



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		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					
The Hazards and circumstances listed below may cause harm to those engaged in this activity		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