



Girlguiding

girls in the lead

Climbing Boulder Procedures – Trusthorpe

The climbing boulder is situated behind the house and is a man made low level climbing structure. The aim is to practice climbing in comparative safety, and traverse around the boulder.

Qualifications required of instructors

- This activity has no set qualification but still needs a responsible adult to run the session.
- The instructor must be at least 18 years old and hold a valid first aid certificate
- The instructor must have signed to say they have read, understood and will adhere to these Procedures and the accompanying risk assessment.

Procedures

- The boulder is to be checked prior to the session. Any loose hand holds should be reported to the Trusthorpe booking secretary as soon as possible. If deemed unsafe the boulder should not be used.
- The ratio for this activity is 1:10 this should be adjusted for younger/inexperienced members.
- No-one is allowed on the boulder without there being a responsible adult to supervise the session.
- Participants are to keep at least 3 points of contact on the boulder at all times.
- Participants must not stand on top of the boulder or jump from side to side, nor jump off the boulder from the top.
- Instructors should brief the group to pair up and 'spot' for each other. One standing close behind the other when climbing. Their hands should be raised ready to gently push their partner back onto the wall or break their fall if they should lose their balance on the boulder. (Leaders will need to assess if they feel this is sufficient safety wise or if they feel that an adult needs to be behind each girl).
- All instructors must ensure the sessions are run in an appropriate, safe and fun manner.
- The instructor should be sympathetic and encouraging to those who are worried about this activity
- No one deemed intoxicated by drugs or alcohol may participate in a boulder session.
- All accidents and near misses must be reported to the booking secretary as soon as possible.

These procedures will be reviewed at least annually, so please pass on your considerations to Anne Cook County OAA