

Indoor Climbing Activity Plan

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1 OUTCOMES

- 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 encourage preliminary climbing and prusiking techniques
- To provide an experience that may encourage participants to climb in the future

2 ACTIVITY

2.1 OUTLINE

An indoor climbing session is held at our Lake Camp activity shed, located approximately 150 metres from the Lake Camp Dining Hall. It can be accessed via car through Gate 1 of Lake Camp. The session can run from 1 - 2.5 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 Coolamatong instructor.
- General boundaries and safety considerations will be highlighted to participants before explaining individual components.
- The instructor will demonstrate how to use the fireman's ladder, including:
 - o safety checks
 - o boundaries and climbing calls
 - o demonstration and instruction on how to use a three-way locksafe gate action carabiner
- The instructor will demonstrate how to climb and descend using the prusik rope
- The instructor will coach participants through the correct techniques during the session and maintain primary control over the crate climbing component.
- Students will work together in groups of three to four to belay students on the crate climb tower, with instruction and supervision from the instructor to ensure the belay system is effective.
- Another supervising adult will belay students down from the ladder climb.
- Time will be given for the participants to move between the different climbing elements throughout the session, with the aim for students to try each element if they wish to.

2.2 EQUIPMENT

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

- all equipment is set up correctly, in working order and safe to use
- all first aid equipment is in working order and taken on the activity
- his/her communication device is in working order, is ample enough for use in an emergency and is taken on the activity
- all participants, including adults, have appropriate footwear and clothing and accessories, and that long hair is tied back
- 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.

Ferno Challenge Pro - Full arrest harness, rear scapula connection point for crate climbing.

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

Carabiners: Aluminium bi-lock gates rated to 26 kN.

Belay ropes: Dynamic rope (10mm) for Crate climb belay and ladder climb 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 include 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
- Closed-toe shoes, preferably runners or other soft soled shoes
- Clothing suitable for the weather conditions
- Any glasses should be secured
- Valuable, sentimental or loose jewellery should be removed
- Hair should be completely tied back and not obstructing the safe fitting of a helmet

2.3 COMMUNICATION

Camp Coolamatong instructors carry mobile phone communications with them on every activity, and there is coverage throughout the campsite property. This activity is approximately 150 metres of the main campsite buildings at Lake Camp in the event of communications failure.

2.4 FIRST AID

Camp Coolamatong instructors have current accreditation in *HLTAID009 Provide Cardiopulmonary resuscitation* and *HLTAID011 Provide First Aid*, as a minimum. 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, or
- the school staff member is not trained and it cannot wait until the school's designated first aider can be found.

3 PEOPLE

3.1 ACTIVITY INSTRUCTOR

All Coolamatong activity leaders hold current first aid certification (See 2.4 as a minimum and a current Working with Children Check (WWCC).

There must be a minimum of two adults at the vertical climbing activity. One adult will be the instructor provided by Camp Coolamatong, who will have a top rope qualification or the equivalent experience. The second adult will need to be provided by the school.

Maximum group sizes will be capped at 20.

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 a 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 climbing ladder. 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 behaviour, group management and the overall welfare of the students. An 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 obtaining 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 any student participating in the activity.

4 ENVIRONMENT

4.1 LOCATION

An indoor climbing session is held in the activity shed, located approximately 150 metres from Lake Camp Dining Hall. The entire activity takes place within the shed, so there is plenty of shelter for participants, as well as access to toilets that are located in the shed. It can be accessed via car through Gate 1 of Lake Camp in case of an emergency or for less able participants.

4.2 WEATHER

Each activity session is assessed by program staff prior to commencement, taking into account participant skill level, weather conditions and outcomes. During the session, the Coolamatong instructor may use their discretion to modify or finish a session early based on conditions changing. This activity may be cancelled or modified in accordance with Camp Coolamatong's Adverse Environmental Conditions 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 |
|---|---|---|--|----------------------------|--------------------|--|
| | | Effective ness of exist ing cont rols | Ris k Co nse que nce s | Risk Likel ihoo d | Risk Rati ng | |
| 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 - Do not proceed High – Constant review Medium - Ongoing review Low - Periodic review |
| Anaphylaxis | At start of week briefing teachers are required to give Coolamatong staff details of any allergies and anaphylaxis | Satis fact ory | Maj or | Unli kely | Med ium | Ongoing review required |
| | School staff must carry epipens on all activities with anaphylactic students and be trained how to administer | | | | | |
| | School staff liaise with Coolamatong kitchen staff regarding food for students with allergies | | | | | |
| | School staff give students morning & afternoon tea so students with allergies are getting the right food | | | | | |
| Bites & Stings: Insects (mosquitoes, ants, bees, wasps, scorpions) | Students are instructed to apply insect repellent before every activity session. | Satis-f actory | Insig -nific ant | Likely | Medi um | Ongoing review required |
| | Students must always wear fully enclosed shoes outside | | | | | |
| Bites & Stings: snakes | Students must always wear fully enclosed shoes around the campsite, to and from activities. | Satis fact ory | Maj or | Poss ible | High | Constant review required |
| | During orientation and before any activity that uses the bush areas, students are briefed what to do if they see a snake. | | | | | |
| | When walking to and from activities, there should be a Coolamatong leader at the front and groups must stick to defined tracks. | | | | | |
| Cold Exposure | Students are briefed on what is appropriate clothing to wear according to forecast weather | Satis fact ory | Mi nor | Likel y | Med ium | Ongoing review required |
| | If multiple students are cold, leaders can terminate the session early to ensure that students get warm and dry. | | | | | |
| | Adherence to Camp Coolamatong's Adverse Environmental Conditions Policy in managing, modifying and cancelling activities due to extreme weather. | | | | | |
| Falls & Trip Hazards | Students must always wear fully enclosed shoes when engaging in activities at camp | Satis fact ory | Insi gnif ica nt - Mi nor | Likel y | Med ium | Ongoing review required |
| | Students briefed on appropriate shoes for each activity | | | | | |
| | Debris is removed from all paths as seen. If object is not removable by hand then an alternative path is sought | | | | | |
| | Twice yearly campsite 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. | Satisf actory | Insig nific ant - Min or | Possi ble | Medi um | Ongoing review required |
| | During forecast hot weather (especially Terms 1 & 4), water can be sourced from the bathrooms to refill water bottles. | | | | | |
| | All students must wear hats, sunscreen and appropriate sun smart clothing to the activity shed (Terms 1 & 4) | | | | | |

