTIVITY EQUIPMENT:**

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| First Aid Equipment | Safety Equipment | Activity Equipment |
| * First Aid kit * Student medication | * Hand radio * Rescue kit (prussic cord, rope, 4x karabiners, knife, multi grips) | * 4x Ropes, 8x slings, 10x carabiners, 4x anchors, 8x belay devices (for wall setup) * Helmets * Harnesses * Other |

**PARTICIPANT CLOTHING & EQUIPMENT:**

|  |  |
| --- | --- |
| Winter/Cold weather requirements | Summer/hot weather requirement |
| * WW Jackets (if required) * Suitable footwear * Suitable clothing for the weather conditions * Daypack * Water bottle * Snacks * Personal medication * Hair ties | * Suggest Long pants (possible protection against abrasions) * Suitable footwear * Daypack * Water bottle * Sunscreen * Snacks * Personal medication * Hair ties |

**SAFETY BRIEFING:**

* Students must stay at the activity for the session, let staff know if needing to leave for any reason
* Helmets and harnesses must remain on for the session, if removed for any reason have a Nayook staff member check once refitted
* Discuss safety procedures for bouldering, feet no more than belly button height ( < 1m) above the ground
* Discuss the importance of the belayer and backup belayer 100% concentration is required at all times
* Point out to students the “Out of Bounds” areas
* Discuss Sun smart policy
* No running; there are too many tripping/falling hazards in the area
* Do not interfere with any wildlife.
* In the warmer months be aware of the possibility of snakes.

**EMERGENCY PROCEDURES:**

* Deal with the incident or injury
* Access for vehicles to the area is good if required
* Send the assistant or use the handset to call for extra assistance from the main centre if required
* Contact the Director or the nominated emergency contact person (Note emergency call list in appendix).
* Call 000 (Police and/or ambulance as required)
* Call students school and parent if necessary

**NB** Mobile Phone Contact – at this site is marginal

**ACTIVITY NOTES:**

The following is the suggested plan for the half day session on the rock climbing wall. If deviating from this then staff must notify the Director. In the event of an early finish, initiatives and extra games can be used as an option to fill in time.

PRIOR TO SESSION:

* Set up the climbing wall (diagrams and details at the end of this document)
* Brief assistants and/or visiting staff as outlined in the “Assistant/visiting staff responsibilities”, “Safety Briefing” and “Emergency Procedures”

BRIEFING (to students):

Staff can choose how and when to cover the topics below, it may be useful to introduce some of the topics as a night activity. Safety and emergency procedures however must be outlined immediately prior to the session.

Topics to be covered:

1. Ensure students have appropriate clothing and footwear. Students with long hair must tie it back.
2. Discuss the objectives and challenges of the session.
3. Discuss the safety issues and emergency procedures (as outlined above under “Safety Briefing”).
4. Outline group management during the session (rest area, out of bounds area, safe area)
5. The importance of hydrating adequately (provide opportunities for toilet, food and water breaks)
6. Explain harness and helmet fitting (Waist loop above the hips, leg loops – slide hand inside should be firm)
7. Explain bouldering: demonstrate climbing technique, safety and spotting procedures
8. Knot tying (Re-threaded figure 8). This may occur as a night activity however revision will be required.
9. Belay training session, every student must be thoroughly trained and closely supervised (4 step method used – pull, lock, swap and slide)
10. Explain climbing calls, why used and practice (take up, that’s me, on belay climb when ready, climbing, OK)
11. Explain lowering position for both; belayer (both hands on break rope down near hips) and climber (feet flat on the wall and wide apart, legs and hips near perpendicular to the face)

**END OF SESSION:**

DEBRIEFING:

* Undertake a brief discussion on success or otherwise of the climbing session.
* Debriefing should address the objectives and can easily relate both to other activities on the program and experiences they may have later in life.
* A brief review of the belayers importance and competence may be of value.

CLEANUP:

Attend to the following items:

* De-rig climbing wall, carefully check the equipment
* Student equipment – Check all students have the handed back activity equipment and check for damage
* Information - relay any appropriate information to; Director or staff regarding student issues or equipment problems.

**RISK MANAGEMENT:**

Staff must review risk management document prior to each session

Climbing Wall Risk Assessment

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| Risk Assessment |

This page is used to be more specific about each of the hazards identified, to review the existing safety controls and to assess the risks they pose.

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| **Haz No** | **Hazard** | **Hazard Details** | **C** | **L** | **RR** | **Planned Controls** |
| 1 | Fall from height | Staff member falls while setting up | E | L | M | Staff must have all safety equipment while setting up and be clipped into a sling while on top of the wall |
| 2 | Fall from height | Student falls from the wall without any safety gear on | E | M | H | Explain to students the “Out of Bounds” area (steps accessing the wall and beyond)  Close supervision of students at all times by Nayook and visiting staff |
| 3 | Falls from height | Students falling from the wall due to poor belay technique | VH | M | H | All students given training on the fitting of harnesses, helmets and use of belay devices  Demonstrate and reinforce skills required at the beginning of the session.  Constant close monitoring of all groups of students by Nayook staff (NOT visiting staff)  Identify any students not correctly applying safe practices and either retrain or remove from the activity |
| 4 | Fall from height | Student falls due to poor harness fitting and/or poor tie in technique | VH | L | M | All students given training on the fitting of harnesses and use of belay devices  Students are trained and demonstrate knot tying and harness fitting  Each working group of students are checked by a Nayook staff member prior to accessing a climb |
| 5 | Fall from height | Student falling as a result of equipment failure on the activity or safety equipment failure. | VH | L | M | Climbing wall is independently audited annually  The wall is inspected by Nayook staff at the beginning of each term  A visual inspection is carried out prior to each use  Staff monitor students on each climb for any sign of equipment failure  Helmets and harness’s are checked at the beginning and end of each session for signs of wear.  Equipment is replaced according to manufacturers recommendations |

