

INDOOR ROCK CLIMBING FOR SCHOOL SPORT AT THE SUMMIT INDOOR CLIMBING CENTRE

SAFETY ENSURES FUN!

- “Safety Ensures Fun!” Indoor climbing involves some risk so it is important that we approach the sport with safety in mind. If we follow the necessary safety procedures we will have a good time – it is when we ignore safety that we risk having an accident.
- Please read through the following pages that outline the safety requirements of participating in the sport of Indoor Climbing. They must be followed to ensure that everyone will have a safe, fun time. Remember, ‘Safety Ensures Fun’ so please stay safe and have fun.

EQUIPMENT

- All equipment used in the facility conforms to recognised standards eg. AS/NZS, UIAA/CE Standards. We have a regular inspection and maintenance program in accordance with the manufacturers instructions. Qualified staff with Senior First Aid certification will be on duty and a well-equipped medical kit is readily available.

SAFETY

- All supervising teachers and students will be instructed on all safety issues including the use of personal protective equipment, basic climbing techniques, belaying/lowering off, communications and safe working practices.
- Only students who have been taught and assessed as competent belayers may belay. Instructing staff will issue a card certifying this competency, and supervising school staff shall record such assessment on the activity roll.
- The students and supervising staff must be proficient in the following competencies:
 - Correct fitting of an approved safety harness
 - Correct attachment to the facility belay system
 - Correct use and control of the belay system
 - Awareness of safety rules established by the facility management
- Students should double-check each other for proper harness, karabiner and rope set-up before commencing to climb. Because of the co-operative nature of the activity proper communication is essential.
- It is essential that all students be extremely attentive when spotting and belaying. Students who do not display an appropriate and responsible attitude to these tasks will need to re-demonstrate competency or else cease climbing.
- Comfortable clothing such as T-shirts, singlets, bicycle shorts and sports shoes should be worn. To avoid jamming in equipment eg. Karabiners, clothing should not be excessively loose fitting. Students should remove any jewellery and other ornaments likely to cause injury. Long hair should be tied back.

BOULDERING

- Bouldering is permitted on the designated bouldering area to a maximum height of 2.4 metres, as indicated by a line at that height. Hands must stay below 2.4 metres at all times unless the climber is being belayed. Where the climber’s feet will be positioned in excess of 1 metre, crash mats shall be used and positioned such that there is no possibility of contacting the floor surface if the climber falls. It is highly recommended that a spotter be used at all times to protect against landing dangerously due to an uncontrolled fall.
- Note: Such unroped activity shall only be allowed if these rules are followed.

SPECIFIC SAFETY MEASURES

HARNESSES

- Correct fitting of the climbing harness is fundamental to the whole climbing safety system. Incorrect fitting creates a potentially hazardous situation for both climber and belayer.
- Holding the orange loop to the front of you step into the harness, through the black waist belt and placing one leg in each of the red leg loops.
- Always tighten the black waist belt first. This should be located around the waist so it is above the hips. It should be tightened so that it is not possible for the harness to slip back over your hips. The black waist belt must be doubled-back through the opposite side of the buckle to ensure that the waist belt cannot loosen or extend.
- After correctly fitting the waist belt you may then tighten the red leg-loops so that they are snug against your upper thighs. These leg loops provide your support when you are being lowered so they need to be fairly snug to avoid excessive load being felt on the waist belt.

ATTACHING TO THE ROPE

- We use a 'Dual Clip-In' method – two connections to the climber's harness belay loop create a safety system that provides a back-up should one of the connections fail – we have not had any connectors fail.
- You must always clip-in to the rope with both karabiners connecting to your belay loop. Failure to do so will require that you are lowered immediately from the climb you are attempting and you will need to redemonstrate your competency in rope connection before being allowed to continue climbing.

BELAYING

- Belaying is the most important aspect of the whole climber safety system – it protects the person climbing, and remember, that person could be you so please pay attention and be careful.
- The rope should be held downwards in the 'lock-off' or 'safety' position at all times except when actually taking in rope. This ensures maximum safety to the climber.
- If the climber should slip whilst rope is being pulled upwards the rope should be quickly pulled downwards into the lock-off position in order to hold the climber's fall.
- These rules must be followed in order to create a safe environment in which we may have fun.

ADDITIONAL SAFETY RULES

- Please do not walk between the belayer and the wall where someone is climbing.
- Please lower each other in a controlled manner. No jumping or fast lowers please.
- Please do not run or chase each other. Violence will not be tolerated.
- Please pay attention to your climber – do not be distracted by what anyone else is doing.
- Please stay safe, play safe and have fun!

CLIMBING AS A SPORT

- Climbing can also be a competitive sport. Competitions are held locally, nationally and internationally. We will be looking at conducting both intra- and inter-school competitions later in the term.
- Possibilities for competition would include Speed climbing. Technical and Bouldering events. Additional events could involve a distance event conducted on the 'Rat Race' machine.