



HIGH ROPES - SAFETY PROCEDURE

1. Abseil
2. Climbing Wall
3. Zip Line
4. High Ropes

1. ABSEILING

Qualifications of Instructors

All Instructors must be assessed and deemed competent by a Senior Instructor. A supervising instructor must be present on one section of the apparatus at any one time. Supervising instructor must have certificate of competence from technical adviser - Bill Beynon.

Instructor Ratio

There will be a maximum of 12 participants to 1 instructor. It is also necessary for another responsible adult/assistant instructor to be present. If the group size is minimal then obviously an assistant will not always be required.

Location

This activity takes place on site at the Morfa Bay Abseil/Climbing tower.

Equipment

Minimum Standards

Harnesses

UIAA/CE approved. No deterioration of any part of the harness, special attention made to the buckles. Various sizes available to fit the participants

Helmets

UIAA/CE approved. Free from all defects. Must be adjustable to fit each individual.

Ropes-Static

UIAA/CE approved. Free from all structural defects. Rope must be clean and properly coiled.

Ropes-Dynamic

UIAA/CE approved. Free from all structural defects. Rope must be clean and properly coiled.

Karabiners

UIAA/CE approved. Ensure their working order before leaving the Centre. Check for structural defects and any sharp burrs.

Slings

UIAA/CE approved. Check for fraying or damage to stitching.

First Aid Kit

Fully equipped to HSE standards.

Hot/Cold Drinks

To be determined by weather conditions.

Checks to be carried out before the activity.

1. Check the number in the group and whether there are any medical problems.
2. Check all equipment is in good working order and ready to use.
3. Check that all participants have suitable clothing and footwear. Hair and loose clothing must be tied/tucked out of the way.
4. Check that all participants are correctly fitted with Harness and Helmet including all teachers.

Checks to be carried out after the Activity

1. The condition of the equipment and that there are no signs of misuse or damage.
2. All defects should be reported to the Senior Instructor and recorded in the defect logbook. Any item of equipment showing signs of damage or unacceptable wear must be withdrawn and destroyed forthwith.
3. That all equipment used is cleaned and wiped down as necessary.
4. That any items used from the first Aid Kit is replaced.
5. That all of the equipment is securely stowed away.

Protective Clothing

Normal outdoor clothing should be worn. Footwear should consist of trainers or boots with a good tread.

Safety Guidelines

For the Instructor:

1. Always rig the abseil as shown by the Senior Instructor. Senior instructor always to check set up before session commences.
2. Always set up a releasable abseil.
3. Those not actively taking part must be excluded to a safe distance, and must not be allowed to distract participants.
4. When within close proximity or participating in activity, helmets must be worn by all present.
5. Instructor must always wear appropriate equipment and footwear
6. Group must be briefed regarding safety issues when climbing ladder

Assistant Instructors role:

1. To assist with group control.

For the Participants:

1. An instructor will always be present when the activity is taking place. For your own safety always obey his/her instructions.
2. Follow instructions and you will not expose yourself or others to any unnecessary risks.

N.B. please refer to technical advisers report in risk Assessment File regarding any new recommendations for this activity.

2. CLIMBING WALL

Qualifications of Instructors

All Instructors must be assessed and deemed competent by a Senior Instructor. A supervising instructor must be present on one section of the apparatus at any one time. Supervising instructor must have certificate of competence from technical adviser - Bill Beynon.

Instructor Ratio

There will be a maximum of 12 participants to 1 Instructor. It is also necessary for another responsible adult/assistant, to be present.

Location

This activity takes place on site at the Morfa Bay Climbing Wall.

Equipment Minimum Standards

Harnesses

UIAA/CE approved. Ensure correct fitting and that buckles are correctly fastened.

Helmets

UIAA/CE approved helmets. Check individually on issue for cradle, deep scratches, adjustability and fastening.

Ropes (Dynamic)

CE approved 10.5mm/11mm diameter. Ropes must be logged at the end of each session.

