



## Activity Risk Assessment – Group Abseiling

*Mountain Circles recognises that using suitably qualified Instructors greatly reduces the inherent risk of this activity, therefore all staff are qualified/trained to, or above the required level for this activity. Instructors will be aware of emergency procedures for each specific venue. Industry recognised Instructor : Group ratios are always observed for the specific activity.*

| <i>Hazard</i>                          | <i>Who it effects</i> | <i>Unmanaged Risk</i> | <i>Control Measures</i>   | <i>Managed Risk</i> |
|--|-----------------------|-----------------------|---|---------------------|
| Instructor falling from top of abseil  | Instructors           | High                  | The Instructor will use a safety line whilst rigging and be anchored throughout the activity  | Low                 |
| Injury from falling objects            | Group and Instructors | High                  | Helmets will be fitted and worn throughout the duration of the activity. Extra care should be taken and alternative venues considered after/during heavy rain, strong winds or any known recent rock falls. | Low                 |
| Injury due to wrongly fitted equipment | Group                 | High                  | Instructor will allocate the correct sized equipment. A brief as to how to fit will be given and equipment checked before the activity begins   | Low                 |
| Instructor fall during demonstration   | Instructor            | Medium                | Instructor should use an MLTE recognised method for back up   | Low                 |
| Entanglement or Entrapment             | Group                 | High                  | Instructor to use a releasable system. Advise hair to be tied back and jewellery and loose clothing to be   | Low                 |

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|  |                                    |        | removed/taped over.<br>Correct body position should be included in the activity briefing.   |     |
| Rope Burn  | Group and Instructors              | Medium | Correct body position included in brief. Speed of descent controlled using the safety rope, not excess slack given in the safety rope.  | Low |
| Falling from the abseil top  | Group                              | High   | The group will be briefed about the risk of falling, allocated a safe place to remain whilst waiting and managed appropriately. If windy or slippery and wet then extra care should be taken at the abseil top and the safety rope fitted before approach to the edge of the abseil.        | Low |
| Equipment Failure  | Group and Instructor               | High   | Equipment checked for wear, excessive wear recorded and equipment retired where necessary.<br>Good practice observed when rigging and rope protectors used if needed. Rigging monitored during the activity.  | Low |
| Exposure related issues,<br>Hypo/Hyperthermia,<br>dehydration, sun-burn etc. | Group and Instructors              | Medium | Group to be correctly clothed and equipped. Instructor should have spare layer/group shelter, water, sun cream. Group should be continuously monitored.   | Low |
| Other users  | Group, Instructors and other users | Low    | Venue assessed on arrival, if busy or there is concern about other users then another location/area should be considered. Helmets should be worn at all times. Group should be briefed about the possibility of other users and the correct conduct explained and monitored.<br>Other users | Low |

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*[Updated by Paddy Cave (MIC) on 01-05-2013.]*