

<b>Risk assessment and Management 2024</b>	<b>Abseiling</b>
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**Description.**  
 Abseiling / rappelling - Descending a fixed rope (or ropes) in the manner usually associated with mountaineering. This activity can take place on rocks, crags, sea cliffs, quarries and suitable structures (e.g. bridges, viaducts, buildings).

**Managing Risk Statement.** Supervisors will hold the appropriate qualification for this activity (see [Minimum Qualifications document](#)). The quality and safety of sessions will be regularly reviewed with any outcomes being fed into the RA and policies. Inherent within this activity is the possibility of getting wet, tired and exposed to ambient weather conditions (see [Weather Policy](#))

**Benefits.** Adventure Activities provide a range of benefits (see [Adventure policy](#))

The Hazard, what is causing a risk?	Who might be affected	How we manage the risk
<b>Falls from height</b> (this may be from the abseil platform, approach to the abseil site or on the exit after the abseil.)	All. Particularly those abseiling for the first time who may be out of their comfort zone.	Full safety brief before anyone leaves the floor. Pace controlled on ascent to discourage rushing. Safety system (top rope) available if deemed necessary. All persons to be attached to safety rope at the top of abseil before approaching edge / consequence.
<b>Equipment dropped from height.</b>	All at the bottom of the abseil.	All kit and equipment to be tied on. Helmets to be worn at the bottom of abseil by all participants. Instructor to keep an eye on the 'drop zone' to make sure everyone stays clear.
<b>Rope burn</b>	Abseiler	Ensure abseiler adopts correct posture / instructor to maintain load on safety rope / safety rope to be kept tight while the abseiler is getting used to it.  Instructor to manage abseilers speed with clear instructions and

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	Instructor	if the abseiler starts to move quickly to manage the decent with the safety rope – maintaining control at all times with a hand to hand movement not letting the rope slide.
<b>Items getting trapped in descender</b>	Abseiler  Instructor	Descender can be extended away from harness. All abseilers to ensure loose items (hair etc) tucked / tied away. Instructor to maintain vigilance. Use of releasable abseil system. Hair / other items tied back.
<b>Specific assessments</b>		
<b>Blackland Farm</b>	Abseiler and members of other groups.	This tower can at times be very busy and the instructor must be aware of this fact and manage the group appropriately. Managing the group on the ground, as they climb the tower and as they approach the platform. All to stay outside of drop zone unless helping finished abseiler or entering the tower. Slowly on ascent on the steps and only 1 person per set of steps. If down climbing face into steps like a ladder
<b>Hindleap Warren Abseil.</b>		

<b>Operating Procedures</b>	
<p><u>Before</u></p> <ul style="list-style-type: none"> <li>• Check medical / consent forms.</li> <li>• Instructor to be familiar with activity RA – specifically any site specific notes.</li> <li>• Check the weather forecast – does your plan still work.</li> <li>• Check if there any venue restrictions</li> </ul>	

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- Instructor to ensure correct kit is available for the venue / group.
- Instructor to inspect all kit to ensure it is usable.
- If residential course ensure the group know where to go / park etc.

During

- Clear briefing to highlight risks, safety measures and expectations.
- Any assistants / staff to briefed on their role.
- Session delivered within instructors NGB remit / inhouse training / experience and accounting for the weather / group ability.

After

- Return kit.
- Inform SAC of any damages or loss.
- Inform manager of any issues with group / venue to assist with planning for future.

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