

# Climbing & Abseiling Activity Plan

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## 1 OUTCOMES

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- To give campers an exciting personal challenge in a highly controlled situation.
- To provide a range of different age groups and skill levels with an appropriate challenge for their level
- To establish an attitude of mutual encouragement in the team.
- To teach basic rock climbing and abseiling techniques.
- To provide an experience that may encourage participants to further climb and abseil.

## 2 ACTIVITY

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### 2.1 OUTLINE

A basic climbing and abseiling session is held at our artificial climbing wall in the bush paddock approximately 600 metres from the campsite, and can run from 1 ½ - 2 ½ hours in length. Each session will include these elements and follow a similar outline:

- The correct fitting of harness and helmets will be demonstrated and students will be checked by the instructor.
- The instructor will provide an instruction of how to use the bouldering wall including; not climbing on top or over, must always wear a helmet and need another student to spot them at all times.
- Demonstration of other activities to do whilst waiting for a turn.
- Boundaries and climbing calls will be highlighted.
- Demonstration and instruction on how to use a screw-gate carabiner, including the back-up checks.
- The instructor will demonstrate how to climb the prussic rope.
- School staff will belay students up the climbing side of the wall. The instructor will coach them through the correct technique as they climb the wall.
- Explanation will be given to participants as to the different levels of challenges that exist on the wall.
- At the top the instructor will demonstrate the safety lines to ensure that students are always attached at the top of the wall.
- The instructor will coach each individual student on how to abseil down the wall.
- Time will be given for the participants to have a turn to climb up the wall and abseil back down. Challenging themselves to the level that they choose.
- After the equipment has been placed away, the session will be wrapped up before the group heads back to the campsite.

### 2.2 EQUIPMENT

All Camp Coolamatong instructors are familiar with the activity specific and safety equipment required for each activity. Each session the instructor will ensure:

- All equipment is set up, in working order and safe to use
- All first aid equipment is in working order and taken on the activity

- All communications is in working order, is ample enough for use in an emergency and is taken on the activity
- All participants, including school staff, have appropriate footwear and clothing
- All participants have been checked that their safety equipment is correctly fitted and they know how to use it appropriately.

Harnesses: Self-locking sit harness rated by

Helmets: Plastic shell with foam inner. A variety of sizes available

Carabiners: Aluminium screw-gates rated to 20 kilonewtons

Ropes:

Belay device: Edelrid Eddy semi-automatic belay device for up to 360kg

Safety tapes & Prussic ropes:

Instructor's Kit: Each instructor will also carry the following safety equipment:

- Whistle
- Mobile phone
- First Aid Kit

Participant Clothing: This will vary depending on the weather but needs to including the following:

- Clothes that are flexible and easy to move in.
- Shorts must come to between the knees and hip so the leg is covered when a harness is on.
- Enclosed shoes, preferably runners or volley type shoes.
- Clothing suitable for the weather conditions (e.g. hats for sunny days & thermals for the cold)
- Any glasses or sunglasses should be secured.
- Valuable or sentimental jewellery should be removed.

## 2.3 COMMUNICATION

Camp Coolamatong staff carry mobile phone communications with them on every activity and there is coverage throughout the campsite property. All activities are within 800 metres of the main campsite buildings or the office in even of communications failure.

## 2.4 FIRST AID

Camp Coolamatong activity staff all hold a current CPR and First Aid Qualification. They will carry a First Aid Kit with them on all activities. The school staff members, if they are appropriately qualified, will be the first port of call for administering first aid. Camp Coolamatong instructors will administer first aid when:

- It is an emergency situation
- The school staff member is not trained AND it cannot wait until the school's designated first aider can be found.

## 3 PEOPLE

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### 3.1 ACTIVITY INSTRUCTOR

All Coolamatong activity staff hold a current First Aid qualification, CPR certification and Working with Children's Check (WWCC)

There must be a minimum of two staff at the climbing and abseiling wall. One instructor will be provided by Camp Coolamatong, who will have a top rope qualification (or the equivalent experience). The second staff member will need to be provided by the school.

Maximum group sizes will be capped at 14.

### 3.2 SCHOOL STAFF MEMBER REQUIREMENTS

Camp Coolamatong provides instructors who are trained in the delivery of each activity. They are able to facilitate a session in safe manner and instruct the students on the technical knowledge and skills they require to participate in the activity.

The school staff member will be required to belay the students up the wall. This means they will need to wear a helmet and harness and be capable of standing in the one spot for the duration of the activity. They will be appropriately trained by the Coolamatong Instructor before they are asked to belay students.