Karabiners, Belay devices

UIAA/CE approved. Ensure their working order before leaving the Centre. Check for structural damage and sharp burs.

Slings

UIAA/CE approved. Check for fraying or damage to stitching.

Checks to be Carried Out Before the Activity,

1. Check the number in the group and whether there are any medical problems.
2. Check all equipment is in good working order and ready to use.
3. Check that all participants have suitable clothing and footwear. Hair and loose clothing must be tied/tucked out of the way.
4. Check that all participants are correctly fitted with Harness and Helmet including all teachers.

Checks to be Carried Out After the Activity

1. The condition of the equipment and that there are no sign of misuse or damage.
2. All defects should be reported to a Senior Instructors and recorded in the defect logbook. Any item of equipment showing signs of damage or unacceptable wear must be withdrawn and destroyed forthwith.
3. That all equipment used is cleaned and wiped down as necessary.
4. That all of the equipment is securely stowed away and ropes.

Protective Clothing

1. Normal outdoor clothing should be worn. Footwear should consist of trainers or boots with a good tread. Shoes must be laced up and jewelry must be removed. Make sure all hair is tied back out of the way and any chin/harness straps are secured correctly.

Safety Guidelines/Rules

For the Instructor:-

1. Ensure all karabiners are secured, gates locked when in use and not cross loaded.
2. Ensure knots are double checked and finished off neatly with stopper knots.
3. Those not actively participating must remain seated within the designated area.
4. When within close proximity or participating in activity, helmets must be worn by all present.
5. Instructor must always wear appropriate equipment and footwear
6. Instructor must always position him/herself within reach of belayers.
7. Participants MUST NOT lower off. Instructor must make firm point of this in brief.

Assistant Instructors Role:-

1. To assist with group control on site.

For the Participants:-

1. An Instructor will always be present when this activity takes place. For your own safety always obey his/her instructions.
2. Follow instructions and you will not expose yourself or others to any un-necessary risks.

N.B. Please refer to technical advisers report in Risk Assessment File regarding any new recommendations for this activity.

3. Zip Line

Qualifications of Instructors

All Instructors must be assessed and deemed competent by a Senior Instructor. A supervising instructor must be present on one section of the apparatus at any one time. Supervising instructor must have certificate of competence from technical adviser - Bill Beynon.

Instructor Ratio

There will be a maximum of 12 participants to 1 Instructor. It is also necessary for another responsible adult/assistant, to be present.

Location

This activity takes place on site at the Morfa Bay Climbing Wall/High ropes tower.

Equipment Minimum Standards

Harnesses

UIAA/CE approved. Ensure correct fitting and that buckles are correctly fastened.

Helmets

UIAA/CE approved helmets. Check individually on issue for cradle, deep scratches, adjustability and fastening.

Ropes (Dynamic)

CE approved 10.5mm/11mm diameter. Ropes must be logged at the end of each session.

Karabiners, Belay devices

UIAA/CE approved. Ensure their working order before leaving the Centre. Check for structural damage and sharp burs.

Checks to be Carried Out Before the Activity

1. the number in group and whether there are any medical problems.
2. all equipment is in good working order and ready to use.
3. that all participants have suitable clothing and footwear. Hair and loose clothing must be tied/tucked out of the way.
4. that all participants are correctly fitted with Harness and Helmet including all teachers.

Checks to be Carried Out After the Activity

1. The condition of the equipment and that there are no sign of misuse or damage.
2. All defects should be reported to the Senior Instructors and recorded in the defect logbook. Any item of equipment showing signs of damage or unacceptable wear must be withdrawn and destroyed forthwith.
3. That all equipment used is cleaned and wiped down as necessary.
4. That all of the equipment is securely stowed away and ropes are properly hung.

Protective Clothing

Normal outdoor clothing should be worn. Footwear should consist of trainers or boots with a good tread. Shoes must be laced up and jewelry must be removed.

