

Risk Assessment for Abseiling



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Reviews

Completed By	Revision Date	Approved By	Approval Date
R Shanks	25/01/2019	D Davidson	25/01/2019

Risk level	Action required/approval
Medium Some chance or an incident or injury requiring first aid	<input checked="" type="checkbox"/> Document controls in planning documents and/or complete this Curriculum Activity Risk Assessment. <input checked="" type="checkbox"/> Consider obtaining parental/carers permission.

Minimum supervision

At least 2 qualified Activity Instructors are to be present to run Abseiling.

Recommendations

Abseiling is recommended for grade 5 and above for the 6 metre tower. It is recommended grades 7 and above can abseil from 12 metres . It is strongly recommended that at least 1 group teachers/supervisors are present to assist with student behaviours

All Apex activities staff and contractors hold at a minimum ,one of the following qualifications /skills sets or other recognised skill sets/ qualifications from another jurisdiction, along with mandatory First Aid/ CPR and QLD Blue Card, working with children check.

- Staff trained for correct use of “Gri Gri” safety device that lowers the rock climbing .
- Certificate 3 Outdoor Recreation specialising in Rock Climbing & Abseiling Natural or Artificial Surfaces
- Certificate 4 Outdoor Recreation specialising in Rock Climbing & Abseiling Natural or Artificial Surfaces
- Diploma Outdoor recreation specialising is Rock Climbing & Abseiling Natural or Artificial Surfaces
- Perform Vertical Rescue also Haul system abseil only.

Through the use of well maintained equipment, training, accredited staff and sound operating procedures and policies, Apex Camps control the “real risks” associated with this activity

In assessing the level of risk, considerations such as the likelihood of an incident happening in combination with the seriousness of a consequence are used to gauge the overall risk level for an activity. The matrix below has been used as a guide to assist with developing the risk assessment:

Likelihood	Consequence				
	1 Insignificant	2 Minor	3 Moderate	4 Major	5 Critical
5 Almost Certain	Medium	Medium	High	Extreme	Extreme
4 Likely	Low	Medium	High	High	Extreme
3 Possible	Low	Medium	High	High	High
2 Unlikely	Low	Low	Medium	Medium	High
1 Rare	Low	Low	Low	Low	Medium

Risk Level	
Low	Little chance of incident or serious injury.
Medium	Some chance of an incident and injury requiring first aid.
High	Likely chance of a serious incident and injury requiring medical treatment.
Extreme	High chance of a serious incident resulting in highly debilitating injury.

Minimum Equipment/Facilities

First aid kit suitable for activity

Communication system

Electronic and other equipment that can be damaged by water is to be carried in water resistant containers.

Leaders are responsible for determining the equipment to be carried by all participants. The following communication equipment should be appropriate for the activity and area of operations.

- Phone-line at location
- Mobile phone
- UHF Radio

Sun Safety equipment (hat, sunglasses, sunscreen, shirt etc)

Appropriate clothing and footwear (no singlets, skirts, short shorts, thongs, crocs etc)

edge protectors to protect ropes from abrasion damage

Leader will inspect the area and ensure it is safe before commencing the activity

Drinking water (students should not share drinking containers)

Spare equipment to be available in case of emergency

Vehicular access to within a reasonable distance of the activity in case of emergency

Minimum equipment/facilities

Harness and helmet for all participants in line with the following standards and practises.

- Harnesses and helmets specifically designed for rock climbing/abseiling, and compliant with the International Mountaineering and Climbing Federation (UIAA), European Committee for Standardisation standard or equivalent.
- Harnesses to be worn at all times during activity, and to be connected by a safety line (rope or tape) to an appropriate anchor point or belay where exposure to a fall exists
- Harnesses to be retired by manufacturer's nominated expiry date
- Helmets to be of the correct size and fit
- Helmets to be worn and secured throughout any activity session where students are exposed to typical climbing/abseiling hazards
- Helmets to remain on students until completion of the activity.

Safety ropes, harnesses, slings and all other safety equipment (karabiners, slings and chocks), manufactured specifically for rock climbing/abseiling, used according to the manufacturer's specifications and accepted abseiling practises and conforming to the Australian Standards and UIAA specifications.

A Rated approved and certified anchor that abseil ropes attached to.

An approved and certified structure "Tower" that the abseil anchor is mounted to .

All practises and processes are adopted from the Queensland Adventure Activity Standards

Hazards and control measures

Listed below are the indicative hazards/risks and the control measures.

