



Bayside Rock

Risk Management Policy

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1. Introduction

For the safety of all customers, staff, and visitors of Bayside Rock, we have established the following guidelines that must be adhered to at all times.

2. Bouldering

Prior to the commencement of their first bouldering session, everyone wishing to boulder at Bayside Rock will be provided with a bouldering briefing. The briefing will cover the following important points:

1. What bouldering is: Bouldering is a form of climbing that is done without ropes or harnesses, on shorter climbing walls in our dedicated bouldering area.
2. How safety is provided with soft fall matting: We have soft fall matting placed on the ground to provide a safer landing in case of a fall.
3. Importance of remaining off the mats while not climbing & keeping a safe distance from other climbers at all times: For your safety, we require all climbers to remain off the mats when not climbing, and to keep a safe distance from other climbers at all times.
4. Removal of jewellery or non necessary items: For your safety and the safety of others, we ask that you remove all jewellery and non-essential items before climbing.
5. What the down climb jugs are and why they are there- To assist with getting to a lower point before dropping off.
6. How to fall correctly: In the event of a fall, it's important to know how to land correctly to absorb the impact. We will demonstrate a proper fall, and ask that you do a practice fall from a comfortable height. Landing feet first, legs in a bent position, arms in and crossed against the chests, roll back and absorb the impact.
7. Brief outline of how problems are set: Our climbing routes are called "problems," and they are set by our experienced staff to provide a range of challenges for climbers of all skill levels. We will give a brief overview of how problems are set.

These guidelines are in place to ensure the safety of all climbers at Bayside Rock. We appreciate your cooperation in following these guidelines and wish you a safe and enjoyable climbing experience.

3. Top Rope Climbing

To minimise risk, a safety briefing/ test must be provided to all participants wishing to Top Rope Climb for the first time at Bayside Rock (anyone not already signed off as competent in RGP). There is no exception to this rule.

It is necessary to ensure that harness' are fitted correctly prior to any briefing/ test. (High, tight and double backed). All rings and loose jewellery is removed and hair longer than shoulder length is tied back. The use of mobile phones by participants is banned in the climbing area.

If they are competent climbers with their own gear then a brief outline of connecting into our systems and having each person demonstrate safe belaying technique will be a pass of the test.

Participants attending for the first time or requiring a refresher must be taken for a complete belay instruction covering the following points:

- At NO point is it safe or permitted for a climber to leave the ground without being attached to the correct safety line and prior to a buddy check being performed.
- The importance of the belayers duty.
- How to pick the correct rope for the climb they are doing.
- How to connect the climber into the correct end.
- Connecting the belayer.
- Holding the rope and the 4 step belay method.
- What the belay device is and how it is used to provide safety.
- Importance of locking the rope off and attentiveness to the climber.
- Never remove hands from the rope while the climber is off the ground.
- Buddy checks. Same rope, not twisted, climber attached correctly, belay attached correctly, communication to ensure everyone is ready.
- How to sit while being lowered.
- How to safety lower the climber.
- Packing up the ropes.
- Brief outline of what the climbs are and the grading.

Each and every participant must be tested for their belaying and attaching as a climber. Ensure that they understand what they are doing and offer assistance at any time if they need it.

The youngest age the general public can belay is 12 years of age. This can be lower for youth squads at the discretion of the head coach or gym management.

Our system will automatically alert if it has been 9 months or longer since the last visit. It is a requirement that we remain vigilant and ensure the participant remembers and follows the above instructions for all visits.

For the safety of participants and visitors it is vital that there is a constant active staff presence supervising the climbing area.

4. Climb Time

The following information must be provided during the safety briefing in a clear and precise instruction. It is important that participants have parent supervision and parents are present for the safety briefing.

- Number one rule... Never leave the ground before being attached correctly to a safety line.
- How to attach to the safety line. (Two carabiners, how they open and where they go).

- Remove gold carabiner.
- Climbing and how to come down.
- Importance or re connecting the carabiner when getting down (before disconnecting from the line).
- If a safety line accidentally goes up then it will be retrieved by a staff member and never to retrieve it themselves.
- Make it clear that they can not climb outside of the gated area.
- What spider mountain is and where you enter.
- What the caves are, where you enter and which order to do them in.

Participants under the age of 12 must be connected by a parent or guardian (or parent or guardian must be directly supervising and check connection of 1each climb).

5. High Ropes Course

The High Ropes Course is only available to customers while there is a suitable trained staff who can perform a HRC rescue. A qualified staff member must have a harness on at all times whilst there are people on the HRC.

The age guidelines are there to make it a smoother process for participants and staff. Please follow them. Participants 12 year or older can go on their own. Participants aged 10 to 12 must be accompanied by a parent or capable guardian. All participants must be able to comfortably reach the training cable.

- Ensure that all participants are wearing helmets and the lanyard is attached correctly to a safely fitted harness.
- Demonstrate how the lanyards work and lead around the training course.
- Show how to attach to the gold “8” and ensure they know they will meet one again to come down.
- Direct them where to go when they reach the top of the ladder.

6. Lead Climbing

Lead climbing at Bayside Rock can only be done after passing a specific Lead Climbing test by a qualified Lead instructor.

The only belay device that can be used is an Edelrid Eddy. Ensure that participants have been signed off for Lead Climbing before you loan an Eddy out.

Ensure that participants are spotting each other at the start of climbs and the amount of slack provided to the climber is safe.

The Lead Climbing Waiver must be followed and met in order to be signed off to Lead Climb.

7. Recognising Risk

Constant awareness is required to ensure that people are remaining safe at Bayside Rock. This means patrolling the gym and ensuring everyone is following rules and participating safely. A quick response is required if any possible danger is spotted to ensure that there are no accidents or incidents.

It is vital to ensure eyes stay on climbers, belayers and participants. This involves patrolling the climbing area constantly during shifts.

Safety is our commitment and everybody's responsibility. If you see something.. Say something.