

Session plan and risk assessment

Climbing

Session Length: 165 minutes (2h45)

Instructor / participant ratio: 1:12

Session Aim: To provide a safe, fun and interesting introduction to the sport. To introduce key French words and phrases associated with the activity

Equipment Required: Rope, helmets, sit harnesses, Gri-Gri's, karabiners, a first aid kit and a walky-talky.

Suitable Activity Areas: Climbing Tower / Low Ropes area

TIME CONTENT OF ACTIVITY

-20 Session Preparation:

Check group information: age, ability, experience, number in group.
Ensure you are aware of any relevant medical information.

Set up tower in accordance with Château policy.

0 Meeting:

Introduce yourself and the session. Check the group: correct group, number of participants, relevant medical information, appropriate clothing/shoes.

Escort the group to the store area and give out the harnesses by the store room or at the climbing wall.

10 Introduction

Introduction of the helmet and harnesses and how to wear them correctly.

Fit helmets and harnesses correctly.

Move to tower / low ropes area

Instructors must wear a helmet.



(Be aware that there are two types of helmets. For one type you need to press the red buttons to be able to change the size. You can also change the length of the ear pieces and there is a ventilation system.)

20 PRACTICE AREA

Explain how to safely use all elements of the low ropes area. Only one person on each element at any time (except traversing wall).

Explain that the group must wear helmets at all times.

Traversing wall

Explain and show use of buddy system.

Use traversing wall in pairs. Each pair to have 2/3 attempts each.

Move to climbing wall.

Explain the main muscles used in climbing, practice stepping up.

Explain good climbing technique and the need for keeping 3 points of contact on the wall at anytime.

35 Technical instructions

Check the ropes on 2 faces if not already done so - group to sit in waiting

area. Demonstrate on the lower holds of the tower the correct climbing

technique. Ask for a volunteer from the group to demonstrate this

climbing technique on the wall for a short distance. Check that everyone has understood and recap on important words / vocabulary.

45 Practice time

It seems clear that the best way is to start with the easy face of the wall. But sometimes, as there could be more than one group on climbing at the same time, you might have to start with one of the more difficult faces. If so, you need to adapt your organisation. The rule is to make sure everyone in the group gets, at least, one go to get to the top on one wall.

To limit the waiting time, it is better to split the group in smaller groups and make a rotation. With groups of over 8 participants - Split group into 3 groups – one group to stay at the tower and one to move to low ropes course and a third group to complete the workbook.



Check the helmet, harness and karabiners **before each person climbs** to make sure that everything is correctly fitted (helmet and harness) and that the karabiner is closed and locked.

Individual climbing for each participant. The instructor can introduce the use of guest-to-guest belaying for climbing up the wall. But he/she will need to control the descent on their own.

The Instructor must always have control of the rope, therefore he/she must always have one hand on the rope.

Ensure ropes are belayed into the protective boxes, to avoid the children walking on them.

Groups to change round, until everybody get a chance to climb the wall.

90 Break

If you do a break during your session, **put the ropes inside the tower with the door locked** so as to prevent unauthorised access / use.

105 Continue session

You can move group to second face regarding time and conditions. Continue to rotate the groups to limit the waiting time. You can introduce the use of graded routes and the colours as time and ability of group / individuals allow.

Again check the helmet, harness and karabiners **before each child climbs**.

To improve the instructors belaying techniques the instructor should belay two children one on one during every climbing session.

150 Review / Tidying up

Before the end of your session, you need to correct the workbook with all the children using the vocabulary they used.

You also need to make sure you collect all of the equipment.

Before you leave the climbing area, make sure it is tidy and close the three gates.

160 Thank the group.

Finish review and remind the kids about the next meeting (meal, jobs, journal time, ...)



Return equipment to store ensuring any damaged or unusable equipment is clearly marked and placed in the appropriate area so that it cannot be used. Remember to loosen the harnesses.

