

Assessment of:	Rock Climbing & Scramble	Location:	Mount Cook
Completed by:	James Clarke	Date of assessment:	February 2026
Reviewed by:	Steve Turner	Next Review Date:	February 2027
Ratio:	1:12 Max and Min 1 Group Leader	Staff Competencies	RCI or Internal training plus assessment by Activity Manager, CEO or Technical Advisor. Must have suitable group management experience.
Activities Covered:	Rock Climbing and Scrambling (weaselling)	Specific Emergency Procedure:	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)
Unattended Equipment	To Unauthorised personnel: Physical injuries, fractures, or death from falls from height.	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.	Y Y	Kit not to be left out for long periods when not in use.	Activity Mgr & Activity Instructors	LOW
Adverse weather conditions –	To staff, volunteers, participants,	Instructors to monitor weather conditions before and during session. kit list to be sent in advance of arrival with suitable clothing list.	Y Y	Weather conditions monitored.	Activity Manager & Activity	LOW

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Cold, wet, windy, Hot	To All; danger of lightning strike, resulting in death or serious injury	<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	Instructors	
Medical emergency whilst climbing	To All: Risk that someone may experience prolonged wait for medical attention. Resulting in long term complications, bleeding out, shock symptoms, and or death	<p>All instructors to be trained in Outdoor FA. 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 participant from route safely and effectively if required, using appropriate method to qualification.</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</p> <p>TA to spot check training/induction process.</p>	Activity Mgr & Activity Instructors.	LOW

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Manual handling (activity set-up)	To Staff, Volunteer: Risk of muscle injuries, strains, bruising, cuts, falls, head/spinal injuries, death	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 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. Manual handling training	Activity Mgr & Activity Instructors. Centre Mgr.	LOW

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Incorrectly fitted PPE	To All: Risk of Falls, compression injuries, head/spinal injuries, cuts, death	Safety instructions given from instructors at start. 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 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.	Activity Mgr & Activity Instructors.	LOW
Faulty Equipment	To All: 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 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

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Falling due to incorrectly attached equipment	To All: Risk of falling from height, impact injuries, cuts bruises, broken limbs, spinal/head injuries and death	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. 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 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.	Activity Mgr & Activity Instructor s.	LOW
Inadequate supervision.	To Participants: Risk of minor injuries, cuts, bruises, abrasions, impact injuries, head/spinal injuries, death	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.	Y Y Y Y Y	Booking Coordinators to inform group leaders of expected ratios. Instructors to monitor group sizes and effective group management Instructors to be trained and inducted by appropriate senior	Booking Coordinators Activity Mgr & Activity Instructor s.	LOW

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		Session only run in pre-determined on-site location, and in a bottom rope scenario. No top-rope or topping out allowed.		Mount Cook activity staff. Including specific site induction visits and observations TA to spot check training/induction process.		
Falling from height	To All: Cuts, bruises, burns, impact injuries, head/spinal injuries, death	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. PPE checks to be logged on Papertrail	Activity Mgr & Activity Instructors.	LOW

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Participant missing safety critical instructions	To Participants: Risk of facial and neck injuries Risk of impact injuries and spinal damage	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. 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 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.	Activity Mgr & Activity Instructors.	LOW
Entrapment in the ropes or cracks in rock	To All: Risk of hair, hands or neck being caught in rope; cuts, abrasions, lacerations, bruising, spinal damage, death	Ensure long hair is tied back, loose clothing to be removed or tucked away and all jewellery removed or taped over. 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.	Activity Mgr & Activity Instructors.	LOW

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Assessment of:	Scrambling (weaselling)	Location:	Black Rocks, Wirksworth Nearest vehicle access: DCC Carpark Grid Ref; SK 291 557
Completed by:	James Clarke	Date of assessment:	Jan 2026
Reviewed by:	Steve Turner	Next Review Date:	Jan 2027
Ratio:	1 assessed instructor plus 1 group leader per 12 participants		
Staff Competencies	Instructor must be experienced in leading groups in outdoor settings with ability to make dynamic risk assessments regarding changes in weather, group behaviour, ability and conditions. Must have completed in-house training and passed assessment by Activity Manager, CEO or Tech Advisor		
Activities Covered:	Weaselling (ungraded scrambling) movement over rock.	Emergency Procedure:	Emergency evacuation of casualty from offsite venue away from immediate road access, using Mountain Rescue

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Natural crag environment; steep drops, uneven footing, gullies, holes in rock, steep slabs/slopes, loose rock/scree, unstable or fallen trees	Participants and leaders Risk of injuries, cuts, bruises, abrasions, falls, spinal damage, serious injury and death	<ul style="list-style-type: none"> Instructor to effectively supervise the group behaviour All group members to wear properly fitted climbing helmet and appropriate footwear ie. trainers, walking shoes or walking boots Instructor to check the condition and stability of the terrain ahead of the group Group to remain in designated areas as instructed and not wander off away from the group. Instructor to outline clearly defined paths and routes around the crag. 	Y Y Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW

