

<b>Assessment of:</b>	Abseiling and Rock Climbing	<b>Location:</b>	Mount Cook
<b>Completed by:</b>	James Clarke	<b>Date of assessment:</b>	February 2026
<b>Reviewed by:</b>	Steve Turner	<b>Next Review Date:</b>	February 2027
<b>Ratio:</b>	1:12 Max and Min 1 Group Leader	<b>Staff Competencies</b>	RCI, or Internal training and assessed by Activity Manager, CEO or Technical Advisor. Must have suitable group management experience.
<b>Activities Covered:</b>	Abseil Onsite Rock Climbing Onsite	<b>Specific Emergency Procedure:</b>	Lower casualty to the ground, give first aid and call for assistance from centre if needed

Hazard (something with the potential to cause harm)	Risk (how could the hazard cause harm, and who could it harm)	Control Measures (what is required to reduce the risk)	In Place (Y/N)	Action Required	Action Owner	Residual Risk (assuming all controls in place; Low, Med, High)
Unauthorised access to course	<b>To Unauthorised personnel:</b> Physical injuries, fractures or death from falls from height.	Remove kit after session and do not leave unattended for long periods	Y	Kit not left out for long periods (eg overnight, or for full session period) when not in use.	Activity Mgr & Activity Instructors.	LOW
		Equipment kept secure when not in use	Y			
		Gate at entrance to abseil area locked when unattended.	Y			
Adverse weather conditions –	<b>To Participants, Volunteers, contractors and Staff:</b> risk of	Instructors to monitor weather conditions before and during session.	Y	Weather conditions monitored.	Instructors	LOW
		kit list to be sent in advance of arrival with suitable clothing list.	Y			

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Cold, wet, windy, Hot	heat stroke, sun burn, Hypothermia	<p>spare clothing in centre for those under-prepared participants.</p> <p>Sun cream to be available for everyone in the centre.</p> <p>Water available whilst on session in hot conditions.</p> <p>Monitor thunderstorm potential and lightning risk, evacuate the course in the event thunderstorms threaten.</p>	<p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p>	Fleeces/ waterproofs issued to group as appropriate		
Medical emergency	<p><b>To All:</b></p> <p>Risk that someone may experience prolonged wait for medical attention. Resulting in long term complications, bleeding out, shock symptoms, and or death</p>	<p>All staff to be trained in basic first aid. Preferably Outdoor FA</p> <p>Portable first aid kit available</p> <p>Participants to bring their own medications to the session and carry them throughout if necessary.</p> <p>Any pre-existing medical conditions to be declared in advance of activity being undertaken. Consent form signed.</p> <p>Instructors to be able to rescue participants quickly and effectively within 15 minutes.</p>	<p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p>	<p>Staff training and staff competent to run session.</p> <p>Regular rescue drills</p>	Activity Mgr.	LOW

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Incorrectly fitted PPE	<b>To All:</b> Physical injuries, fractures or death from falls from height. Items falling from height causing impact injuries	Safety instructions given from staff at start. Harnesses and helmets to be fitted and adorned before leaving the main area. Constant vigilance by trained leaders. Harnesses and helmets to be rechecked immediately before abseiling. Correct harnesses and helmets fitted for participant.	Y Y Y Y	Regular PPE checks during session.  Staff unable to run session unless signed off as competent	Activity Mgr & Activity Instructors.	LOW
Faulty Equipment	<b>To All:</b> Risk of muscle & impact damage, head/spinal injuries, death	All equipment checked by trained instructors prior to use. Harnesses and helmets to be checked before abseil descent Visual check of any abseil hardware and rope before use. All faulty equipment to be condemned and quarantined to eliminate chance of being brought back in circulation	Y Y Y Y	Log all equipment checks on papertrail  Log all staff training and TA sign off's on Cinolla	Activity Mgr & Instructors	LOW
Falling due to incorrectly attached equipment	<b>To All:</b> Physical injuries, fractures or death from falls from height.	Group ratio limited to 1:12 leader to participants Safety brief given to all participants in the activity. Only competent instructors to lead activity. Instructors to carry out 'Final checks' before abseiling commences.	Y Y Y	Log all equipment checks on papertrail  Log all staff training and TA sign off's on Cinolla	Activity Mgr.	LOW