Hazards/Risks	Control Measures
Biological material <ul style="list-style-type: none">• Bodily fluids (e.g. blood, sweat, saliva)	<ul style="list-style-type: none">• Comply with HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions and Infection Control Guidelines. Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious.• Have sufficient and suitable containment material (bandages, etc.) available• Ensure that personal items are not shared.• First Aid kit present at activities and appropriately stocked
Environmental conditions <ul style="list-style-type: none">• Weather• Surfaces• Surrounds	<ul style="list-style-type: none">• Assess weather conditions before and during activity (e.g. temperature, storms)• Check and assess surrounds for loose items, debris and hazards and suitability for participants.• The location should allow safe access to the staging areas, rubber fitted to edge of start of descent to maximise grip In wet conditions.• Visibility and access to be considered before choosing routes• Consider hazards associated with types of fencing material, gates and other infrastructure.
Equipment <ul style="list-style-type: none">• Equipment failure	<ul style="list-style-type: none">• Use, maintain and store equipment according to manufacturer's specifications• Conduct regular equipment checks prior to start of sessions. Particular attention to fastening systems when removable rope systems are used• Check for worn or faulty equipment, and adhere to manufacturer's guidelines for life of equipment• Ensure all safety equipment is in place and in good condition and discard immediately if not suitable• Provide instruction in safe rappelling methods and use of equipment• Supply all equipment in a clean and serviceable condition• Abseiling rope should be long enough for the descent, and when abseiling, a top-rope safety ropes should be used in addition to the abseiling rope• Ensure wet equipment is dried before storing• Matting of sufficient density to absorb body impact is required to be placed on the floor at the base of the climbing wall• Students must not engage in lead climbing
Heights <ul style="list-style-type: none">• Falling from vertical surface	<ul style="list-style-type: none">• Use a belay system appropriate to the activity, "toothed ATC" with supervision at all times• Have a rescue and load release system in place to lower participant• Utilize a belay system with a automatic safety device for participants that use ladder to climb

Hazards/Risks	Control Measures
Physical exertion <ul style="list-style-type: none"> • Strains and sprains • Exhaustion and fatigue 	<ul style="list-style-type: none"> • Have appropriate warm-up and warm-down activities • Follow progressive and sequential skills development • Have ice packs available • Continuously monitor students for signs of fatigue and exhaustion • Continuously monitor students for fear and/ or hesitancy, or loss of balance
Students <ul style="list-style-type: none"> • Special needs • High risk behaviours • Medical conditions • Student numbers 	<ul style="list-style-type: none"> • Obtain parental permission including relevant medical information • When students with medical conditions are involved, ensure that relevant medical/ emergency plans and medications are readily available (insulin, Ventolin, Epipen etc) • Refer to individual education plan/Educational adjustment plan/Behaviour management plan and other student documents. • Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers • Ensure there is adequate adult supervision • Ensure long hair is tied back before participating in the activity • Students who are actively participating in the activity, to be seen by at least one adult at all times • Jewellery can be a serious hazard when undertaking many activities. All forms of jewellery should be considered in terms of the risk it presents for each activity. Procedures are in place to dissuade or protect (e.g. tape) the wearing of jewellery accordingly.

Emergency Procedures <ol style="list-style-type: none"> 1.Effect Rescue as required. 2.Conduct First Aid as required. 3.Contact Emergency Services via mobile phone, radio. 4.Depending on injury: Stabilise patient and await ambulance or remove patient to appropriate site to recover. 5.In the event of serious injury, suspend activity until incident can be investigated 	Teacher/group leader responsibilities <ul style="list-style-type: none"> • Inform & liaise with Activity Staff regarding any potential issues with group (behavioural, disabilities, injuries) • Listen to activity briefings and assist Staff in procedural aspects of session as required, such as helping students to belay under supervision of Activity Staff • Monitor & take charge of behavioural issues if needed and attend to any pre-existing medical conditions 	Participant Briefing Instructor should cover: <ul style="list-style-type: none"> •Challenge by Choice Philosophy •Session Objectives •OH&S Brief •Safety Brief •Equipment Familiarisation •Skills Demo & Practice 	Participant Requirements <ul style="list-style-type: none"> •sunscreen, insect repellent •medication (if relevant) •water bottle •fully enclosed shoes, hat •minimum of sleeved shirt that covers midriff when arms are raised •shorts/leggings that preferably cover knees (to prevent grazes) •hair tied back, jewellery removed