It is Camp Coolamatong's, as well as the DEECD's, policy that the students must always have a school staff member present, whether this be a registered teacher or another approved school representative. The school staff member is responsible for student behavior, group management and the overall welfare of their students. Each activity cannot commence if they are not present.

It is also required that the school staff members will read this document and familiarize themselves with the activity and their responsibilities.

### 3.3 STUDENTS

School staff are responsible for getting informed consent from parents/guardians for all students who come on camp. It is also the responsibility of the school to inform Camp Coolamatong of any medical conditions or issues that will impact on the students participating in the activity

## 4 ENVIRONMENT

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### 4.1 LOCATION

The artificial climbing and abseiling wall is situated on the Camp Coolamatong property on the Banksia Peninsula. The 6.8 metre wall is located in the bush paddock, 600 metres from the Farm Campsite. The immediate area around the climbing and abseiling wall is cleared of large trees and overhanging branches. There is seating and a shade umbrella for the convenience of the participants. The location is accessible by tracks suitable for vehicles in the instance of an emergency, but does not have any vehicle traffic going past.

## 4.2 WEATHER

Each session is assessed by the Program Manager prior to commencing with participant skills, weather conditions and outcomes being taken into consideration. During the session, the Coolamatong leader may also use their discretion to modify or finish a session early based on conditions changing. Strong winds, wet and cold conditions and extreme temperatures may result in a session being cancelled or the activity modified in accordance with Coolamatong’s Adverse Weather Policy.

## 5 RISKS

### 5.1 RISK ASSESSMENT MATRIX

The following table outlines the specific risks associated with climbing & abseiling and the existing controls that are in place to manage these risks. This risk assessment matrix is not all encompassing. There may still be risks associated with being in the outdoors doing adventure activities that have not been documented.

Risk Description	Existing Controls	Rating				Actions
		Effectiveness of existing controls	Risk Consequences	Risk Likelihood	Risk Rating	
Describe the risk event, cause/s and consequence/s	Describe any existing policy, procedure, practice or device that acts to minimise a particular risk					Extreme/High - Do not proceed Medium - Ongoing review required Low - Only periodic review required
Anaphylaxis	At start of week briefing teachers are required to give Coolamatong staff details of any allergies and anaphylaxis.	Satisfactory	Major	Unlikely	Medium	Ongoing review required
	School staff need to carry epi-pens on all activities with those students and be trained how to administer them					
	School staff liaise with Coolamatong kitchen staff at every meal for students with allergies					
	School staff give students morning and afternoon tea to ensure students with allergies are getting the right meals					
Bites & Stings: Insects (mosquitoes, ants, bees, wasps, scorpions)	Students are instructed to apply insect repellent before every activity session.	Satisfactory	Insignificant	Likely	Medium	Ongoing review required
	Students must wear fully enclosed shoes at all times around the campsite.					

Bites & Stings: snakes	Students must wear fully enclosed shoes at all times around the campsite.	Satisfactory	Major	Possible	High	Constant review required
	During orientation and before any activity that uses the bush students are briefed as to what to do if they see a snake.					
	When walking through the bush there should be a Coolamatong leader at the front.					
	When walking through the bush groups must stick to the defined and clear tracks					
	Students are not allowed in the bush in groups of less than three.					
Cold Exposure	Students are briefed on what is appropriate clothing to wear according to weather	Satisfactory	Minor	Likely	Medium	Ongoing review required
	If multiple students are cold, leaders have the option to terminate session early to ensure that students get warm and dry.					
	Adherence to the <b>Coolamatong Extreme Weather Policy</b> in dealing with managing, modifying and cancelling activities due to extreme weather.					
Falls & Trip Hazards	Students must wear closed toed shoes at all time when outside	Satisfactory	Insignificant - Minor	Likely	Medium	Ongoing review required
	Students are briefed on appropriate footwear for each activity					
	Debris is removed from all paths as seen. If object is not removable by hand then an alternative path is sought					
	Bi-yearly Camp site hazard checks identify trip hazards to be addressed by maintenance work					
Heat Exposure: -dehydration -heat stroke -hyperthermia -sunburn	Students must bring water bottles to all activities. Spares are available for those who don't have one.	Satisfactory	Insignificant - Minor	Possible	Medium	Ongoing review required
	During hot weather (term 1 & 4) extra water is taken out to refill water bottles.					
	All students must wear hats, sunscreen and appropriate sun smart clothing (term 1 & 4)					
	Adherence to the <b>Coolamatong Extreme Weather Policy</b> dealing with managing, modifying and cancelling activities due to extreme weather					