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|--|--|--------------|----------------|----------|--------|--------------------------|
| | Adherence to Coolamatong's Adverse Environmental Conditions Policy when managing, modifying and cancelling activities due to extreme weather | | | | | |
| Lost Student | Students expected to stay with their group at all times during an activity. | 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 stop at key points to regroup and complete 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 the activity. | 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 the activity. | | | | | |
| Injury due to Lightning strike | Adherence to the Coolamatong Adverse Weather Conditions Policy when managing, modifying and cancelling the activity due to extreme weather | Satisfactory | Major - Severe | Rare | Medium | Ongoing review required |
| Injury due to fall - Climbing ladder, crate tower, prusik rope | 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 and students are instructed as to how to belay participants up the crate and ladder climb, keeping the rope tight with minimal slackness. | | | | | |
| | The Eddy belay device is designed to lock if a participant loses balance or grip (it is not dependent on belayer's reflexes). | | | | | |
| | Participants trained in how to manage and maintain the multi-person belay system and monitored by Coolamatong activity leader | | | | | |
| | All safety lines are dynamic ropes, which stretch in a fall to cushion the impact slightly. | | | | | |
| | Climber to stack crate directly underneath anchor point to prevent pendulum effect when falling. | | | | | |
| Injury from Equipment (entanglement) Hair, clothing, jewellery, accessories stuck in equipment | 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 loose and sentimental jewellery removed. Glasses to be secure or removed. | | | | | |
| | If participant is entangled on prusik rope, they can be lowered from the prusik rope relay system. | | | | | |
| | Coolamatong instructors are trained how to safely and quickly rescue someone who is caught. | | | | | |
| Injury from Equipment (crushing, pinching body parts) | Crate climbing is supervised by Coolamatong instructor and crates are passed by Coolamatong instructor. Crate tower is not allowed to be held to balance. | Satisfactory | Moderate | Possible | Medium | Ongoing review required |
| Injury from Equipment (striking from falling object) | Boundaries identified at the start of the session in safety briefing. Adherence to boundaries monitored by Coolamatong Instructor. | Satisfactory | Moderate | Possible | Medium | Ongoing review required |
| | Student belay team for crate climb are to be watching the tower at all times | | | | | |
| | Participants wear helmets at all times, even when waiting or not participating. | | | | | |

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| | Crate climber to call when crate tower is falling and direction of fall is monitored by Instructor. Where possible, crates fall to the empty quarter of the shed. | | | | | |
| Injury from structure failure | Roof beams are engineered to support loads applied from the activity. | Satisfactory | Rare | Catastrophic | Medium | Ongoing review required |
| Injury from Equipment - faulty equipment | All ropes are washed according to activity maintenance schedule and safety equipment checked. | Satisfactory | Major | Unlikely | Medium | Ongoing review required |
| | Harness and helmets are checked during activity setup and when checked for proper fitting by Coolamatong Instructor | | | | | |
| | Carabiners are checked during activity setup and appropriate use is monitored throughout the session. | | | | | |
| | Visual inspection of each crate for faults before being handed to participant | | | | | |
| Unconsciousness | If participant loses consciousness during climb/prusik, they can be lowered by group belay or lead belay. | Satisfactory | Major | Highly Unlikely | Low | Ongoing review required |
| | If student is on the prusik rope, disengage lock from separate belay device and lower rope slowly to ground. | | | | | |

5.2 EMERGENCY MANAGEMENT

It is a requirement that all Coolamatong Activity Instructors must carry a mobile phone with available reception to make phone calls. They must also carry a first aid kit and will all have current accreditation in HLTAID009 Provide Cardiopulmonary Resuscitation and HLTAID011 Provide First Aid (as a minimum).

In the event of an emergency, the Coolamatong Director (or Assistant Director in their absence) should be notified immediately. To avoid confusion, the Director / Assistant Director will then call 000 if required and will coordinate the handling of the emergency. The procedure for handling an emergency is outlined in the Emergency Management Plan (see website for most up-to-date documentation).