



SOUTHWELL u3a Indoor Climbing Group PROCEDURES and RISK ASSESSMENT CHECKLIST

Interest Group Indoor Climbing	Date:
Name of person completing risk assessment checklist:	
Description of Activity: Indoor Climbing	

	Checklist	Yes	No	N/A	If no, what actions will you take to mitigate this risk?
<u>New Members</u>	On or prior to the first attendance at Nottingham climbing centre complete the centre waiver, this can be done online at https://www.nottingham-climbing.co.uk/register	X			
	On or before the first attendance at Newark climbing centre complete the guest or competent climber registration form, this can be done online at https://www.lincsymca.co.uk/health-wellbeing/climbing-bouldering/	X			
	If you have climbed before you must first pass a competency test. If you have not climbed before you must be supervised by a competent adult/instructor. It is also recommended that you complete a Nottingham or Newark climbing centre induction.	X			
	New members must not belay until they have received appropriate training by the centre staff (such training to include a simulated fall).	X			
	Before you climb without supervision you must be competent in the use of a safety harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope.	X			





	It is recommended that once new members become proficient at top rope climbing, they complete lead climbing training with an approved instructor.	X			
Belaying	Always use a safety device attached to your harness with a locking carabiner.	X			
	Always stand as close to the climbing wall as practical.	X			
	Always pay attention to what the climber is doing.	X			
Equipment	Group equipment must be used only for the purpose(s) intended.	X			
	Group equipment must be treated with respect, with care and maintained to ensure good working order	X			
	Always check your equipment before use	X			
	Always check you and your partners knot/belay device before climbing.	X			
	Annual group rope check to be carried out by group leader	X			
	Any member providing a rope for group use must ensure that it is a dynamic rope suitable for indoor climbing, that it is regularly checked, replaced as necessary and taken out of use when no longer suitable/safe.	X			
Entanglement	Ensure all long hair is tied up/back as appropriate. Shoe laces tied, any jewellery such as rings and ear rings should be removed. Glasses secured.	X			
Environment	Be aware of your surroundings prior to climbing. Floor covering to be made safe by clearing the activity area and removing objects that may cause any hazards.	X			
	Keep all unused equipment, rope bags, clothing etc. off the climbing area.	X			





	Both Nottingham and Newark climbing centres are relatively compact with the best use being made of all space therefore belayers and climbers should be very aware at all times of the risks from climbers descending on fixed ropes and auto belays.	X			
	Comply at all times with any climbing centre safety signage.	X			
General	In order to promote best practice/ safety and protect each other there is a responsibility on all members to observe each other and point out where improvements could be made.	X			
Emergency contact details	Group members contact and emergency contact details to be kept in the end pocket of the rope bag.	X			
NB	Indoor climbing and bouldering are activities with danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.	X			

<p>This Risk Assessment must be checked annually and amended as needed</p> <p>Please send any updates to the webmaster</p>
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