Lost Student	Students are asked to stay with their group at all times.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	When travelling between activities there should always be a Coolamatong leader at the front and a school staff member at the back.					
	When going on extended periods of travel the Coolamatong leader will ensure they have the entire group by stopping to group up and doing regular head counts.					
	Start of week briefing advises school staff that they need to provide group management and student supervision for all activities					
	Start of week briefing advises school staff that they need to manage students whereabouts during the free time periods of the week.					
Sprains and Strains	Technique coaching is given during each of the activities.	Satisfactory	Moderate	Unlikely	Medium	Ongoing review required
	School staff should be aware of any existing injuries and are asked (during the start of week briefing) to notify Coolamatong leaders if these affect a student involvement with an activity.					
Injury due to Lightning strike	Adherence to the <b>Coolamatong Extreme Weather Policy</b> dealing with managing, modifying and cancelling activities due to extreme weather	Satisfactory	Major - Severe	Rare	Medium	Ongoing review required
Injury due to fall - Climbing & Abseiling Wall	All students are correctly fitted with harnesses and helmets and need them checked again by a Coolamatong staff member if they have been taken off or adjusted.	Satisfactory	Major	Unlikely	Medium	Ongoing review required
	School staff are instructed as to how to belay students safely up the climbing wall, keep the rope tight with minimal slackness.					
	The Eddy belay device is designed to lock if a student falls (it is not dependant on staff reflexes).					
	All Coolamatong instructors are trained to properly belay students down the abseiling wall on a safety line (so safety is not dependant on student control of the abseil line).					
	All safety lines are dynamic ropes which will stretch in a fall in cushion the impact slightly.					

	<p>All students are instructed how to move between safety lines always ensuring that one carabiner is attached to a line at all times.</p> <p>There are only three students allow at the top of the wall at any time.</p> <p>No students allowed at the top of the tower without a Coolamatong staff member.</p>					
Injury due to fall - Bouldering Wall	<p>All students must wear a correctly fitted helmet</p> <p>The bouldering has crash mats around it to soften impact of any falls</p> <p>Each student on the bouldering wall must have another student spotting them. All students are briefed at the start of the session how to spot each other correctly.</p>	Satisfactory	Minor	Possible	Medium	Ongoing review required
Injury from Equipment: Body part, hair or clothing stuck in a descending device	<p>All participants with long hair must have it tied back and out of the way before commencing activity.</p> <p>All Coolamatong staff and properly trained in instructing students how to abseil.</p> <p>All students are taken through a step by step process in order to abseil. Including holding the abseil line down near the leg well away from the descending device.</p> <p>Once student have the abseil line in their hands Coolamatong staff coach them as to appropriate positioning.</p> <p>If their hand gets too close Coolamatong staff will stop the student on the safety line before they are caught.</p> <p>All Coolamatong staff are trained how to safely and quickly rescue someone who is caught.</p>	Satisfactory	Minor	Unlikely	Low	Periodic review required



## 5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Activity Instructors must carry a mobile phone with available reception to call on. They must also carry a first aid kit and will all hold a current Level 2 First Aid Qualification.

In the event of an emergency the Coolamatong Program Manager should be notified immediately. To avoid confusion they will then call 000 if need be and will coordinate the handling of the emergency. The procedure for handling an emergency is as follows:

1. VERIFY	<b>Verify the Report</b>	Confirm with other campers, campsite staff, emergency services or other reliable people the accuracy of the information about the emergency
2. NOTIFY	<b>Notify Camp Staff &amp; Emergency Services</b>	By the quickest means possible notify: <ul style="list-style-type: none"> <li>• Camp Coolamatong staff; and they will contact the Emergency Services</li> </ul>
3. ASSESS	<b>Assess the danger posed</b>	Observe what is happening to determine: <ul style="list-style-type: none"> <li>• Has the danger passed;</li> <li>• Is the danger increasing or decreasing;</li> <li>• How many casualties there are</li> <li>• What are their injuries (if any)</li> </ul>
4. ACT	<b>Take action based on assessment</b>	<ul style="list-style-type: none"> <li>• Move people away from the danger</li> <li>• Collect camper medical forms and medication</li> <li>• Apply first aid if needed</li> <li>• Sound the fire alarm (located in Pantry) if campers need to be assembled</li> </ul>