Bradley Wood

Rope Assisted Climbing and Abseiling

Method Statement and Risk Assessment

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About

Bradley Wood Activity Centre provide roped experiences both in and outdoors. These consist of climbing, abseiling, swing, high ropes, zip line and crate stacking. Any activity where a pulley system can be rigged in a straight uplift can be suitable for Climbing For All sessions. We like to meet the client first so they can decide what they want to take part in. The sessions are tailored to the needs of the individual and are person focused. We always aim to use the same activity as others in the group for inclusion.

Method Statement

- The rope will be rigged into a 3 to 1 pully system. A twin pulley will be attached to the climbing wall anchor and another single pulley attached to the climber's harness.
- The rope is attached to the harness using a triple action carabiner.
- We use full body industrial harnesses where there are multiple attachment points for flexibility.
- A helmet may be worn if appropriate. Sometimes the climber has not the neck strength to maintain head position. Not wearing a climbing helmet is not a stopper to taking part but may restrict some activities.
- Sometimes it is appropriate to attach a rope to the back of the harness in order to keep the climber from scraping up the wall as they ascend.
- The rope system will be built by a qualified MCI.
- All those taking part in the activity on the ground will wear a climbing helmet unless the climber isn't then it may be appropriate to not wear one so the group are all alike.
- The individual climbing/abseiling will be fitted with a full body harness and a helmet which will be checked by the instructor. Padding and cushioning will be put between the individual and the harness as appropriate. Comfort is everything.
- The individual climbing/abseiling present themselves and be attached to the rope (when climbing), or rope and abseil rope (when abseiling). Where appropriate the abseiler will lower them selves down the abseil rope.
- In most cases the individual will be lowered to the floor, a chair or their wheel chair.
- While they climb/abseil they will be safely belayed on a snug rope to prevent a slip turning into a fall.
- The instructor will lead and coach the session.
- The Instructor is first aid trained.

Rope Assisted Climbing Risk Assessment

This Covers Only Top/Bottom Roping & Abseiling with a 3 to 1 pulley system

Risk Assessment Assessor: Matthew Allatt
Date: June 2024

RISK	CONTROLS TAKEN TO MINIMISE RISKS	RESIDUAL RISK ACCEPTABLE Y/N	ADDITIONAL CONTROLS
Falling off while climbing or abseiling.	• An MCI to rig the ropes and pulleys. • Trained and validated staff to personal belay the person taking part in the activity. • The rope is Attached to the harness attachment points using a figure-of-8 on-the-bight and a triple action carabiner – all checked by the instructor. • First aid qualified staff and first aid kit on hand. • Mobile phone to be available to call emergency services. • All climbers not directly involved in the climbing are to keep away from the activity area. • Close supervision and discipline.	YES	Instructor to be monitored to make sure they are current. The Staff are reviewed every year and monitored by the senior instructor. Teach the participants to self-check the belay and the rope attachment to the harness. Buddy system. On the abseil, the abseiler is attached to the abseil rope while still attached to the climbing rope. It is not important if the abseiler can use the lowering device properly as they will remain on the climbing safety rope. There is a group 'trauma' bag that is separate to any other kit so it is easily identifiable.
Equipment failure or worn incorrectly.	• Helmets, harnesses, ropes and climbing hardware (carabiners etc.) all checked for serviceability. • Equipment inspection logs ensure the kit is fit for use and currency.	YES	The equipment goes through an annual inspection and periodic inspections to maintain equipment integrity. A near miss book is in operation to identify any problem areas.

Rope burns, abseil device jams, trapped Hair/fingers.	• Climbers are to be checked that they are correctly tied or clipped in by the instructor. • Rescue and problem-solving techniques properly taught to the instructors. • Gloves worn as deemed appropriate by instructor. • Must have a safety rope to provide a confidence measure and a controlled safe descent. • The instructor is totally in control of the descent. • Releasable abseil rope system must be used.	YES	
Catching equipment and clothing.	• Suitable clothing to be worn. • Remove all jewellery and loose items of clothing where appropriate. This is at the permitted instructor's discretion.	YES	Rings can be taped up using climbing tape if deemed appropriate.
Climber pendulums.	• Keep climber directly below the belay point.	YES	
Instructor safety.	• The instructor shall be attached to the safety line when they are on the abseil platform.	YES	The instructor is also recommended to be attached to the ballas bag where appropriate.