

## RISK ASSESSMENT FOR: INDOOR CLIMBING WALL

**Managing risk:** Instructors will hold the appropriate qualification for the activity, where one exists. (ref. Lagganlia Standard Operation Procedures). Senior Lagganlia staff will be satisfied that instructors are trained and competent to lead the activity, and instructors are familiar with standard operating procedures for the centre.

**Who is at Risk:** All participants

<u>Hazard</u>	<u>Likelihood &amp; Seriousness of Injury</u>	<u>Control Measures</u>	<u>Remaining Risk</u>
Fall from Height	Likely Serious	<ul style="list-style-type: none"> <li>Only roped climbing allowed on wall</li> <li>Helmet worn</li> <li>Appropriate use of spotting techniques if necessary</li> <li>Use coach and monitor safe belay techniques</li> </ul>	Low
Falling objects	Likely Serious	<ul style="list-style-type: none"> <li>Helmet worn</li> <li>Climbers to remove items from pockets</li> <li>Effective group management and briefing</li> <li>Observers from balcony briefed regarding hazard.</li> </ul>	Low
Equipment failure	Possible Serious	<ul style="list-style-type: none"> <li>Ensure correct fitting and use of harnesses</li> <li>The condition of all equipment to be assessed prior to use, suspect items removed from service.</li> </ul>	Low
Other Site users	Possible Serious	<ul style="list-style-type: none"> <li>Access to area denied during session</li> <li>Signs to warn of climbing session in progress displayed at entrance doorways during session</li> </ul>	Low
Watches Jewellery/ Piercings	Likely Minor	<ul style="list-style-type: none"> <li>All watches, rings, earrings should be removed or covered with appropriate tape</li> <li>Belly button piercings are required to be removed or protected with tape/dressing</li> </ul>	Low
Holds spinning/ breaking	Likely Serious	<ul style="list-style-type: none"> <li>Condition of holds, monitored, on a regular basis.</li> <li>Helmets worn all times within climbing area</li> <li>Good group management and briefing</li> <li>Holds removed from wall or re-secured prior to commencing session.</li> </ul>	Low
Muscle / Joint injuries	Likely Minor	<ul style="list-style-type: none"> <li>Use appropriate climbing specific warm-up activities</li> <li>Good coaching of climbing principles</li> <li>Recognition of over use injuries, session managed with rests and recovery time</li> </ul>	Low