

# Brenin Adventures



## Indoor Climbing – Operational procedures

### Staffing & Ratios

Appropriate qualifications:

- MT.UK CWA, SPA, MIA, MIC / site specific in house assessment by management/MIA, and shadowing experience, in line with ML.UK approved procedures.

Ratio 1 instructor : 12 clients – operating up to 3 ropes.

### Venues

Any approved indoor climbing wall.

### Instructor equipment

Instructors should be equipped with:

- Harness
- 120cm sling
- First aid kit
- Knife
- 2 Prussik loops
- Hair bands
- 2 Screwgate Karabiner

### General Procedures

Before the start of any session, instructors must be fully aware of any medical conditions that may affect participation, and any specific requirements of the group.

Harnesses must be checked for fastening & fit at the start of the session and before each climb.

Where there is a significant chance of participants swinging and hitting their heads, helmets should be worn.

Helmets should never be worn with auto belays to avoid the risk of helmets catching on descent.

A recognised belay system must be used and peer belaying must be closely supervised. This is particularly important when climbers are only a few feet from the ground due to rope stretch should they fall.

All peer belayers must be backed up.

Instructors can only supervise peer belaying if they are close enough to instruct / coach and to intervene in a potentially hazardous situation. They must therefore keep routes close together when supervising multiple ropes.

Routes should not be monopolised when other potential users are present.

All bouldering must be supervised by the instructor and effective spotting carried out.

All groups must adhere to the climbing centre / wall operational procedures.

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Ensure you brief the group fully. Your briefing must include;

- Activity description / goals
- Safety rules
- Fire evacuation procedure
- Communication
- Boundaries to the climbing area
- The safety chain – responsibilities of the belayer and the backer-up
- Buddy check
- Procedure when reaching the top / wanting to descend
- Check all equipment is correctly fitted
- Check any supporting adult understands role

## Requirements

- Safety ropes should be attached using an appropriate knot.
- Harnesses & Helmets to be checked by the instructor.
- Helmets to be worn when there is a significant chance of participants swinging and hitting their heads. Except in the use of auto belays.
- Chest harnesses to be used as appropriate.
- Loose hair to be tied back when climbing and belaying.
- Jewellery to be removed / taped over and necklaces removed / tucked in to clothing when climbing and belaying.
- Shoes to be tied as tightly as comfortable.
- Brief not to stand on ropes, drop helmets or leave on the floor the wrong way up.

Group control is very important. The supporting adult needs to understand the site specific risks and their role & responsibilities.

**The risk assessment must be reviewed on arrival on site to take into account prevailing conditions and recent changes, and monitored throughout the activity session.**

Risk factor	Control
Fall	Effective briefing & group control Ropes checked before each use Harness worn correctly & checked. Chest harness as necessary. Buddy checks Effective spotting when bouldering No climbing with feet above 1.5m [1.0m for primary groups] Safety system managed by competent staff
Entrapment of items in	No loose clothing, Jewellery removed / taped over / Hair tied back

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belay device	
Other injuries	Route selection Warm up Jewellery removed / taped over
Hitting head – due to swinging or overhangs	Helmets Route selection Brief to stay on line
Slips & grazes	Suitable footwear Suitable clothing Briefing on proper technique
Poor communications	Good Instructor Briefing