Safety Guidelines/Rules

For the Instructor:-

1. Ensure all karabiners are secured, gates locked when in use and not cross loaded.
2. Ensure knots are double checked and finished off neatly with stopper knots.
3. Ensure any excess rope is neatly coiled and held in safe place by participant.
4. Ensure all hair and straps are safely tucked away.
5. Those not actively participating must remain seated within the designated area.
6. When within close proximity or participating in activity, helmets must be worn by all present.
7. Instructor must always wear appropriate equipment and footwear.
8. Group must be briefed regarding safety issues when climbing ladder.
9. Group must be briefed regarding safety issues when lowering off from the wire.
10. Group must be briefed regarding safe places to sit during activity.

Assistant Instructors Role:-

1. To assist with group control on site.

For the Participants:-

1. An Instructor will always be present when this activity takes place. For your own safety always obey his/her instructions.
2. Follow instructions and you will not expose yourself or others to any un-necessary risks.

N.B. Please refer to technical advisers report in Risk Assessment File regarding any new recommendations for this activity.

High Ropes

This activity is carried out under the guidance of the Senior Instructor.

Qualifications of Instructors

All Instructors must be assessed and deemed competent by a Senior Instructor. A supervising instructor must be present on one section of the apparatus at any one time. Supervising instructor must have certificate of competence from technical adviser - Bill Beynon.

Instructor Ratio

There will be a maximum of 12 participants to 1 Instructor. It is also necessary for another responsible adult/assistant, to be present.

Location

This activity takes place on site at the Morfa Bay High Ropes course.

Equipment Minimum Standards

Harnesses

UIAA/CE approved. Ensure correct fitting and that buckles are correctly fastened.

Helmets

UIAA/CE approved helmets. Check individually on issue for cradle, deep scratches, adjustability and fastening.

Ropes (Dynamic)

CE approved 10.5mm/11mm diameter. Ropes must be logged at the end of each session.

Karabiners, Belay devices

UIAA/CE approved. Ensure their working order before leaving the Centre. Check for structural damage and sharp burs.

Slings

UIAA/CE approved. Check for fraying or damage to stitching.

Checks to be carried out Before the Activity

1. The number in group and whether there are any medical problems.
2. All equipment is in good working order and ready to use.
3. That all participants have suitable clothing and footwear. Hair and loose clothing must be tied/tucked out of the way.
4. that all participants are correctly fitted with Harness and Helmet including all teachers.

Checks to be Carried out after the Activity

1. The condition of the equipment and that there are no sign of misuse or damage.
2. All defects should be reported to the Senior Instructors and recorded in the defect logbook. Any item of equipment showing signs of damage or unacceptable wear must be withdrawn and destroyed forthwith.
3. That all equipment used is cleaned and wiped down as necessary.
4. That all of the equipment is securely stowed away and ropes are properly hung.

Protective Clothing

1. Normal outdoor clothing should be worn. Footwear should consist of trainers or boots with a good tread. Shoes must be laced up and jewelry must be removed. Make sure all hair is tied back out of the way and any chin straps secured correctly.

Safety Guidelines/Rules

For the Instructor:-

1. Ensure all karabiners are secured, gates locked when in use and not cross loaded.
2. Ensure knots are double checked and finished off neatly with stopper knots.
3. Participants should not cross ropes when climbing.
4. Instructor must be within reach of all belayers at all times.
5. Participants MUST NOT lower off. Instructor must make firm point of this in brief.
6. Those not actively participating must remain seated within the designated area.

Assistant Instructors Role:-

1. To assist with group control on site.

For the Participants:-

1. An Instructor will always be present when this activity takes place. For your own safety always obey his/her instructions.
2. Follow instructions and you will not expose yourself or others to any un-necessary risks.

N.B. Please refer to technical advisers report in Risk Assessment File regarding any new recommendations for this activity.