



PROCEDURE

Cataract Scout Park – Rock Climbing (Natural)



Issued with the authority of the Head of Risk, Commercial Manager and
Chief Executive Officer of Scouts Australia NSW

		Head of Risk Signature	
Sponsor	Activities Manager, CSP	Commercial manager Signature	
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1 Location

- The Natural Rock Climbing site (also known as Rock Climbing-Sandy) is located at Sandy Plateau on the left-hand side of the track after leaving the lookout on the way to Platypus Pool.
- Grid reference 981099 of the map: 'APPIN' 9029-1S Third Edition, published by NSW Department of Information Technology and Management.

2 Aims of Rock Climbing

- To implement 'challenge by choice' by:
 - Enabling participants to expand their comfort zones take initiatives and stretch their limits. (Necessary information and details are provided so that all participants can make an informed decision whether to participate in the activity and to what point.)
 - Respecting each individual's limits strengths and weaknesses so that no participant is 'forced' to do anything outside their wishes.
 - encouraging others, no matter what their decision.
- To overcome the fear of heights through determination and communication.

3 Pre-Activity Checks

- Check weather forecast as below.
- Complete Activity Equipment Log (HS-30.8) as per its directions. Check for any previous comments regarding equipment and, if any, ensure they have been addressed.
- Ensure all equipment is accounted for.
- Check all equipment before the activity begins to ensure that it is safe, clean and in working order.
- Check the activity site for hazards (fallen trees, branches, excessive leaves, snakes, etc.).
- Ensure **liability forms** have been signed and participants are present during the Essential Briefing.

Weather conditions appropriate

- A BOM Weather check should be done prior to this activity
- Activity **cannot** be conducted during storms, heavy rain, lightning or heavy winds at a Beaufort scale of 6+ (= 41-50km winds – large branches sway, umbrella used with difficulty).
- Specific consideration must be given to:
 - Water on climbing surfaces making them slippery.
 - Mud/sand/soft fall causing damage to equipment.
 - Total Fire Ban & Fire Danger Warning level must be assessed by Program Manager
 - General health and wellbeing of the group (it is extremely important to consider the effects of the weather on the participants, not only on the infrastructure and equipment).

Medical

- Obtain briefing from Supervising Adult/Teacher on particular medical needs for each group.
- Instructor must carry a first-aid kit at all times, located in the office.
- NB: Instructor must have current first-aid qualifications.

Supervision

- 1 Qualified Activity Instructor
- 1 Assisting Activity Instructor
- 1 Supervising Adult/Teacher

Equipment

- 8 Participant waist harnesses
- 8 Participant helmets
- 2 Instructor waist harnesses
- 2 Instructor helmets
- 2 Dynamic ropes
- 2 Anchor ropes
- 8 Tri-lock carabiners
- 4 Screw gate carabiners
- 2 Belay devices – ATC
- 2 Backup belay devices – ATC
- 2 Belay strops
- 2 Pulleys
- 5 Prusiks

Activity Setup

NB: Instructors must ensure that they are made 'safe' at the top of the cliff, by connecting to anything secure, before beginning to set up the rock climbing anchors and lines.

- Ensure that all of the following rock climbing equipment has been inspected and is in safe working order before use. If any equipment is unsafe to use, it must be reported to the Program Coordinator immediately and taken out of service to prevent anyone else using it:
 - Anchors – check for excess wear, alteration of original shape, surface cracks, sharp edges, burrs, corrosion or heat damage.
 - Belay device – check as for anchors and that the device is operating in accordance with the manufacturer's recommendations.
 - Carabiners – check as for anchors and belay device.
 - Ropes/Belay slings – check, by 'flaking' the rope out, for abrasion, glossy or glazed areas, signs of melting, inconsistent diameter, discolouration, inconsistency in texture and stiffness.

NB: Both rock climb set-ups are the same. Directions below are to set up one rock climb. Repeat for the second one. (See images...)

- Tie a 'figure 8 on the bight' knot on each end of the blue anchor rope. Ensure there is at least one hand span of tail left over and no more than a four finger space gap in each loop. Ensure the figure 8 is loaded and dressed.
- Connect the blue anchor rope, via a tri-lock carabiner, to the appropriate bolts at the top of the cliff. (For the 'left' climb, when looking over the edge, ensure that the blue anchor rope passes *around* the tree before being connected to the bolt).
- Tie two 'double figure 8' knots in the blue anchor rope to create an 'isolation loop' and two attachment points. Ensure that these are correctly equalized according to the climb. (Image 1.1)
- Connect a pulley, via a tri-lock carabiner, through the two attachment points. (Image 1.2)
- Feed the dynamic rope through the pulley so that both ends of the rope are touching the ground.

