



ACTIVITY: This Assessment is prepared for the following work activity		LOCATION	
Outdoor Climbing		Various Crags Listed in Guide Books	
STEP 1 – PEOPLE AT RISK: Who might be harmed in the course of this activity			
Club Members, General Public			
ASSESS. DATE	REVIEW DATE	REVISION NO.	REF NO.
10/01/22	10/01/23	N/A	GAOCRA1
ASSESSOR (PRINT)			
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	Maintain social distancing, wear face coverings when social distancing not possible, repeatedly wash hands with sanitiser. See BBCMC Separate COVID Risk Assessment.	1	3	3	L	
Object Falling	3	5	15	H	Ensure Helmets are worn at the crag. Encourage constant communication with Belayer and the climber. If object falls climber is briefed to yell Rock! Heads! Or Rope! As appropriate. Prevent people from passing beneath the climb.	1	5	5	L	
Injury from Fall	4	5	20	H	Harness and Helmet to be worn by both Climber and Belayer. Encourage constant communication between Belayer and Climber. Ensure people climb to their ability. Provide chalk to the Climber if they have none. Ensure the use of appropriate climbing footwear. Ensure	2	5	10	M	



					climbers have been briefed and trained as appropriate to the type of climbing (Top rope, Sport, Trad etc.)				
Sharp Rock	4	4	16	H	Avoid sharp rock where possible. Outline risks to climber. Ensure climber is comfortable climbing the grade pertaining to the particular route.	2	4	8	M
Slippery / Wet Rockface	5	5	25	H	Avoid climbing on wet surfaces. If surface becomes too slippery to climb stop.	1	5	5	L
Snagged in Belay device	3	3	9	M	Eliminate risk, secure all things that could get caught; loose cuffs, bracelets, tie hair back.	1	3	3	L
Trip Hazard	3	5	15	H	Dynamic risk assessment of area climbing. Move any obvious trip hazards. Ensure individuals unsecured avoid all precipices with verbal warnings.	2	5	10	M
Contact with Cold Rock	4	2	8	M	Avoid climbing in cold conditions. Make sure climbers are rotated often and have a chance to warm hands between climbs. Recommend appropriate clothing for the conditions.	1	2	4	L
Cold Environment	3	4	12	M	Avoid climbing in cold conditions. Ensure climbers bring appropriate clothing. Ensure spare warm clothing is brought by those leading the excursion. Stop if necessary.	1	4	4	L
Hot Environment	3	4	12	M	Check weather conditions beforehand. Recommend clothing appropriate to conditions. Ensure plenty of water is brought and shade / shelter can be found. Stop if necessary.	1	4	4	L
Lightning Strike	2	5	10	M	Do not attempt to climb in thunderstorms. If caught out in one stop climbing, descend avoid contact with metal	1	5	5	L
Wound infection	2	5	10	M	Attempt to keep hands relatively clean. Bring Club first aid kit. Treat and cover cuts using club first aid kit. Avoid consuming untreated water and possibly contaminated food stuffs.	1	5	5	L



Lack of Food/Water	2	5	10	M	Ensure enough food or water is brought for the duration of the trip.	1	5	5	L
Physical Fatigue	3	3	9	M	Climbing is very physical and it's important that everyone can recognise their limits. Make sure regular breaks are taken, participants warm up before climbing. Don't attempt a climb if you're doubting you have the energy to make it up and back down safely.	1	3	3	L
Repetitive Action	3	3	9	M	Take regular breaks and don't belay for too long, know your limits. It helps to work in rotation in pairs or threes.	1	3	3	L
Stress	3	2	6	M	Ensure you've made all the necessary preparations before starting a climb and make sure all equipment is double checked by yourself and another. Work to your own experience and understand the competence of those you're working with. Take a break if you need to and make sure to talk to others if you have any issue.	2	2	4	L
Physical damage to Environment	3	3	9	M	As climbers we are in constant contact with rocks and walls, which can often become weathered by regular activity. Ensure you dynamically assess the rock face to avoid possible damage. Act in line with the British Mountaineering Crag Code.	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