

# Adventure Sunderland



## Activity Risk Assessment

### Indoor Climbing

**Location: Generic and Centre Based**

| Hazard                   | Potential harm         | To Whom                | Control Measures   |
|--------------------------|------------------------|------------------------|--|
| Fall from height         | Personal injury/ Death | Staff and participants | <p>Activity run by qualified CWI/RCI or by suitably trained and inducted member of staff with in house sign off.</p> <p>The whole floor area is covered with fall protection material.</p> <p>Participants wear climbing harness and are belayed from the ground via another participant / instructor.</p> <p>On the traversing wall the instructor to identify the height the clients can climb at.</p> <p>Buddy / spotting system being used on traversing wall.</p> |
| Snagging / falling items | Injury                 | Staff and participants | <p>Remove loose clothing, jewelry and all rings before climbing.</p> <p>Advise clients to empty pockets before climbing.</p>   |
| Alcohol / drug abuse     | Personal injury        | Staff and participants | <p>Staff to exclude anyone who is apparently under the influence of alcohol or drugs.</p> <p>Tests or physical proof is not required, the instructors decision is final.</p>   |
| Slips, trips, falls      | Personal injury        | Staff and participants | <p>No personal bags/items to be placed on the floor, such items to be placed in the gear room.</p> <p>Participants briefed on keeping ropes tidy.</p>  |
| Client error.            | Personal injury/Death  | Staff and participants | <p>A staff member must be present at all times when participants are belaying each other and within reaching distance.</p> <p>Staff member to brief on the dangers and correct procedure for climbing and belaying.</p> <p>Only groups that, in the opinion of and based on the experience of the instructor are trustworthy to undertake peer belaying activities.</p> <p>'Tailers' to be used to back up novice belayers when participants are belaying.</p>         |

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|  |                 |                        |  |
|--|-----------------|------------------------|--|
| Equipment Failure                            | Personal injury | Staff and participants | All equipment is maintained and recorded, scheduled basis and damaged equipment is taken out of service immediately.<br>A visual inspection must be performed before any climbing session, by lead staff member. |
| Strains and pulls                            | Personal injury | Staff and participants | Ensure clients are mobilized and warmed up before starting.<br>Staff to brief group on overuse and overstretching.   |
| Clients getting stuck on climb.              | Personal injury | participants           | Staff fully trained in range of rescue techniques to deal with emergency situations.<br>Staff to ensure the necessary equipment is carried and/or available.   |
| Belayer being dragged of feet whist belaying | Personal injury | Staff and participants | Instructor to identify and use ground anchors where necessary including peer belaying.   |

Risk assessments are to be reviewed on an annual basis unless an incident occurs, which then dictates immediate review of the risk assessment.

This Review completed by: Mike Clapham

Signed: Mike Clapham

Date: 06/01/2026

This version checked by: Mike Clapham

Signed: Mike Clapham

Date: 07/01/2026

To be completed by Centre Manager:

I consider this risk assessment to be suitable to control the risks to the health and safety of both employees undertaking the tasks involved and any other person who may be affected by the activities.

Name: Mike Clapham

Signed: *Mike Clapham*

Date of next review: 06/01/2027