

# Climbing 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 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 techniques.
- To provide an experience that may encourage participants to further climb.

## 2 ACTIVITY

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### 2.1 OUTLINE

A basic climbing session is held at our artificial climbing wall in the bush paddock approximately 400 metres from the main buildings. It 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 outline how to use the bouldering wall including: not climbing on top or over; must always wear a helmet; needing another student to spot them at all times; and how to spot correctly.
- Demonstration of other activities to do whilst waiting for a turn.
- Boundaries and climbing calls will be highlighted.
- Explanation will be given to participants as to the different levels of challenges on the wall.
- Demonstration and instruction on how to use a screw-gate carabiner, including the back-up checks.
- The instructor will demonstrate how to climb the prusik rope.
- The instructor or a school staff member will belay students up the climbing side of the wall. The instructor will coach them through the correct technique as they climb the wall.
- The student will be instructed on how to be lowered back down the climbing wall.
- After the equipment has been placed away, the session will be wrapped up before the group heads back to the main buildings of 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 are in working order, are 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 Ferno vertical gym harness rated to 490kg.

Helmets: Plastic shell with foam inner. A variety of sizes available. Adjustable for appropriate fitting.

Carabiners: Aluminium bi-lock gates rated to 26 kN

Ropes: Dynamic rope (10mm) for climbing belay and abseiling safety line. Static rope for abseiling belay.

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

Slings: 25mm, with Working Load Limit of 450kg (3700kg)

Prusik ropes: vertical static rope, with 6mm prusik cord

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 Dunlop 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 400 metres of the main campsite buildings or the office in even of communications failure.

## 2.4 FIRST AID

Camp Coolamatong activity staff have current accreditation in HLTAID009 Provide Cardiopulmonary Resuscitation and HLTAID011 Provide First Aid.

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 *HLTAID009 Facilitate CPR*, *HLTAID011 Provide First Aid* accreditation (as a minimum) and a current Working with Children 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 may 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 the policy of Camp Coolamatong and DET that 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 familiarise 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, 400 metres from the Farm Camp buildings. The immediate area around the climbing and abseiling wall is cleared of large trees and overhanging branches. There is seating for the convenience of the participants. The location is accessible by tracks suitable for vehicles in the instance of an emergency, but it does not have any vehicle traffic going past.

### 4.2 WEATHER

Each session is assessed by the Program Manager prior to commencement, taking into account participant skill level, weather conditions and outcomes. During the session, the Coolamatong instructor 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 **Adverse Environmental Conditions Policy**.

## 5 RISKS

### 5.1 RISK ASSESSMENT MATRIX

The following table outlines the specific risks associated with climbing 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<br>Medium - Ongoing review required<br>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 epipens on all activities anaphylactic students and be trained how to administer them         |                                    |                   |                 |             |  |
|  | School staff liaise with Coolamatong kitchen staff for food for students with allergies                                  |                                    |                   |                 |             |  |
|  | School staff give students morning and afternoon tea to ensure students with allergies are getting the right food        |                                    |                   |                 |             |  |
| Bites & Stings: Insects<br><small>(mosquitoes, ants, bees, wasps, scorpions)</small> | 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 always wear fully enclosed shoes 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 forecast weather                               | Satisfactory                       | Minor             | Likely          | Medium      | Ongoing review required  |

|   |   |              |                       |          |        |                         |
|---|---|--------------|-----------------------|----------|--------|-------------------------|
|   | <p>If multiple students are cold, leaders have the option to terminate session early to ensure that students get warm and dry.</p> <p>Adherence to Camp coolamatongs <b>Adverse Environmental Conditions Policy</b> in dealing with managing, modifying and cancelling activities due to extreme weather.</p>   |              |                       |          |        |                         |
| Falls & Trip Hazards  | <p>Students must always wear fully enclosed shoes when outside at camp.</p> <p>Students are briefed on appropriate footwear for each activity</p> <p>Debris is removed from all paths as seen. If object is not removable by hand then an alternative path is sought</p> <p>Twice-yearly camp site hazard checks identify trip hazards to be addressed by maintenance work</p>  | Satisfactory | Insignificant - Minor | Likely   | Medium | Ongoing review required |
| Heat Exposure:<br>-dehydration<br>-heat stroke<br>-hyperthermia<br>-sunburn | <p>Students must bring water bottles to all activities. Spares are available for those who don't have one.</p> <p>During hot weather (term 1 &amp; 4) extra water is taken out to refill water bottles.</p> <p>All students must wear hats, sunscreen and appropriate sun smart clothing (term 1 &amp; 4)</p> <p>Adherence to Camp Coolamatong's <b>Adverse Environmental Conditions Policy</b> when managing, modifying and cancelling activities due to extreme weather</p>   | Satisfactory | Insignificant - Minor | Possible | Medium | Ongoing review required |
| Lost Student  | <p>Students are asked to stay with their group at all times.</p> <p>When travelling between activities there should always be a Coolamatong leader at the front and a school staff member at the back.</p> <p>When going on extended periods of travel the Coolamatong leader will ensure they have the entire group by stopping to group up and complete regular head counts.</p> <p>Start of week briefing advises school staff that they need to provide group management and student supervision for all activities</p> <p>Start of week briefing advises school staff that they need to manage students' whereabouts during the free time periods of the week.</p> | Satisfactory | Moderate              | Unlikely | Medium | Ongoing review required |

|  |   |              |                |          |        |                          |
|--|---|--------------|----------------|----------|--------|--------------------------|
| 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 <b>Coolamatong's Adverse Environmental Conditions Policy</b> when managing, modifying and cancelling the activity 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 safety lines are dynamic ropes which will stretch in a fall in cushion the impact slightly.   |              |                |          |        |                          |
|  | Ropes washed regularly according to maintenance schedule. Ropes replaced based on inspections.  |              |                |          |        |                          |
|  | Equipment checked routinely for fraying, stress fractures, cracks.  |              |                |          |        |                          |
|  | Students instructed to not drop carabiners and helmets, and they are monitored accordingly.   |              |                |          |        |                          |
| Injury due to fall - Bouldering Wall   | All students must wear a correctly fitted helmet  | Satisfactory | Minor          | Possible | Medium | Ongoing review required  |
|  | 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.                           |              |                |          |        |                          |
| Injury from Equipment:<br>Body part, hair or clothing stuck in a descending device | All participants with long hair must have it tied back and out of the way before commencing activity.   | Satisfactory | Minor          | Unlikely | Low    | Periodic review required |
|  | All Coolamatong staff are trained how to safely and quickly rescue someone who is caught.   |              |                |          |        |                          |

## 5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Activity Instructors must carry a mobile phone with available reception to make calls on. All Coolamatong Instructors have, as a minimum, current certification in *HLTAID009 Provide Cardiopulmonary Resuscitation* and *HLTAID011 Provide First Aid*.

In the event of a medical emergency, the Coolamatong instructor or School Staff member at the site of the emergency should call 000 if needed and will begin coordinating the handling of the emergency. The most senior member of Coolamatong staff should be notified as soon as practicable, and they will step in to manage the situation as required.

Refer to Camp Coolamatong's Emergency Management Plan for further details about procedures and incident protocol in an emergency.