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		Rig abseil only using recommended MLTB method; with both abseil and safety rope being tied off using a releasable system. Instructor to ensure participants are tied in to safety rope with figure of 8 knot or locking carabiner. Participant abseil rope attached using tri-action carabiner and fig 8 device.	Y Y Y			
Inadequate supervision.	<b>To Participants:</b> Physical injuries, fractures or death from falls from height.	Ratio of instructors to participants controlled to effectively manage the group. Maximum of 1 abseil system in use. Safety brief given to all participants taking part in the activity. Visiting staff to assist in group management. Clearly defined safe areas for waiting participants at top of crag, within sight of instructor, and outside of fenced/gated off area. Participants only invited through gate to top of crag by instructor. Designated descent/ascent path to reach top/bottom of crag.	Y Y Y Y Y Y	Booking Coordinators to inform group leaders of expected ratio's.  Instructors to monitor group sizes and effective group management with help from visiting staff.	Booking Coordinators  Instructors	LOW

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Falling from height – i.e. due to incorrectly attached equipment, mis clipping	<b>To All:</b> Physical injuries, fractures or death from falls from height.	Abseil routes only rigged by competent instructors. Abseil system only operated by qualified or in-house trained instructors. Participants to be tied on to safety rope before approaching abseil take off point, and well away from crag edge. All PPE checked before use in line with Operating Procedure Staff monitored by senior instructor and signed off as competent before solo session.	Y Y Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training Logged on Cinolla PPE checks to be logged on Papertrail	Activity Mgr.	LOW
Participant missing safety critical instructions	To Participants: Physical injuries, fractures or death from falls from height.	Full co-operation from group leaders in group control and discipline. Clear instructor briefing at beginning of session. Instructor to remain vigilant and repeat instructions before abseil starts. Participants reminded of need to stay in designated safe waiting area, outside of gated/fenced area at crag top, whilst waiting for turn.	Y Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations	Activity Mgr.	LOW

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				TA to spot check training/induction process. Training logged on Cinolla.		
Entrapment in the ropes or cracks in rock	<p><b>To All:</b> Risk of hair, jewellery, hands or neck being caught in rope;</p> <p>Physical injuries, fractures or death from suffocation.</p>	<p>Ensure long hair is tied back, loose clothing to be removed or tucked away and all jewellery removed or tapped over. Instruct participants carefully on correct hand position to control abseil descent. Clear brief given by instructor on correct methods. Practice of abseil method on easier ground (e.g. grass slope) to familiarise participants with abseil process.</p>	<p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p> <p>Y</p>	<p>Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training logged on Cinolla.</p>	Activity Mgr.	LOW
Unattended Equipment	<p><b>To Unauthorised personnel:</b> <b>Physical injuries, fractures, or</b></p>	<p>Remove kit after session and do not leave unattended for long periods. Access to top anchors always kept secured. Equipment kept secured when not in use.</p>	<p>Y</p> <p>Y</p>	<p>Kit not to be left out for long periods when not in use.</p>	Activity Mgr & Activity Instructors	LOW

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	<b>death from falls from height.</b>					
Adverse weather conditions – Cold, wet, windy, Hot	<b>To staff, volunteers, participants, To All; danger of lightning strike, resulting in death or serious injury</b>	Instructors to monitor weather conditions before and during session. kit list to be sent in advance of arrival with suitable clothing list. spare clothing in centre for those under-prepared participants. Sun cream to be available for everyone in the centre. Water available whilst on session in hot conditions. Monitor thunderstorm potential and lightning risk, evacuate the course in the event thunderstorms threaten.	Y Y Y Y Y	Weather conditions monitored.  Fleeces/ waterproofs issued to group as appropriate	Activity Manager & Activity Instructors	LOW
Medical emergency whilst climbing	<b>To All: Risk that someone may experience prolonged wait for medical attention. Resulting in</b>	All instructors to be trained in Outdoor FA. Portable first aid kit available. Participants to bring their own medications to the session and carry them throughout if necessary Any pre-existing medical conditions to be declared in advance of activity being undertaken. Consent form signed.	Y Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations	Activity Mgr & Activity Instructors.	LOW

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	<b>long term complications, bleeding out, shock symptoms, and or death</b>	Instructors to be able to rescue participant from route safely and effectively if required, using appropriate method to qualification.	Y Y	TA to spot check training/induction process. Training to be logged on Cinolla.		
Manual handling (activity set-up)	<b>To Staff, Volunteer: Risk of muscle injuries, strains, bruising, cuts, falls, head/spinal injuries, death</b>	Only carried out by staff trained in setup Heavy equipment carried in appropriate bags. Ask for assistance if required. Work in pairs where possible Staff trained in Manual Handling (T.I.L.E. Methodology. Task/Individual/Load/Environment; awareness of importance of each of these in an outdoor scenario)	Y Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training to be logged on Cinolla. Manual handling training	Activity Mgr & Activity Instructors.  Centre Mgr.	LOW
Incorrectly fitted PPE	<b>To All: Risk of Falls, compression</b>	Safety instructions given from instructors at start.	Y Y	Instructors to be trained and inducted by appropriate senior	Activity Mgr & Activity	LOW

