

Assessment of:	Onsite Abseiling and Rock Climb	Location:	Mount Cook
Completed by:	Phil Ball	Date of assessment:	Dec 2022
Reviewed by:	James Clarke	Next Review Date:	Feb 2026
Ratio:	1:12 Max and Min 1 Group Leader	Staff Competencies	SPA, RCI, or In-house trained. Must have suitable group management experience.
Activities Covered:	Abseil Onsite	Specific Emergency Procedure:	Should an incident occur in which immediate threat to life or limb occurs: Lower casualty to the ground, if part way down route. Give first aid Call for immediate emergency assistance.

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: injury or death if use of equipment attempted	<ul style="list-style-type: none"> Abseil anchors and rope left in tidy and organised fashion Do not leave any knots tied in ropes at base of crag. Leave no unattended carabiners or Figure 8 devices at base of crag. Gate at entrance to abseil area locked when unattended. Anchors and rope left in tidy and organised fashion 	Y Y Y Y	<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

Low = Slight injury or minor ill health / It is highly unlikely that the harm would occur

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				Training to be logged on Cinolla.		
Lightning Storm	To staff, volunteers, participants, To All; danger of lightning strike, resulting in death or serious injury	<ul style="list-style-type: none"> Do not abseil or climb in thunder storms or if forecast for that planned session period. 	Y	Monitor weather forecast and cancel session if required	Activity Manager & Activity Instructors	LOW
Medical emergency whilst abseiling	To All: Risk that someone may experience prolonged wait for medical attention. Resulting in long term complications, bleeding out, shock	<ul style="list-style-type: none"> 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. Instructors to be able to lower/rescue participant from abseil safely and effectively if required. Using recommended MLTB method of tying off and releasing ropes using hitches. 	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

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	symptoms, and or death	<ul style="list-style-type: none"> Instructors to be trained and inducted in appropriate rescue scenario for the specified location. 	Y	Training to be logged on Cinolla.		
Incorrectly fitted PPE	To All: Risk of Falls, compression injuries, head/spinal injuries, cuts, death	<ul style="list-style-type: none"> 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 instructor(s). Harnesses and helmets to be rechecked before abseil descent 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. Training to be logged on Cinolla.	Activity Mgr & Activity Instructors	LOW
Faulty Equipment	To All: Risk of muscle & impact damage, head/spinal injuries, death	<ul style="list-style-type: none"> All equipment checked by trained instructors prior to use. Harnesses and helmets to be checked before abseil descent Visual check of any abseil and climbing hardware and rope before use. 	Y Y Y	Activity Mgr or designated lead to carry out quarterly inspections of equipment and log on Papertrail	Activity Mgr.	LOW

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		<ul style="list-style-type: none"> All faulty equipment to be condemned and quarantined to eliminate chance of being brought back in circulation 	Y	PPE checks to be logged on Papertrail		
Manual handling (activity set-up)	To Staff, Volunteer: Risk of muscle injuries, strains, bruising, cuts, falls, head/spinal injuries, death	<ul style="list-style-type: none"> Only carried out by staff trained in setup Heavy equipment carried in appropriate bags. Ask for assistance if required. Work in pairs where possible <p>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)</p>	Y Y Y Y	<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> <p>Training to be logged on Cinolla.</p> <p>Manual Handling Training</p>	Activity Manager Centre Manager.	LOW
Falling due to incorrectly attached equipment	To All: Risk of falling from height, impact injuries, cuts bruises, broken limbs, spinal/head injuries and death	<ul style="list-style-type: none"> Group size limited to max 12 participants Safety brief given to all participants in the activity. Only qualified, or suitably trained and inducted instructors to setup and lead abseil activity. 	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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		<ul style="list-style-type: none"> Rig abseil only using recommended MLTB method; with both abseil and safety rope being tied off using a releasable system with hitches. Instructor to ensure participants are tied in to safety rope with figure of 8 knot or tri-action locking carabiner. Participant abseil rope attached using tri-action carabiner and fig 8 device. 	Y Y Y	<p>TA to spot check training/induction process.</p> <p>Training to be logged on Cinolla.</p>		
Inadequate supervision.	To Participants: Risk of minor injuries, cuts, bruises, abrasions, impact injuries, head/spinal injuries, death	<p>Abseil</p> <ul style="list-style-type: none"> 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. Ask group leader to help supervise the group. Clearly defined 'safe' areas for waiting participants at top of crag, within sight of instructor, and outside of fenced/gated off area. Participants only 'called' through gate to top of crag by instructor. Designated descent/ascent path to reach top/bottom of crag. <p>Climbing</p> <ul style="list-style-type: none"> Ratio of instructors to participants controlled to effectively manage the group. 	Y Y Y Y Y Y	<p>Booking Coordinators to inform group leaders of expected ratio's.</p> <p>Instructors to monitor group sizes and effective group management</p> <p>Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations</p>	<p>Booking Coordinators</p> <p>Instructors</p>	LOW

