



RAMS information for HangDog Indoor Climbing Centre

Prepared by HangDog Adventures Ltd

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Main Climbing Area

Hazard	Consequence	Potential Harm	Eliminate	Isolate	Minimise	Action	Monitoring
Up to 12m unprotected fall	Climber falls and hits wall or floor.	Death, broken bones, concussion, bruising			x	Use of dynamic rope. Rope anchored to ground & belayer; break assist belay device on rope; 50mm closed-cell foam under carpet	Ropes, anchors & belay devices formally checked each month, plus general morning checks daily.
Belayer allows rope to become too slack.	Climber falls onto slack rope and/or hits floor or wall.	Broken bones, concussion, bruising			x	Use of dynamic rope to take shock of fall, 50mm foam under carpet. Customers go through a supervised safety briefing in order to operate the belay devices correctly and get use to the technique (5 steps) Competent customers who have belayed more than twice within the last 2 months are offered a top rope belay licence. Teach (and monitor) correct technique to each belayer. Having appropriate signage reminding and showing the belay method.	On-going staff monitoring throughout.
Belayer incorrectly operates belay device or deliberately lets climber down too quickly	Climber injured through hitting wall or floor. Belayer can burn hand	Bruises, broken bones, concussion, rope burn.			x	During the supervised safety briefing, customers go through an emergency stop practice while lowering the climber down.	Staff can back-up (hold rope) for first time belayers. Belayers that intentionally letting climber down too fast is warned or removed from belaying.
Lead climbing	Climber falls and hits either the wall, floor, or other people.	Death, broken bones, concussion, bruises, sprain, strain, rope burn.			x	Having appropriate Lead climbing areas. Special wall anchors installed at appropriate points.	Staff check that climbers are using safe lead climbing techniques

						Each client must undergo and pass the Hangdog Lead Climbing Test to demonstrate that s/he is competent to lead climb and/or belay.	
Failure to appreciate belaying requirements (e.g. size) due to age	Belayer unable to safely hold climber. Climber falls and hits wall or floor	Bruises, broken bones, concussion, sprain, strain, rope burn.			x	Those 12 years and under are NOT allowed to belay unless they have been specifically trained and are <u>current</u> members of a HD climbing programme or club.	Staff must ask age of young climbers and advise caregivers that their children will need a belayer.
Carpet Bumps	Customers trips over the bumps and trip	Sprain, strain, carpet burn, bruise, concussion			x	Everyone is advised not to run within the facility, and is informed about the bumps on the carpet	Ongoing staff supervision
Climber swinging out from 'Da Cave' on 'Tree' wall	Climber hits the "Rock pillar" or another person	Bruising, scratches, concussion, sprain			x	Staff informs the potential harm of climbing on this specific wall. Spotters are recommended, especially for beginners.	On-going staff monitoring, and possibly spotting.
Spare rope lying around	Person trips over ropes	Strain, sprain, bruise, scratch			x	Hang spare ropes on belay systems, customers warned to walk not run	Staff must keep climbing area tidy, hang ropes back up
Not properly clipping in or not clipping in at all with the automatic belayers	Climber falls and hits the floor	Death, concussion, bruising, sprains			x	Installation of clip-in barriers as a reminder to the climber.	Triple check that climber is clipped in before climbing plus on-going staff monitoring
Untied long hair	Can get stuck inside the belaying devices and compromises the climber.	Hair loss, climber falling, hair pulled, sprains, concussion			x	Informing women about the hair situation. Giving rubber bands if necessary.	Staff must check that women's hair are tied back.
Slack line (Tight Rope)	Climber has an uncontrolled fall and hits the ground poorly	Abrasion, bruising, fracture, concussion, sprain, strain			x	Informing everyone about the dangers of the slack line.	Staff supervises the slack line when being used by a novice.

Climbing Equipment

Hazard	Consequence	Potential Harm	Eliminate	Isolate	Minimise	Action	Monitoring
Harness incorrectly fitted by climber	Climber falls and hits wall or floor	Broken bones, concussion, bruises			x	Safety-talk and harness fitting demonstration given to all people new to Hangdog. Special attention to need to do waist up first (and high on waist).	Staff check that harnesses are tight correctly fitted
Harness comes undone as climber climbs, increasing the risk of climber falling out of their harness	Climber falls and hits floor	Death, broken bones, concussion, bruising, sprain	x		x	Use of auto-locking harnesses. Informing customers, the need to keep the harness tight throughout the session.	Ongoing staff monitoring of customer's harness.
Karabiner incorrectly fitted to climber's harness	Climber falls and hits floor	Death, broken bones, concussion, bruising	x			Use of two independent Karabiners- one auto-locking or one tri locking carabiner	On-going staff monitoring of Karabiners.
Failure of rope, anchors, karabiner, belay-devices.	Climber falls and hits wall or floor	Death, broken bones, concussion, bruising			x	Use standard industry equipment, check ropes regularly for disfigurement/ irregularities of core (Core damage and sheath damage), check belay devices, slings, knots, anchors, holds	Check daily as a part of tidy-up and monthly as part of formal procedure as detailed in rope log book. Ropes, belay devices and karabiners are maintained and checked every 6 months. Anchors are checked annually.
Falling tools/route-setting equipment	Person hit by falling item	Death, concussion, bruising			x	All route-setting to be done in accordance with Route-setting SOP	As per SOP
Hold disconnects and falls off wall	Person hit by falling hold	Death, concussion, bruising			x	Holds fitted in accordance with route-setting SOP. Persons not involved in climbing or belaying to be kept clear of standing under walls with climbers on them.	As per SOP