- Connect a belay stop to the appropriate ground anchor via a tri-lock carabiner. (Image 1.3)
- Connect an ATC belay device, via a screw gate carabiner, to the loose end of the belay stop and thread correctly with the dynamic rope. Connect a back-up ATC on the tail of the rope followed by a stopper knot in this end of the rope. Double check ATCs are correctly threaded.
- Connect a screw gate carabiner to the same point of the belay stop as the ATC, for the instructors' attachment.
- Tie a 'single figure 8' knot in the end of the dynamic rope that is closest to the cliff face.
- Repeat all of the above for the second climb set-up.
- Place all helmets and harnesses in a plastic box/bag on the 'safe' side of the boundary rope at the bottom of the rock climb.



IMAGE 1.1



IMAGE 1.2



IMAGE 1.3

Qualified Activity Instructor's Role

- The Qualified Activity Instructor must be signed off on induction and competent in operating the Rock Climbing activity before taking responsibility for the session.
- The Assisting Activity Instructor must be signed off on induction and competent in operating the Rock Climbing activity before assisting for the session.
- The Qualified Activity Instructor must ensure all essential briefings have been conducted before the activity commences (see 'Essential Briefing' below).
- During the activity session the Qualified and Assisting Activity Instructors will need to:
 - Ensure that all participants are aware of their surroundings and the proximity of the cliffs before walking down the track down to the rock climbing site.
 - Ensure that all participants remain behind the boundary line and do not walk into the 'drop zone' area unless instructed to do so.
 - Ensure that all persons, including Instructors, are wearing a helmet whilst in the 'drop zone' or belaying.
 - Call over the climbing participant and tie them onto the static rope with a 'rethreaded figure 8 knot' through the belay loop of their harness.
 - Ensure that the belayer (instructor) is ready and that all safety calls are completed.
 - Ensure that each climber has two spotters for the first 2 meters of climbing, and that the spotters are paying attention and holding their spotters 'stance'.
- Safely belay each participant as they climb the wall, and provide instruction where required
- Untie the climbing participant once they have returned to the ground

4 Essential Briefing

Supervising adult /Teacher's role

- Supervising Adults/Teachers work in conjunction with a Qualified Activity Instructor and Assisting Activity Instructor and do not assume responsibility for technical aspects of the activity.
- They are responsible for supervising participants waiting in the designated area and have a duty of care to all participants throughout the entire activity.
- They are expected to:
 - Be a role model and exemplar for the participants and follow all safety rules.
 - Assist with the fitting of helmets and harnesses as necessary.
 - Supervise the participants in the 'safe zone' during the activity.
 - Provide positive reinforcement and support for all levels of achievement.

Note: If time allows for the Supervising Adults/Teachers to participate they should wait until the end of the session.

Participant Briefing

The following sets out all the essential points that must be explained before any participant is allowed to attempt the activity.

It is the responsibility of the Qualified Activity Instructor to ensure that all participants have fully understood the Essential Briefing before commencing the activity. It is the decision of the Instructors regarding whether or not a participant is ready to take part in the activity safely.

General

- Introduce yourself and the activity to the participants.
- Point out the boundaries as follows:
 - Do not step into the 'drop zone' until asked to do so by the Instructors.
 - Do not leave the open area without permission from the Instructors.
- Explain the 'aims' of the activity and what 'challenge by choice' means (see 'Aims' section of this document).
- Explain the type of activity and what it consists of, namely, a nine metre natural rock climbing wall.

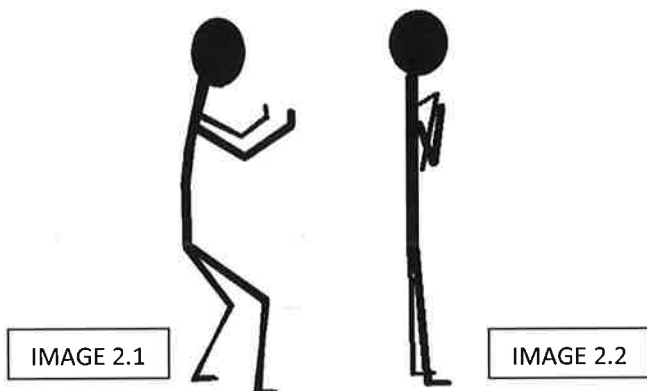
5 Activity Instructions

- Explain, as appropriate, the following:
 - the 'aims' of the activity and what 'challenge by choice' means (see 'Aims' section of this document).
 - 'Rock calls'. If something is knocked/dropped over the edge.
- Conduct a helmet and harness brief as appropriate to the session

