



ACTIVITY: This Assessment is prepared for the following work activity **LOCATION**

Indoor Climbing **Indoor Climbing Centres**

STEP 1 – PEOPLE AT RISK: Who might be harmed in the course of this activity

Club Members, General Public, Centre Staff

ASSESS. DATE	REVIEW DATE	REVISION NO.	REF NO.	ASSESSOR (PRINT)
10/01/22	10/01/23	N/A	GAICRA1	G Anderson

STEP 2: HAZARD IDENTIFICATION The Hazards and circumstances listed below may cause harm to those engaged in this activity	Before control measures				STEPS 3 & 4: These are the measures that are to be applied, to limit the risks of injury or harm from the identified hazards	After control measures applied			
	L	S	LxS	Risk		L	S	LxS	Risk
Transmission of virus (covid)	4	3	12	M	Refer to Climbing Centre COVID Instructions/Rules.	4	2	8	M
Injury from fall	4	2	8	M	Ensure belayers are competent, when on rope, and/or belayer under supervision, demonstrate to new climbers' safest techniques to employ when climbing, in the event of a fall, double check all gear to make sure it is safe and useable, make sure members are not trying climb above their ability and have been trained appropriately	2	2	4	L
Anxiety/panic/attack/stress	3	2	6	M	Attempt climbs within your ability/do not attempt harder grades without warmups and mental preparation, take a rest between climbs to calm down, speak to other members of the club to help reassure yourself if needed	2	2	4	L
Lack of water/food	2	3	6	M	Keep hydrated throughout climbing session, take food and drink to eat during sessions, avoid strenuous sessions on an empty stomach/without drinking.	1	2	2	L
Snagged in belay device	3	3	9	M	Remove all loose items e.g bracelets necklaces rings etc, tie back hair	1	3	3	L



Physical fatigue	3	3	9	M	Warm up properly before climbing, take rests between climbs, prepare before climbs and do not attempt unless you're sure you have the energy for it, especially if it is a long climb on the roped wall, know your limits before you start a climb	1	3	3	L
Repetitive Strain	3	3	9	M	Avoid belaying/working the same move repeatedly for long periods of time, work in groups of 3 when belaying to give each other a break, try different problems when bouldering. working the same problem over and over will put specific muscles under more pressure.	1	3	3	L

STEP 5: Review and revise as necessary			
Review Date	Actions completed and measures remain effective to control risks OR New Risk Assessment required	Print Name	Comments