
Rock climbing, bouldering and abseiling participant safety and instruction briefing

Ensure there are printed copies for participants to follow and read out by the lead guide.

1. We are climbing in an outdoor location with rocks above and the floor around you is uneven. Please be aware of your environment and take away your rubbish.
2. All the guides are climbers and trained to take groups climbing. Guides are first aid qualified. Guides are trained to deal with rescue situations while climbing.
3. Find a buddy and work in pairs. It is your responsibility to look after each other. If you need additional help, speak to a guide.
4. Stay away from the edges. There is a risk of death from falling. When walking and climbing on rocks be aware to tread carefully.
5. Do not stand underneath another climber. There is a risk from falling objects.
6. Do not throw anything over the edges or dislodge loose materials.
7. Stay with the group. Wander off alone at your own risk.
8. Do not participate in this activity under the influence of alcohol, drugs or medication. Ensure you advise our guides about pregnancy, or medical conditions that might affect your activity.
9. Don't take unnecessary risks.
10. The major risks in this activity include dehydration and heat exhaustion. Heat stroke and dehydration are common in this activity so wear sunscreen, drink and snack frequently. Ask for help early don't "Tough-it-out" too long.
11. Rock fall from above - Stay away from climbers above. Listen to anyone shouting ROCK! If they do get close to the rock face. It can help to look up so if you see the stone coming towards you, you can choose your direction to move away from it. Even a small stone the size of a coin travelling at speed can cause a nasty cut. After that, face forward. Your helmet would reduce the impact in case the rock falls on you.
12. Failure to use equipment correctly - Do not adjust your equipment without checking with a guide.
13. Helmets and harnesses are provided for your safety. Do not tamper with or remove your safety equipment once fitted. Ask for assistance from a guide.
14. The equipment is designed to keep people safe so respect it by not treading on ropes, dropping carabiners and walk around people belaying (Keeping people safe)
15. We need to communicate with the climber so please keep your noise levels reasonable.

Climbing technique:

16. When climbing on rocks be aware the rock can be sharp. Control your moves. Ideally wear long trousers to minimize scratching.
17. When climbing on rocks ensure you have 3 points of contact. Take instructions from your guide about different hold types he will point out as you proceed. Avoid holding tiny holds that could break and drop a rock. Generally, ensure you have stable feet to take your body weight and use your hands for balance and to assist your climbing. Your legs should do most of the work.
18. All routes you climb have easy holds. When new to the sport or stressed you often cannot see the holds. Your buddy or your guide will instruct you.
19. Carry out a buddy check routine before every climb. Check each person's harness and the helmet is properly placed with the forehead protected and secure. Your knot is secure and attached to your harness, you are attached properly to your belayer (person who keeps you safe) and he/she is aware you are going to climb.
20. You need to trust your guide and your equipment will keep you safe at all times.
21. To conserve energy, keep your feet balanced between moves and use your legs for most of the effort.
22. Climbing hold types:
 - a. Jugs - These are most of the holds, odd shapes of rock that give you a great hold. As the routes get harder there are less of these.
 - b. Side pulls - Use these to lean your body to the side to reach additional holds that are further away to the side.
 - c. Crimps - Use carefully not to exert too much body weight on them so you do not damage your fingers.
 - d. Slopers - These are open hand holds that you need to open your hand to create as much friction as you pull down.
23. If you cannot reach the next hold easily, look at your feet and identify a small step up, small steps can help you reach higher holds.

Abseiling techniques:

24. Listen to the instructions of your guide.
25. Lean back and allow your body to trust the equipment and ropes.
26. Stand with your feet slightly apart.
27. Use your braking hand to control your rate of descent.
28. Look for places to keep your feet stable on the rock.
29. Do not lean too far back. Your feet should be flat on the rock and slightly wide apart.
30. If there is a problem, try to respond by holding your hand up or waving your arm above your head until you see the guide respond with the OK sign (hand on head). It is very important you remember that panic kills. So, control your breathing and remain calm until help arrives.
31. Don't drop litter. Take it with you or put it in a guide bag.
32. In case of minor injuries, we have a first aid kit in a guide bag.