Spotting

- Explain that during the first two meters of climbing, the stretch in the dynamic rope means the participants feet may touch the ground before the rope catches them

- Explain that Spotting is important, as its purpose is to protect the head and neck of the climber if they fall unexpectedly and don't land on their feet safely.
- Demonstrate with your Assistant Activity Instructor how to conduct a 'Trust Lean'
 - The Spotter stands in the 'Spotters Stance' (See Image 2.1)
 - One foot in front of the other, each foot facing straight ahead.
 - Back straight and shoulders relaxed
 - Arms up, with elbows bent, and hands palms facing out in front of your chest, at *almost* their full extension, maintaining a slight bend in the elbow.
 - The Leaner stands in the 'Leaners Stance' (See image 2.2)
 - Back and legs Straight
 - Facing straight ahead (Not up or down)
 - Arms crossed over chest



- Explain the safety calls as follows:
 - Before leaning, the following calls must be performed to ensure the safety of all participants:
 - LEANER – "SPOTTER READY?"
 - SPOTTER – "SPOTTER READY!"
 - LEANER – "READY TO LEAN?"
 - SPOTTER – "LEAN AWAY!"
- Explain and demonstrate how to conduct a Trust Lean safely, with the leaner maintaining the 'leaners stance', with back and legs straight, and that the spotter will support the leaner roughly from about the 45° mark.
- Explain and demonstrate that it is extremely important that when the spotter is waiting to support the leaner, that they stand quite close, and that when the leaner first makes contact with the spotter's hands, that they slowly take the weight as they *move* their hands towards their chest and slow down the lean. As the leaner gets closer to the spotter's chest, they move their forward foot to behind the other, switching which foot is forward.
- Explain that this should occur in a slow, controlled movement.
- Explain that it is important that the leaner does not go 'slack' during this exercise, keeping their back and shoulders straight, looking straight ahead.
- Communication is key, with the spotter doing the work.

- To help the leaner stand up straight, demonstrate reversing the catching action. Participants are encouraged to do this, if they feel confident.
- Ask the participants to pair up with someone of a similar size to them, and practice the trust lean, swapping after they have had 5 'goes' each.
- Trust 'falls' are not to be practiced.
- Explain that each climber will have two spotters, with helmets on when they first start the climb, and they must maintain the 'spotter's stance' until the instructor says they can stand clear, after which they must exit the drop zone.
- Explain that they are to support the climber if they fall towards them, catching their shoulders to protect the climbers head and neck only, as practiced with the trust lean.

Climbing

- Explain that the participants will be tied onto the rope by one of the Instructors.
- Explain the safety calls as follows:
 - Before climbing, the following calls must be performed to ensure the safety of all participants:
 - CLIMBER – "ON AND CHECKED"
 - BELAYER – "ON BELAY"
 - CLIMBER – "TAKE IN" "THAT'S ME"
 - BELAYER – "CLIMB WHEN READY"
 - CLIMBER – "SPOTTERS READY?"
 - SPOTTERS – "SPOTTERS READY!"
 - CLIMBER – "READY TO CLIMB?"
 - SPOTTERS – "CLIMB AWAY"
- Explain and demonstrate how to recover from a fall, and the best technique for rock climbing, such as using their legs more than their arms and keeping their feet turned in.
- Explain and/or demonstrate how to descend the climbing wall.

Belaying

NB: Only the Qualified and Assisting Activity Instructor may belay.

During the activity session

- Instruct the first participants to put on a harness and helmet.
- Check all harnesses and helmets are fitted correctly before each participant climbs.
- Check Spotters are confident and ready to spot the climber for the first two meters of climbing.
- Tie in each climber and ensure all safety calls are performed.
- Monitor climber and spotters ensuring the team is communicating and the spotters are paying attention. Tell Spotters when they are clear and to leave the drop zone.
- Safely belay each participant as they climb and descend the wall.

