

GENERAL

Risks - “The British Mountaineering Council recognises that climbing and mountaineering are activities with a 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.”

Association of British Climbing Walls ABC Statement All climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use.

Although the climbing centre is an artificial environment the risks involved are **no less serious than when climbing outside** on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

Climbing **beyond your capabilities** on any wall is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you climb.

Our Duty of Care - The rules of the climbing centre set out below **are not** intended to limit your enjoyment of the facilities. They **are** part of the **duty of care** that we, as operators, owe to you, the customer, by law. As such they are **not negotiable** and if you are not prepared to abide by them then the staff must politely ask you to leave.

Your Duty of Care - You also have a duty of care to act responsibly towards the other users of the centre. Statements of ‘Good Practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

GENERAL SAFETY

- Report to reception on each visit before you climb.
- You must exercise care, common sense and self-preservation at all times.
- **Report any problems** with the walls, equipment, or other climbers’ behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber.
- **Never** stand directly under someone who is climbing.

Poor Practice discipline -

1. **A Reminder that you have duty of care to each other and those around as stated in the rules.**
2. **Persistent poor practice (3) in one session or a pattern of behaviour will result in – retraining needed, and even disbarment from the centre, until re assessed.**
3. **Dangerous behaviour will result in – retraining needed, and even disbarment from the centre, until re assessed.**

GDPR *This data is for the use of an incident and maybe passed onto 3rd parties such as the emergency services to aid in the wellbeing of you, it is held on file for insurance purpose only and can be destroyed by written consent from you 5 years from last entrance to the wall!*

Unsupervised Climbing

Before you climb without supervision the centre expects you to 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.** You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a **novice** and **must not** climb without supervision.

Unsupervised climbing is just that! **Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance.** If you are not confident in the use of any climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so.

Adventure Activities

Adventure Activities are rewarding, physical and challenging sports, which have inherent risk of accident and injury associated with them. The Boathouse Climbing Centre Instructors are qualified and will take all reasonable precautions to manage risk appropriately but participants must accept that there will always be a residual level of risk. Each participant must take responsibility for themselves and those that they participate with and help to minimise risk by listening to and following instructions given by their Instructor at all times.

BOULDERING

BOULDERING *Please Note it is a 4.5 Meter high bouldering wall and roof*

THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER. Broken and sprained limbs are common on this type of climbing wall despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.** Always climb within your capabilities and descend by down climbing, at the very least a controlled fall, **jumping is not advisable.**

Never climb directly above or below another climber.

No Harness to be worn while bouldering.

A bouldering pad must be used in the tower area.

Spotters in place if needed.

No swinging on the steel.

Training finger boards and the 'The Thing' is at your own risk and due to greater risk to under 18s having long term injury should always supervised by an experienced and or qualified coach. If you are un-sure how to use the equipment, please ask a member of staff.

ROPE CLIMBING

When Climbing

The tall walls are designed to be climbed using a rope for protection.

Solo climbing is NOT acceptable on these walls.

Always use a rope to protect yourself on these climbs.

Always use a safety harness to attach yourself to the rope.

Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable.

TOP ROPING

Many of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes.

Be aware of other climbers and make sure you **have safe fall zones**.

When Belaying

Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional', or 'body' belaying is not acceptable.

The attachment points weight bags on the floor are provided to give support to people belaying a climber who is much heavier than they are. NOTE Always clip to your belay loop.

Always pay attention to what the climber is doing.

Always stand as close to the climbing wall as is practical unless you are using one of the attachment points on the floor i.e., weight bag.

Sitting or lying down are **not** acceptable.

LEADING

When using the lead walls, **you must supply** your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing.

Running belay attachments (runners / quick draws) are already provided at intervals on the lead walls so you do not need your own 'quick draws'. You must clip **all** the runners on the route you are climbing.

Be aware of your fall zones and respect other climber's safety areas.

Both clips at the top of the route must be clipped in with the rope if it is going to be seconded as a top rope.

If you remove a top rope from a route, we respectfully ask that you replace it afterwards.

Auto Belays

NO bouncing down, No helmets to be worn, (unless needed for medical or mental / physical reasons)

Be aware of other climbers and make sure you **have safe fall zones**.