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| **Haz No** | | **Hazard** | **Hazard Details** | | **C** | **L** | | **RR** | **Planned Controls** | | |
| 6 | | Low fall | Student falls from 1m or less during bouldering | | M | M | | M | Ensure students do not place their feet higher than their belly button during bouldering.  Ensure area around the base of the wall is free of tripping hazards.  Ensure adequate fall material is maintained at the base of the wall. | | |
| 7 | | Belay device jams | Fingers, hair or clothing caught in belay device | | H | H | | H | Nayook staff to teach correct belay technique and monitor carefully during the activity  Ensure long hair is tied back and loose clothing is tucked in | | |
| 8 | | Abrasions | Abrasions from slipping or falling against the surface of the wall | | VH | L | | M | Explain and demonstrate good climbing technique to minimise slips  Ensure that belayers practice and demonstrate sound technique, a tight rope at all times  Ensure students always climb in line with the climbing rope to minimise swinging | | |
| 9 | | Radiation | Exposure to the sun, melanoma, sunburn | | VH | M | | H | Participants should be advised to apply sunscreen before setting out in the morning and again in the middle of the day.  Ensure that all participants standing in the shade if possible.. | | |
| 10 | | Emergency Plans | Evacuation in case of bush fire, injury etc | | VH | M | | H | Check Weather Forecast for the week on the Bureau of Meteorology website ([www.bom.gov.au](http://www.bom.gov.au)) or at the Rangers office.  Provide alternative program if the conditions warrant it.  On forecast severe weather days the current extreme weather alert will be enacted | | |
| 11 | | Heat / Cold Stress | Dehydration, hypothermia | | L | L | | L | Ensure that all participants have a warm jumper and a waterproof jacket.  Monitor students if conditions are extreme, a break may be needed to bring students back to the main building.  Ensure adequate hydration with full water bottles. | | |
| 12 | | Sensitised Response | Bee sting, allergic reaction to food | | H | L | | M | Carry anti-histamine, Epi-pen if student has a known allergy | | |
| 13 | | Animals | Snake Bite | | VH | L | | M | Instruct students on appropriate behaviour on sighting snake  Ensure students understand emergency procedures if a bite occurs  Instruct students on basic first aid if a bite occurs  If a snake inhabits areas close to buildings a snake removalist should be contacted | | |
| 14 | | Manual Handling | Back problems or other injuries from lifting and carrying equipment | | H | H | | H | Staff only to carry heavy equipment, separate into individual or light items if students assisting  Ensure that packs are not too heavy; spread the weight between more packs  Ensure that there is an adequate waist belt and chest strap to help secure the load  Adjust straps to improve weight bearing.  Try and load backpacks from a height rather than the ground  Assist each other to pick up backpacks or heavy items. | | |
| 15 | | Area where slips, trips & falls occur | Ankle injuries, abrasions etc | | M | H | | M | Ensure students not participating directly in the activity are under supervision  Explain to students the consequence of running or fooling around on the loose surface surrounding the wall | | |
| 16 | | Medical | Medical Emergency | | H | H | | H | Ensure that all students have provided parent permission forms.  Staff review medical forms to identify students at risk. | | |
| 17 | | Falling items | Falling Branches or other items falling on the ground | | VH | L | | M | Prior to setting up camp staff should check whether there are any overhanging branches or loose objects on the wall that could create a hazard.  All staff and students and staff to wear a helmet at all times at the climbing wall  All students are instructed not to be in the “drop zone” when climbers are on the wall | | |
| 18 | | Environment | Severe thunderstorms | | H | L | | M | Check weather forecasts  Staff must closely observe local weather conditions for possibility of severe weather | | |
| **\*** | **C** – consequences | | | **L** – Likelihood | | | **RR** – Risk Rank = **C x L** | | |  |  | |

L = Low M =Medium H = High VH = Very High E = Extreme

**Actions to be taken as a result of risk assessment**

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| **Risk Rank** | **Action** |
| Low | An incident or injury highly unlikely to occur |
| Medium | An accident or injury is possible staff need to supervise and be aware of safety and emergency procedures |
| High | Constant and careful supervision is required at all times.  Staff must be well trained for the activity and have a thorough knowledge of all safety and emergency procedures |
| Very High | Consider making changes to this activity as likelihood and consequences of an accident or injury are serious. |
| Extreme | The consequences and likelihood of accident or injury with this or these hazard/s ensure that this activity should not run in its present form |