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	<b>injuries, head/spinal injuries, cuts, death</b>	Harnesses and helmets to be fitted at start of session, only removed in controlled designated area. Constant vigilance by trained instructors. Harnesses and helmets to be rechecked before climb or abseil. Correct harnesses and helmets fitted for participant.	Y Y Y	Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training to be logged on Cinolla.	Instructors.	
Faulty Equipment	<b>To All: Risk of muscle &amp; impact damage, head/spinal injuries, death</b>	All equipment checked by trained instructors prior to use. Harnesses and helmets to be checked before climb. Visual check of any climbing hardware or rope before use. All faulty equipment to be condemned and quarantined to eliminate chance of being brought back in circulation	Y Y Y Y	Activity Mgr or designated lead to carry out quarterly inspections of equipment and log on Papertrail PPE checks to be logged on Papertrail	Activity Mgr & Activity Instructors.	LOW
Falling due to incorrectly attached equipment	<b>To All: Risk of falling from height, impact injuries, cuts bruises,</b>	Group size limited to max 12 participants Safety brief given to all participants in the activity. Only qualified of in-house trained instructors to setup and lead activity.	Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including	Activity Mgr & Activity Instructors.	LOW

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	<b>broken limbs, spinal/head injuries and death</b>	Anchors to be checked and weighted before use, and load implications examined/checked. Instructor to ensure participants are tied in with figure of 8 knot or tri-action locking carabiner.	Y  Y	specific site induction visits and observations TA to spot check training/induction process. Training to be logged on Cinolla.		
Inadequate supervision.	<b>To Participants: Risk of minor injuries, cuts, bruises, abrasions, impact injuries, head/spinal injuries, death</b>	Ratio of instructors to participants controlled to effectively manage the group. Maximum of 2x rigged rope climbs per instructor, operating in close proximity. Unless instructor has been signed off by TA to supervise more. Safety brief given to all participants taking part in the activity. Ask group leader to help supervise the group. Clearly defined 'safe' areas for waiting participants, away from immediate base of crag. Session only run in pre-determined on-site location, and in a bottom rope scenario. No top-rope or topping out allowed.	Y Y Y Y	Booking Coordinators to inform group leaders of expected ratio's. Instructors to monitor group sizes and effective group management Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations	Booking Coordinators  Activity Mgr & Activity Instructors.	LOW

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				TA to spot check training/induction process.		
Falling from height	<b>To All: Cuts, bruises, burns, impact injuries, head/spinal injuries, death</b>	Climbing routes only rigged by qualified, or in-house trained instructors. Belaying always closely supervised by instructor; 2 ropes maximum per instructor, unless TA has signed off instructor to supervise more. All PPE checked before use in line with Operating Procedure	Y  Y  Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training Logged on Cinolla PPE checks to be logged on Papertrail	Activity Mgr & Activity Instructors.	LOW
Participant missing safety critical instructions	<b>To Participants: Risk of facial and neck injuries Risk of impact injuries</b>	Full co-operation from group leaders in group control and discipline. Clear instructor briefing at beginning of session. Instructor to remain vigilant and repeat instructions before climbing starts.	Y  Y  Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction	Activity Mgr & Activity Instructors.	LOW

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	<b>and spinal damage</b>	Participants always supervised whilst belaying; maximum of 2x roped climbs in use (unless instructor signed off to supervise more) at same time, and always in close proximity to one another.	Y	visits and observations TA to spot check training/induction process. Training logged on Cinolla.		
Entrapment in the ropes.	<b>To All: Risk of hair, hands or neck being caught in rope; cuts, abrasions, lacerations, bruising, spinal damage, death</b>	Ensure all hair is tied back and not able to get caught in rope/carabiner/belay device. Instruct participants not to touch belay device, or hold fingers too close. Clear brief given by instructor on correct methods. Rings removed or taped over to avoid risk of “degloving”	Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process. Training logged on Cinolla.	Activity Mgr & Activity Instructors.	LOW

**Risk Assessment Checked by H&S or Line manager.**

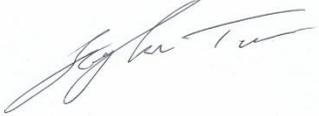
Name : Steve Turner CEO

Date of Review: 3/3/2026

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*Jeffrey T...*

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