

Health and Safety Policy



OnThisROC

BUILDING COMMUNITY
ON A FIRM FOUNDATION



June 2015



This health and safety policy is applicable to all activities run by OnThisROC at any indoor climbing centre or mobile climbing wall.

CONDITIONS OF USE OF CLIMBING CENTRES / MOBILE WALLS

Risks - "The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Although climbing centres and mobile walls are artificial environments the risks involved are no less serious than when climbing outside on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering walls. **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER.** Broken and sprained limbs are common on this type of climbing wall despite the soft landing. Uncontrolled falls are likely to result in injuries to yourself or others.

Climbing beyond your capabilities is likely to result in a fall. Any fall may result in an injury despite the safety systems in place to prevent it. You must make your own assessment of the risks whenever you climb.

Our Duty of Care

The rules of the climbing centre/mobile wall set out below are not intended to limit the enjoyment of the facilities. They are part of the duty of care that OTR, as operators, owe to the customer, by law. As such they are not negotiable and if customers are not prepared to abide by them then OTR staff must politely ask you to leave the activity.

The Climber's Duty of Care

As a climber, one also has a duty of care to act responsibly towards the other users of the centre/mobile wall.



Unsupervised Climbing

Before you climb without supervision OTR staff expect you to be competent in the use of a safety harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber using a rope. You are required to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered with OnThisROC is classed as a novice and must not climb without supervision.

Unsupervised climbing is just that! Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. If you are not confident in the use of any climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so.

Supervised Climbing

Any climbers classed as a novice will be supervised by an OTR instructor. OTR instructors can supervise up to 7 novice climbers.

Centre Specific Conditions

Loss of Personal Property

OnThisROC accepts no responsibility for any loss of or damage to customer's personal property. Lockers are provided at some climbing centres for customer's convenience but they are not secure. No valuables should be left unattended.

No Smoking

There is a policy of no smoking anywhere inside climbing centres. Smoking is also prohibited whilst participating in an activity on a mobile climbing wall.



RULES

General Safety

- All climbers must report to an OTR staff member on each visit before they climb.
- Climbers must exercise care, common sense and self preservation at all times, even when they are not climbing.
- Report any problems with the walls, equipment or other climber's behaviour to an OTR staff member or a climbing centre staff member immediately.
- Climbers should be aware of the others around them and how their actions will affect them.
- Do not distract people while they are climbing or belaying.
- Climbers should stand well back from the climbing walls unless they are belaying or spotting a climber. They should never stand directly under someone who is climbing.
- OTR staff and climbing centre staff are there to help: follow their advice.
- Climbing shoes **MUST** be worn at all times when climbing in the bouldering areas.

TALL WALLS

When Belaying:

- Always use a belay device (bug, ATC etc. Figure of Eights are not allowed) attached to your safety harness. 'Traditional' or 'body' belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical.
- Sitting or lying down whilst belaying are not acceptable.



When Climbing:

- The tall walls are designed to be climbed using a top rope or lead rope for protection. Solo climbing is not acceptable on these walls.
- Climbers should always use a rope to protect themselves on these climbs.
- Climbers should always use a safety harness to attach themselves to the rope.
- Climbers should always tie the rope directly into the harness using a suitable climbing knot.

Top Roping

Many of the walls in the climbing centres used by OTR have top ropes already in place. Do not take them down to use on other routes.

Leading

When using the lead walls climbers must supply their own appropriately rated dynamic rope or hire an appropriate rope from the climbing centre. Do not use the centre's top ropes for lead climbing.

At some centres running belay attachments (runners) are already provided at intervals on the lead walls so climbers do not need their own 'quick draws'. Climbers will need their own 'quick draws' to lead climb a wall that doesn't have runners already in place. Climbers must clip all the runners on the route they are climbing.

Bouldering

Climbers must always climb within their capabilities and descend by down climbing, jumping or at least a controlled fall. They should never climb directly above or below another climber.



NOTE: Climbers are recommended to seek advice/instruction from qualified staff before attempting a new technique (leading etc.).

Risk Assessments

OTR carry out risk assessments for centres and mobile walls that they use. These are updated at least every six months. Copies are held at our office and are available on request.

Accidents and First Aid

OTR instructors are qualified first aiders. If an accident or injury does occur please speak to a member of OTR staff or centre staff and we will be able to assist you.

NOTE: Groups or individuals on an OTR climb are subject to the above health and safety guidelines and any such guidelines or requirements set by the centre or mobile wall provider.