ONLY REGISTERED AND INDUCTED CLIMBERS AUTHORISED TO USE THE AUTO BELAYS

1. UnClip the auto-belay keep hold step back from the wall let the safety barrier drop flat on the floor.
2. Clip the Karabiner to the harness belay loop of the climber.
3. Do not climb across the black lines or the wooded area.
4. Climb.
5. Come down by letting go of the wall – the auto belay will lower you slowly back to the ground, it will not stop you!
6. Stay in the barrier floor area while clipped in.
7. Finished climbing step back off the barrier and unclip keep hold and re-clip the Karabiner to the Safety barrier.

Avoid wearing loose clothing / equipment that may get caught on the wall as you are lowered.

Do not stand / walk under the auto-belay area when someone is using it. They could come down without warning and cannot stop.

**One climber per matt / line
Max weight 150Kg, Min weight 10Kg**

MAKE SURE YOU ARE ATTACHED TO THE AUTO BELAY BEFORE CLIMBING!!!

CLIMBING CLUB -JCM

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Climbing **beyond capabilities** on any wall is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you allow your JCM to climb.

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GENERAL SAFETY for JCMs and Accompanying Adults.

- Report to reception on each visit before you climb.
- **Report any problems** with the Centre - walls, equipment, or others behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Adults staying (including another children) must stay out of the way when the lessons are running i.e. the viewing gallery.

Poor Practice discipline -

1. **A Reminder that you have duty of care to each other and those around as stated in the rules.**
2. **Persistent poor behaviour (3) in one session or a pattern of behaviour will result in – time outs, even disbarment from the centre, until re assessment.**
3. **Dangerous behaviour will result in –Time outs, and even disbarment from the centre, until re assessment.**

Payment

- All JCM need to pay an annual membership fee - this secures the JCM placement for the following block and allows them to have a 1/2 term out per year.
- Payment is due at the start of every 1/2 term block for the full sessions - shoe hire can be added or paid weekly.
- **Failure in letting us know of non-attendance for a term and or miss payments will result in loss of placement!**

EXTERNAL INSTRUCTOR POLICY

EXTERNAL INSTRUCTORS

The Boathouse Climbing Centre welcomes visits from External Instructors with their own groups by prior arrangement. External Instructors are not employed or contracted by the centre. External Instructors need to first register as an individual member of the Centre. External Instructors will be required to follow the instructions highlighted within this document and must follow the centres conditions of use.

DOCUMENTATION REQUIRED

All external instructors must provide a copy of the following documents in advance of any session taking place:

- Mountain Training Pass Certificate (see below)
- In-date First Aid Certificate
- In-date Public Liability Insurance
- Proof of ID, e.g. driving licence/passport

CENTRE LAYOUT

External Instructors are expected to familiarise themselves with the layout prior to the start of their session. The location of all safety equipment, first aid supplies, fire exits, and fire assembly point will be explained by the reception staff during the registration / induction.

MOUNTAIN TRAINING QUALIFICATIONS

The Centre recognises the following Mountain Training qualifications for which group activity can take place on both the bouldering and top rope climbing.

- **Climbing Wall Instructor (CWI)**
formerly known as the Climbing Wall Award
- **Rock Climbing Instructor (RCI)**
formerly known as the Single Pitch Award
- **Mountaineering and Climbing Instructor (MCI)**
formerly known as the MIA

The teaching of lead climbing can only take place when instructors also have either of the following qualifications:

- **Climbing Wall Development Instructor (CWDI)**
Formerly known as the Climbing Wall Leading Award
- **Mountaineering and Climbing Instructor (MCI)**
Formerly known as the MIA

ALTERNATIVE QUALIFICATIONS

The Centre does not just recognise any alternative qualification which may have been issued by other organisations. Only alternative qualifications backed up by experience and approval by a known advisor, with written evidence. Any concerns or queries can be directed to the Centre Technical Advisor.

INSTRUCTOR COMPETENCE

The HSE recognise a nation qualification (Mountain Training qualifications) as a measure of competence, however it is imperative that instructors retain their competence through regular activity, additional training and peer review. The Centre holds the right to challenge any External Instructor if it is deemed that their activity is unsafe or putting others at risk and stop the activity if required.