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		<ul style="list-style-type: none"> 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. 		TA to spot check training/induction process.		
Falling from height	To All: Cuts, bruises, impact injuries, head/spinal injuries, death	<ul style="list-style-type: none"> Abseil and Climbing routes only rigged by qualified or full in house trained 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 Belaying always closely supervised by instructor; 2 ropes maximum per instructor, unless TA has signed off instructor to supervise more. 	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

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Participant missing safety critical instructions	To Participants: Risk of facial and neck injuries Risk of impact injuries and spinal damage, death.	<ul style="list-style-type: none"> • 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 abseil turn. • 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	<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> <p>Training logged on Cinolla.</p>	Activity Mgr.	LOW
Entrapment in the ropes.	To All: Risk of hair, hands or neck being caught in rope; cuts, abrasions, lacerations, bruising, spinal damage, death	<ul style="list-style-type: none"> • Ensure all hair is tied back and not able to get caught in rope/carabiner/fig 8 device. • 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. • Instruct participants not to touch belay device or hold fingers too close. 	Y Y Y Y	<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> <p>Training logged on Cinolla.</p>	Activity Mgr.	LOW

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Bad weather /extreme weather	To All: Hypothermia, heatstroke, leading to major injury and or death	<ul style="list-style-type: none"> Session ended if weather conditions become unsafe, i.e. too wet or too cold, extreme heat. Instructor to ensure group members are adequately equipped to be outside. 	Y Y Y	<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> <p>Training logged on Cinolla.</p>	Instructors	LOW

Risk Assessment Checked by H&S or Line manager.

Name : Steve Turner CEO

Date : 27th January 2025



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PLEASE BE AWARE THAT THIS IS A SEPARATE RISK ASSESSMENT

Assessment of:	Black Rocks Scrambling		
Location:	Grid Ref; SK 293 558 What3words; allow.zoos.flopped Adj. To Peak District NP Carpark, Black Rocks	Date of assessment:	Dec 2022
Completed by:	Phil Ball	Expiry Date:	Feb 2026
Ratio:	1:12 Max and Min 1 Group Leader	Staff Competencies	RCI or higher. Must have suitable group management experience.
Activities Covered:	Rock Climbing, Abseiling, Bouldering, Weaselling, Movement over Rock.	Specific Emergency Procedure:	Emergency evacuation of casualty from offsite venue away from immediate road access (using Mountain Rescue, via Police 999) Vehicular access is to approximately 100-200m from crag itself, but over uneven/difficult ground

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Nature of natural Gritstone crag Environment; steep drops, uneven footing, gullies, holes in rock, steep	To All: Risk of injuries, cuts, bruises, abrasions, falls, spinal damage, serious injury and death	<ul style="list-style-type: none"> Instructor to ensure group members behave in controlled fashion. 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	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations.	Activity Manager & Activity Instructors	LOW

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slabs/slopes, loose scree.		<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. 	Y Y	TA to spot check training/induction process. Training logged on Cinolla.		
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 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 Manager & Activity Instructors	LOW
Broken Glass, Other sharp items, Rubbish	To All: Risk of injuries, cuts, bruises, abrasions, disease and death	<ul style="list-style-type: none"> Instructor to ensure group members behave in controlled fashion. Group to remain in designated areas as instructed and not wander off away from the group. Instructor to clearly check areas of crag to be used by group for any sharp items. 	Y Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific site induction visits and observations.	Activity Manager & Activity Instructors	LOW

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		<ul style="list-style-type: none"> Instructor to clearly outline to group not to touch any rubbish or unidentified items. 	Y	TA to spot check training/induction process. Training logged on Cinolla.		
General Public on High Peak Trail; dogs, bikes.	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 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 Manager & Activity Instructors	LOW
General Public on crag itself; Black Rocks can be a busy location. There is potential	To All: injuries, serious injury or death.	<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. 	Y Y	Instructors to be trained and inducted by appropriate senior Mount Cook activity staff. Including specific	Activity Manager & Activity Instructors	LOW

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for member of public to intervene in a negative way with group.		<ul style="list-style-type: none"> Instructor to advise in advance on keeping distance from unknown potential hazard. E.g. group of 'youths' Group leader to assist in control of group behaviour. 	Y Y	site induction visits and observations. TA to spot check training/induction process. Training logged on Cinolla.		

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