6 Rescue Procedures

If you should need to escape from belay for any reason, follow the method below:

- Ensure that the climber knows what you are doing and ceases to climb.
- Tie off the climber's belay line by pulling a bight of the belay rope through the carabiner that is connected to the belay device (ATC), and securing the rope with three half hitches. Ensure you have a 30cm tail (bight of rope) once the half hitches have been tied.
- If for any reason you need to lift the participant, attach a prussik to the taught belay line and haul down on this. You may ask for assistance from the teacher or other participants if necessary. Ensure that the belay device takes up the slack with each haul.

7 Debriefing

As Activity Instructors we assist participants in understanding and realizing what they have achieved and how it can apply in everyday life. A debrief works best if the participants feel they can contribute most of the input and ideas themselves.

- There are many ways to perform a debrief/reflection. You may like to:
 - Address aims (see page one) and discuss the participants' successes and challenges.
 - Discuss challenging their fear of heights, their personal choices, and respect for other people's choices as to limits, strengths and weaknesses.
 - What was their perception of Abseiling at the start ("where were you in your comfort zone")? What are their feelings towards it now ("has your comfort zone expanded")?
 - Discuss the teamwork and trust elements of the activity and how it can apply in everyday life.

8 Packing Up

On site

- Participants should fully loosen the harnesses and place them back in the plastic box/bag, along with the helmets.
- Instructors should pack up the rock climbing ropes the same way as they would have set them up as above.
- Coil all ropes and place in plastic box/bag.
- Unclip all carabiners, pulleys and ATCs from the belay stops and anchors, and place everything in the plastic box/bag.

Final pack up at Equipment Shed

- Any issues/problems with any equipment should be noted on the tally sheet and explained as soon as possible to the Program Coordinator.
- Hang harnesses, place helmets and hardware on their place on the bench. Store Sandy specific equipment in the Sandy Rock Climbing box, once clean and dry.
- If necessary, an Incident, Accident and Near Miss Report Form must be filled out (*located in the blue instructor's folder or in the office*). Any completed forms must be handed to the Program Coordinator at the earliest convenience.

9 Appendices

- Briefing Cards

<p style="text-align: center;"><i>Version 2</i></p> <p style="text-align: center;">Cataract Scout Park Sandy Rock Climb Briefing cards</p>	<p style="text-align: center;"><i>Rock Climb – Page 2 of 6 – Version 2</i></p> <p>These briefing cards have been designed to assist in jogging your memory during briefs and sessions.</p> <p>Anything in bold is a requirement as per our Standard Operating Procedures.</p> <p>Everything else are suggestions and will depend on the group and its ability if you include it or not.</p> <p>These are to be used in conjunction with the Standard Operating Procedures as not all information is included</p>	<p style="text-align: center;"><i>Rock Climb – Page 3 of 6 – Version 2</i></p> <p style="text-align: center;"><u>Introduction:</u></p> <ul style="list-style-type: none"> • Who has rock climb before? • Challenge By Choice. • Boundaries <p style="text-align: center;"><u>Helmet</u></p> <ul style="list-style-type: none"> • Hair is tied up. • Make sure you brief the helmet to keep secure on participant during the activity. • Happy Turtle. <p style="text-align: center;"><u>Harness</u></p> <ul style="list-style-type: none"> • Brief how to put on harness securely and test it.
<p style="text-align: center;"><i>Rock Climb – Page 4 of 6 – Version 2</i></p> <p><u>Rescue:</u> Escape from belay.</p> <ul style="list-style-type: none"> ➤ Ensure that the climber knows what you are doing and ceases to climb. ➤ Tie off the climber’s belay line by pulling a bight of the belay rope through the carabiner that is connected to the belay device (ATC), and securing the rope with three half hitches. Ensure you have a 30cm tail (bight of rope) once the half hitches have been tied. 	<p style="text-align: center;"><i>Rock Climb – Page 5 of 6 – Version 2</i></p> <p style="text-align: center;"><u>Rescue CON.</u></p> <ul style="list-style-type: none"> ➤ If for any reason you need to lift the participant, attach a prusiks to the taught belay line and haul down on this. You may ask for assistance from the teacher or other participants if necessary. Ensure that the belay device takes up the slack with each haul. 	<p style="text-align: center;"><i>Rock Climb – Page 6 of 6 – Version 2</i></p> <p style="text-align: center;"><u>Pack Up:</u></p> <p>After each session: Ensure equipment is in good condition and secure for the next session</p> <p>Harnesses are completely loosen and are in designated area.</p> <p>Helmets are all happy turtles and in designated area.</p>