EQUIPMENT SUITABILITY

External Instructors can use the centres facilities which also includes the in-situ top ropes. All group and instructor equipment must be provided by the External Instructor and be fit for purpose by following the manufactures guidance and PPE requirements. If there is concern about the suitability of any equipment used the Centre holds the right to inspect the equipment and request PPE inspection records and manufacture documentation for proof of suitability. If deemed unfit for use the External Instructor will be required to remove that equipment from use. Any concerns or clarification can be referred to the Centre Technical Advisor.

HIRE EQUIPMENT

Rock shoes are required to be worn by all participants. These can be hired from reception.

HELMET USE

The use of helmets is at the discretion of the External Instructor. Helmets are **not** to be worn for bouldering or auto-belay activities and under no circumstances should helmets be left on the boulder matts.

RULES OF THE CLIMBING CENTRE

All External Instructors must be familiar with centre rules and ensure that their group members always adhere to them.

SUPERVISING ROPED CLIMBING

External Instructors must only work with a **maximum** of two active roped climbs for novices, three active roped climbs intermediate climbers. Instructors should always start with one rope and checking the groups attention before expanding to two ropes.

GROUP CONTROL

External Instructors are responsible for the safety and supervision of their group throughout the session. Ensuring that participants stay near the instructor and only climb when permitted to. No climbing activity of any sort should take place unless under the direct supervision of the External Instructor.

GROUP RATIOS

The Centre operates its own instructed sessions at 1:6 for its Taster / novice Sessions and 1:8 for Intermediate Courses. The External Instructor should work within similar ratios and ensure that they are working within safe working ratios and have appropriate insurance cover for this. The maximum ratio size permitted is 1 instructor – 8 students.

SAFTEY CHECKS (BUDDY CHECKES)

The instructor must conduct robust safety checks throughout. This will include before each climb that the harness, knot, helmet, and belay system is safe and ready to go. To assist with this, it is strongly encouraged that the group are made aware of the buddy checks and carry these out before the final check is done by the instructor. No-one leaves the ground on the roped climbing without the instructor doing the final check.

AUTO BELAY

The use of the Auto Belays by External instructors is only permitted following an induction by the Centre staff. As with all Safety Checks it is vital to build a buddy check system into place with the group members and that the instructor does the final checks on each, and every occasion.

ROPE ATTACHMENT

The External Instructor can use either:

- **Clipping In:** Use a fig-of-8 with a double stopper and locking Karabiner.
- **Tie-in:** Fig-of-8 with a double stopper

Note: The fig-of-8 must be dressed neatly with no gap between the 8 and the stopper knot, minimum tail.

BELAYING METHOD

The External Instructor can use:

- Bell-Ringing with use of an assisted braking device (or Italian Hitch)
- Manual belaying device

Notes:

- In all cases the instructor **must** have hold of the dead-rope for novice groups. It is recommended for intermediate.
- A maximum of two climbs can be supervised for novice groups.
- A maximum of three climbs can be supervised for intermediate.

Belayers who are lighter in weight than the climber can use our weight bags to anchor themselves as appropriate. The weight bag must be connected to the belay loop (below the belay device).

RESCUE PROCEDURES

The External Instructor is to always remain on the ground and in control of the belaying. Should a participant become stuck on the wall and no amount of verbal or tight rope assistance can solve the issue then the rescue procedure needs to take place.

- Tie-off the belay system.
- Call for staff assistance from reception.
- The Centre staff will carry out the rescue through the centre procedures.

INCIDENT AND NEAR MISS EVENTS

Any accidents, incidents or near miss events **must** be noted and reported to Management.

MEDICAL DETAILS

It is the External Instructor's responsibility to obtain any medical details from the persons under their supervision and assess suitability to take part in climbing activities.

PARENTAL PERMISSION

It is the External Instructor's responsibility to obtain parental permission for any person under the age of 18 years old.

CHILD PROTECTION & SAFEGUARDING

All External Instructors are required to be fully responsible for any child protection and safeguarding matters for their own group.