

# SAFETY ACTION PLAN

ACTIVITY: ROCK CLIMBING

LOCATION: MAINSTAGE

## GROUP LEADER...

- ➡ Disclose relevant medical conditions
- ➡ Fulfil responsibilities in SAP below
- ➡ Assist with belaying and fitting harness
- ➡ Responsible for overall group management

## PARTICIPANTS...

- ➡ Comfortable (but not loose) clothing
- ➡ Long hair tied back
- ➡ Shoes (recommended)

## INSTRUCTOR...

- ➡ Pass internal training and assessment program
- ➡ Current First Aid Certificate

## RESTRICTIONS

Over 5 years old  
No back injuries, Not suitable for pregnant woman

RATIOS (not including instructor)  
1 adult : 12 students

What could go wrong? 'The potential harm'	What would cause it to go wrong? 'The hazard'	How could we prevent it from going wrong? 'The mitigation'	Responsibility of?	When will it be done?	Emergency Plan
Death/Serious Injury (fall from height)	<ul style="list-style-type: none"> <li>- Inadequate instruction</li> <li>- Failure to follow instruction re: procedures and boundaries</li> <li>- Equipment/anchor failure</li> <li>- Poorly fitted harness/helmet/incorrect attachments</li> <li>- Inversion</li> <li>- Poor belaying technique</li> <li>- Incorrect set up</li> <li>- Extreme environmental event (Flooding, Earthquakes, Lightning &amp; High Winds)</li> </ul>	<ul style="list-style-type: none"> <li>- Instructors are suitably qualified</li> <li>- Clear instructions are given</li> <li>- Listen attentively and follow instructions</li> <li>- Regular inspections</li> <li>- Instructor to check harness and helmet fitting as well as all attachments</li> <li>- Chest harness to be worn if disproportional amount of body weight above harness</li> <li>- Instruct proper belay technique, supervise and correct poor technique</li> <li>- Instructors adequately trained to tie knots correctly and are knowledgeable about the equipment</li> <li>- Move to the emergency evacuation area</li> </ul>	<p>TSCC TS instructor</p> <p>TS instructor</p> <p><b>TS instructor + Group leaders</b></p> <p><b>TS instructor</b></p>	<p>Before</p> <p>Prior to setup, monthly</p> <p>Beginning &amp; During</p> <p>In the event</p>	<p><b>Suspected major injury</b></p> <ul style="list-style-type: none"> <li>- Instructor to coordinate first aid</li> <li>- All climbing stops</li> <li>- Instructor to radio to main office to arrange for ambulance or extra assistance</li> <li>- Assess if activity can continue</li> <li>- Group leader to ensure other group members are cared for</li> </ul>
Impact Injury (falling against wall, falling objects)	<ul style="list-style-type: none"> <li>- Climbing outside each climber's designated area</li> <li>- Failure to apply instructions given re: boundaries</li> <li>- Loose holds</li> <li>- Absence of ground padding</li> <li>- Inappropriate belay technique</li> <li>- Inattentive belaying</li> </ul>	<ul style="list-style-type: none"> <li>- Clearly define boundaries</li> <li>- Listen attentively and follow instructions</li> <li>- Tighten holds which become loose ASAP</li> <li>- Ensure padding is present</li> <li>- Lower climber in a controlled fashion</li> <li>- Monitor belaying technique</li> </ul>	<p><b>TSCC</b></p> <p><b>Participants + Group leaders</b></p> <p>TS Instructor</p> <p>TS Instructor</p> <p><b>Group leaders + TS Instructor</b></p>	<p>Before</p> <p>During</p> <p>During</p> <p>Before</p> <p>During</p>	<p><b>Entrapment</b></p> <ul style="list-style-type: none"> <li>- Instructor to follow procedure to release trapped item</li> </ul>
Suspension Trauma	<ul style="list-style-type: none"> <li>- Prolonged hanging in a harness</li> <li>- Arresting a fall</li> </ul>	<ul style="list-style-type: none"> <li>- Lowering the climber as soon as it is safe to do so</li> <li>- Use of belay setup with sufficient dynamic movement to reduce sudden jolts</li> </ul>	<p>TS instructor + Group leaders</p> <p>TSCC</p>	<p>During</p> <p>Before</p>	<p><b>Other/ Minor Injury</b></p> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>
Entrapment (hair, clothing, fingers)	<ul style="list-style-type: none"> <li>- Inappropriate clothing</li> <li>- Long hair</li> <li>- Failure to apply instruction re: hand position</li> </ul>	<ul style="list-style-type: none"> <li>- Remove loose clothing</li> <li>- Tie back long hair</li> <li>- Listen attentively to instructions</li> </ul>	<b>Participants + Group leaders</b>	Before & during	
Equipment Damage	<ul style="list-style-type: none"> <li>- Inappropriate belay technique</li> </ul>	<ul style="list-style-type: none"> <li>- Instructor to monitor and correct poor technique</li> </ul>	<b>Participants</b>	During	
Rope Burn	<ul style="list-style-type: none"> <li>- Lowering too fast</li> </ul>	<ul style="list-style-type: none"> <li>- Lower the climber at a controlled speed</li> </ul>	TS instructor	During	
Psychological harm	<ul style="list-style-type: none"> <li>- Fear of heights</li> <li>- Being bullied or forced to participate</li> </ul>	<ul style="list-style-type: none"> <li>- Challenge by choice</li> <li>- Group encouragement</li> </ul>	TS instructor <b>Participants + GL</b>	During	

Please note: The instructor may cancel this activity at any time if conditions outlined in this SAP are not able to be achieved or maintained. **Serious hazards are highlighted**