Hold fractures and falls off wall	Person hit by falling hold	Death, concussion, bruising			x	Holds fitted in accordance with route-setting SOP.	Holds to be visually inspected before being fitted and discarded if any sign of fracturing or tendency to weakness
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The Hanger – Bouldering Area

Hazard	Consequence	Potential Harm	Eliminate	Isolate	Minimise	Action	Monitoring
Climbing with no ropes	Climber falls up to 3.8m onto floor, and potentially another person	Bruising, strain, sprain, fracture			x	Sufficient padding provided. Children under 13 years old must be supervised by adults at all times in this area. Adult supervisors are shown Boulder Room rules.	Regular staff supervision. Staff ensures that children under 13 years old are supervised otherwise children are informed they cannot climb in the area.
Holds protruding from wall	Climber runs into hold on wall while bouncing on or running around on mat	Bruising, cuts			x	Children under 13 years old must be supervised by adults at all times in this area. Adult supervisors are shown Boulder Room rules.	Staff ensures that children under 13 years old are supervised otherwise children are informed they cannot climb in the area.
Triangle volumes	Head and other body parts may hit the point of the volume	Head bruise, cut, concussion, fracture			x	Children under 13 years old must be supervised by adults at all times in this area. Adult supervisors are shown Boulder Room rules.	Staff ensures that children under 13 years old are supervised otherwise children are informed they cannot climb in the area.
Taking photos on the camera – 10 second delay before taking the photo	Climber is distracted by his/her surroundings. Could potentially lead to climbers landing on someone else	Bruising, strain, sprain, fracture, concussion			x	Children under 13 years old must be supervised by adults at all times in this area. Adult supervisors are shown Boulder Room rules.	Staff ensures that climbers (especially children) and adult supervisors are aware of the 10 second delay.
Climber/spectator standing on the white mats	They could get landed on by another climber climbing	Head bruise, concussion, fracture, sprain			x	Sufficient seats are provided for climbers and spectators	Regular staff supervision

Items inside pockets of climbers i.e. phones	Could potentially fall out of their pockets, and hit people below	Head bruise, concussion, fracture	x		x	Climbers are informed about the hazards of having items in their pockets	Regular staff supervision
Transformer Room – Bouldering Area (13 years and above only)							
Climbing with no ropes	Climber falls up to 4m onto floor	Bruising, strain, sprain, fracture			x	Sufficient padding provided. Children under the age of 13 years old are not allowed in this area, unless part of a recognized competitive climbing club.	Sufficient staff supervision
Holds protruding from wall	Climber runs into hold on wall while bouncing on or running around on mat	Bruising, cuts, concussion			x	Climbers (especially club members who are under the age of 13) are briefed about the hazards of this area	Sufficient staff supervision
Triangle volumes	Head and other body parts may hit the point of the volume	Head bruise, cut, concussion, fracture			x	Climbers (especially club members who are under the age of 13) are briefed about the hazards of this area	Sufficient staff supervision
T-bars for tightening holds	Misuse of T-bars, could lead to damaging the wall itself, and could fall on another climber/spectator	Head bruise, elbow bruising, cut, concussion, fracture			x	T-bars must be used by a climber over the age of 13. If being used over 1 metre above the padding, climbers must approach staff.	Sufficient staff supervision
Climber/spectator standing on the white mats	They could get landed on by another climber climbing	Head bruise, concussion, fracture, sprain			x	Middle area has been provided for climbers/spectators	Sufficient staff supervision
Items inside pockets of climbers i.e. phones	Head bruise, concussion, fracture	Head bruise, concussion, fracture	x		x	Climbers are informed about the hazards of having items in their pockets	Regular staff supervision
Training Area							
Weight Equipment	Misuse of equipment	Minor to Serious injuries, bruising, cuts, concussion, fracture			x	Sufficient signs on how to use training equipment have been provided	Sufficient staff supervision

Hang board and Finger boards	Misuse of training equipment, falling over someone	Tendon injuries, bruising, concussion			x	Sufficient signs on how to use training equipment have been provided	Sufficient staff supervision
Campus board	Misuse of training equipment, falling over someone	Tendon injuries, bruising, concussion.			x	Under 16s are not allowed to use the campus board. Sufficient signs on how to use training equipment have been provided	Sufficient staff supervision