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		<ul style="list-style-type: none"> Group leader to assist in control of group behaviour. Instructor to clearly define holding or stacking areas (marked where necessary) for participants. Instructor to hold a current Outdoor First Aid certificate 	Y Y			
Weaselling/ scrambling challenges	Participants Risk of getting stuck, injuries, cuts, bruises, abrasions, falls, spinal damage, serious injury and death	<ul style="list-style-type: none"> Instructor to explain 'challenge by choice' ethos, brief the group on the nature of the challenges and demo where required Instructor to brief on good movement technique All group members to wear properly fitted climbing helmet Instructor to select challenges appropriate to the ability of the participants and allow for easier options where possible Instructor to spot where necessary and/or teach peer spotting as appropriate Instructor to hold a current Outdoor First Aid certificate 	Y Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW
Approach walk to location from centre. Steep drop over low wall.	To All: Risk of injuries, cuts, bruises, abrasions, falls, spinal damage, serious injury and death	<ul style="list-style-type: none"> Instructor to ensure that all participants are suitably equipped for walk, with correct clothing, footwear and supplies. Instructor to ensure group members behave in controlled fashion. Group to walk in organised fashion on opposite side of trail to steep drop over wall. Group leader to assist in control of group behaviour. 	Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW

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Sharp rock, broken glass, other sharp items, rubbish	To All: Risk of injuries, cuts, bruises, abrasions, infection, disease and death	<ul style="list-style-type: none"> • Instructor to ensure group members behave in controlled fashion. • Instructor to check suitable clothing ie. Full length trousers and long sleeve tops • Group to remain in designated areas as instructed and not wander off away from the group. • Instructor to check areas of crag to be used by group for any sharp items. • Instructor to brief group not to touch any rubbish or unidentified items and wash hands on return • Instructor to hold a current Outdoor First Aid certificate 	Y Y Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW
General Public on High Peak Trail; dogs, bikes, horses	To All: Risk of injuries, cuts, bruises, abrasions, spinal damage, and death	<ul style="list-style-type: none"> • Instructor to ensure group members behave in controlled fashion. • Group to remain in designated areas when instructed. • Instructor to advise in advance on keeping distance from unknown potential hazard; e.g. dogs. • Care to be taken joining the trail; particular care with bikes travelling quickly, instructor to check clear before group joins. 	Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW

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Adverse weather conditions	ALL Hypo/hyperthermia, sun/heat stroke, dehydration, lightning strikes, strong winds affecting trees	<ul style="list-style-type: none"> • Instructor to check weather forecast before session. Seek advice from AM, Deputy or CEO if unsure • Instructor to ensure participants are appropriately dressed and equipped for the activity ie. warm clothes, waterproofs, sun protection, water bottle as appropriate to the conditions • Instructor to cease activity and head to low ground or return to centre in the event of a lightning storm • Instructor to carry emergency group shelter 	Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW
Lost/missing person	Participants Risk of injury, safeguarding concerns	<ul style="list-style-type: none"> • Instructor and group leader to supervise the group and conduct regular head counts • Instructor to brief importance of staying together and remain in waiting areas until further instruction • If anyone is missing from the group, instructor to make note of the time and call centre for help in conducting a search 	Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW
Jewellery	To all Risk of snagging or entrapment causing injury or strangulation	<ul style="list-style-type: none"> • Instructor to visually check participants and brief them to remove any jewellery prior to the activity • Anything that cannot be removed (ie. for religious reasons) must be covered 	Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations.	Activity Manager & Activity Instructors	LOW

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				TA to spot check training/induction process. Training and assessment logged on staff file		
Medical conditions	To all Risk of an injury or medical episode due to an existing medical condition	<ul style="list-style-type: none"> • Serious medical conditions to be reviewed by Activity Manager and CEO before group arrival • Instructor to check group medical information before the session • Instructor to ensure that any relevant medication is taken with the group when leaving site • Instructor to hold a current Outdoor First Aid certificate 	Y Y Y Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW
Incapacitated instructor	To all Risk of injuries, exposure to the elements, serious injury and death	<ul style="list-style-type: none"> • Instructor to inform Group leader of location of group first aid kit which contains instructions on how to call for help in the event of an incapacitated instructor 	Y	Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file	Activity Manager & Activity Instructors	LOW

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<p>General Public on crag itself; Black Rocks can be a busy location. There is potential for member of public to intervene in a negative way with group.</p>	<p>To All: injuries, serious injury or death.</p>	<ul style="list-style-type: none"> • Instructor to ensure group members behave in controlled fashion. • Group to remain in designated areas when instructed; including pre-set stacking or holding areas where relevant. • Instructor to remain vigilant to other people in the vicinity and adjust the route if necessary • Group leader to assist in control of group behaviour. 	<p>Y Y Y Y</p>	<p>Instructors to be trained and assessed by AM, CEO or TA. Including specific site induction visits and observations. TA to spot check training/induction process. Training and assessment logged on staff file</p>	<p>Activity Manager & Activity Instructors</p>	<p>LOW</p>
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Risk Assessment Checked by H&S or Line manager.

Name: Steve Turner CEO

Reviewed on: 3/3/2026