Review tools and language learnt during the climbing session:

What I learned	Positive Feedback
Freeze Frame	Colours
Rounds	Drama
Positions	Action Replay
Linguistic Review	Body parts
Workbooks/Directions	

At the end of each session staff is asked to complete the following tasks:

- ❖ Tidy the area, picking up any litter, etc...
- ❖ If your activity is in the morning and you are leaving the wall set up for the afternoon groups, make sure the ropes are put into the tower and that the tower door is locked.
- ❖ If you do a climbing session in the morning and there is no climbing session in the afternoon you must take down the ropes.
- ❖ Check all ropes*, helmets, harnesses, karabiners, etc... are accounted for.
- ❖ Check all equipment for damage and then store appropriately.
- ❖ Ensure that ALL damaged or unusable equipment is clearly marked, placed in the appropriate area so that it cannot be used and that the damage is reported to the office.
- ❖ Replace any damaged or unusable equipment so that the activity is ready for the next session.

*Note: If ropes have been left up for your session, check that they are in a good condition and the wall is still correctly set up.

NOTE: The Instructor must always have both feet on the ground, this means that you cannot climb the wall yourself, either using the outside of the wall or using the inside ladder. If for any reason you need to go up the wall, you need to contact the duty person.

TEACHERS ARE NOT ALLOWED TO CLIMB THE INSIDE LADDER!

- ❖ When belaying a child one-on-one, ensure that you use the correct belaying technique you have been taught during training.
- ❖ Ensure that the person climbing the wall is in the correct position to descend before releasing the handle of the gri-gri and confirm that the rope never crosses to the side of the gri-gri where the handle is situated.
- ❖ Be careful which way round you put the gri-gri. There is a picture on the gri-gri to help you know which way round to use it.



- ❖ Ensure that all security knots are tied as close as possible to the figure of 8 and Mickey Mouse (clove hitch) knots.
 - ❖ Ensure that the security rope that is attached to the bottom of the tower, is to the side of the leg of the person attached to the gri-gri. It should never be between anybody's legs.
 - ❖ The official Petzl website www.petzl.com provides information relating to the correct use of a gri-gri and everyone must take time to look at this.
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- ❖ At the end of the day if it is raining, remember to put the climbing ropes in the drying room so that they are dry the following day. At lunchtime, when it is raining, instead of taking the wall down and having to set it up again afterwards with a soaking wet rope, remember to put both ends of the rope (karabiner attached the child who is climbing and the rope attached to the chain) inside the tower and turn the boxes upside down.

General:

The above only takes a few minutes at the end of each session and shows a professional approach and respect for colleagues. If carried out by ALL staff it will improve the environment of the Château and generally make life easier and better for all staff.

IT IS ALSO IMPORTANT FOR ALL STAFF TO:

- ❖ **Report all safety issues/ risks.** It is ALL our responsibilities to do all we can to continue to improve the safety of our guests and colleagues.
- ❖ **Report all accidents and incidents involving guests AND staff.** It is only by understanding why accidents/incidents have happened and acting upon this information that we reduce the risk of a reoccurrence
- ❖ **Ensure all storage areas are kept locked**
- ❖ **Ensure that all storage areas are kept tidy**
- ❖ **Return walky-talkies to the Local.**

RISK ASSESSMENT

Dangers	Risks	Persons at Risk	Level of Probability	Control Measure	Outcome
Faulty equipment and set up	Falling from wall	Group/ staff	Low	All equipment and set ups to be checked by qualified person	Low



Falling whilst on top of the tower	Injuries due to falling	Staff	Medium	Only the Instructor to access top of tower, in compliance with the training policy. Instructor to check before each climb that the karabiner attached to the climber is safely closed.	Low
Falling objects	Injuries from falling objects	Group/ staff	Low	Helmets to be worn at all times. No loose or unsecured objects at the top of tower/wall	Low

Ill fitting Personal Protective Equipment	Injuries from falling	Group/ staff	Medium	All equipment to be checked at the start of the session and double checked before each participant climbs. Pay special attention to ensure that the karabiner is closed and locked.	Low
Snagging hair, jewellery or clothing in equipment	Hair, jewellery or clothing having to be cut to free climber	Group/ staff	Medium	Long hair to be tied back and tucked into clothes. Jewellery to be removed or taped up, belly piercing to be removed, any loose clothing or dangling draw cords to be tucked in	Low
Incorrect climbing technique	Injury to climber from impact with wall	Group/ staff	High	Correct climbing techniques to be explained and demonstrated prior to climb and instructor to constantly monitor climbers	Low
Climbing off route	Injury due to pendulum effect swinging climber onto wall	Group/ staff	Medium	Instructor to make climber aware of dangers of climbing off route, and constantly monitor	Low

