

Indoor Climbing

Location

The climbing wall is located inside Iceni house. Numeric door locks control access. The wall is a purpose-built facility. The floor area along the wall has shock absorbing rubber tiles set level with the main floor. Ventilation to the outside is fan assisted and air movement is maintained by wall mounted fans. The whole building is centrally heated.

Equipment

A climbing harness and a helmet are provided and fitted by the instructor. Ropes and additional equipment are provided as required.

Health & Hygiene

Climbing is a strenuous activity that requires free movement. Tight fitting, restrictive or too much clothing is not recommended. Footwear should be trainers or climbing shoes. Open toes shoes are not permitted.

Hazard	Hazard Effect	Risk Control Measures
Falling off the wall.	Grazes, Strains, broken bones, Spinal injury.	Helmets are worn by participants when on the wall, to protect their head from contact with the wall. Low level traversing of the wall at a max height from the floor of 0.5m. All other climbing activities require participants to wear a harness and to be attached to a safety rope that is controlled or supervised by an instructor.
Equipment Failure.	Falling Slight to severe injury. (Bleeds, breaks, bruising).	Equipment checked visually and by handling on each use. Each use of helmet, harness and rope is recorded. Worn equipment is destroyed and replaced. Equipment is fitted by an instructor.
Poor instruction & leadership.	Muscle strains & injury through incorrect techniques. Uncontrolled behaviour.	Minimum qualification requirement for instructors and on-site assessment. Continuous observations by Centre management and feedback from user groups.
Tripping stepping back.	Falling over Slight to severe injury. (Bleeds, breaks, bruising).	Climbers are lowered carefully off the wall and allowed to balance before the safety rope is fully released. Floor area is kept clear of obstruction. Running is not permitted.
Losing grip of hands or feet. Slipping.	All above hazard effects.	Losing grip may be part of participating in this activity. When bouldering or traversing at low level climbers are protected by the play floor. When climbing ropes are used for fall protection. Footwear must be clean, dry and suitable in order to maximise grip.
Bumping in to holds on the wall on decent	Slight to severe injury. (Bleeds, breaks, bruising).	Slow controlled decent, allowing the participant time to walk steadily down the wall in an abseil position. No sudden drops or quick descent.