



Southampton University Mountaineering Club

# Risk Assessment: Indoor Bouldering

<b>Activity or Task</b>	Indoor Bouldering
<b>Assessor (Position)</b>	Ellie Tang (President)
<b>Date</b>	31/08/2022
<b>Activity Description</b>	Training sessions as well as competitions held inside the university bouldering wall by SUMC.
<b>Additional Notes</b>	This risk assessment covers additional factors outside of the wall's normal operating procedures associated use of the wall by the club for formal training sessions and competitions withi
<b>Checked by (Position)</b>	Ellie Tang (President)
<b>Date</b>	31/08/2022
<b>Checked by (Position)</b>	Josie Meredith (Vice President)
<b>Date</b>	31/08/2022

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Hazard	Effect	Inherent Risk			Controls	Residual Risk		
		Likelihood	Severity	Risk		Likelihood	Severity	Risk
Overexertion	Muscle, tendon, and other injuries	3	5	High	Climbers are encouraged by the person running the session to avoid overexerting, causing stress to tissue. Routes/tasks are set appropriately for the skill level/physique of the group and the activity to be trained. All training sessions to be commenced with a suitable warm up.	3	2	Low
Fire	Burns and death	1	5	Low	In addition to standard operating procedures, people shall be briefed by the person taking the session to avoid congregating and leaving personal effects in the way of the fire exit. Where the fire door is propped open to allow simultaneous activities outside, no obstructions will be left blocking the exit on the exterior and clear space to allow a clear exit will be left.	1	2	Low
Entanglement	Asphyxiation	2	3	Low	Appropriate clothing to be worn, no jewellery to be worn.	2	3	Low
Previous medical conditions	Various	3	4	Medium	Ensure that members of climbing party are aware of any previous medical conditions (through the website profiles or otherwise), and are aware of any action that may need to be taken. Climbers participate at their own risk.	3	2	Low
Overcrowding	Personal Injury	5	3	High	During all training sessions or competitions the number of people in the wall is not to exceed the normal capacity. The person(s) taking the session must be vigilant of the number of people in the wall. During competitions the number of people in the wall not to exceed 30 persons, even if not all persons are bouldering. Competition routes must be adequately spaced to avoid climbers bouldering across the same space.	2	2	Low
Danger of additional obstructions in bouldering wall	Personal Injury (broken bones, sprains, cuts, concussions)	5	3	High	All climbers must be briefed to not bring any additional items onto the mats such as mobile phone or water bottles. A space must be left inside the bouldering wall (not on the mats) on which climbers can place their personal belongings to avoid them bringing items onto the mats.	3	2	Low
Injury due to falling	Personal Injury (broken bones, sprains, cuts, concussions, spinal, strains), falling onto others	5	4	High	All climbers must climb down the wall once the top of a route is reached. Other climbers must also ensure they do not walk under climbers while they are climbing down.	3	3	Medium
Exacerbation of fall injuries due to coaching techniques/equipment/props.	Personal Injury (broken bones, sprains, cuts, concussions, spinal, strains)	3	3	Medium	Activities/tasks set appropriate to the skill level of the group. Activities should not restrict limbs available to break a fall. Equipment/props used should be soft or very small, such that falling with/on them will not cause injury.	1	2	Low

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Hazard	Effect	Inherent Risk			Controls	Residual Risk		
		Likelihood	Severity	Risk		Likelihood	Severity	Risk
SARS-CoV-2 (Novel Coronavirus)	COVID-19 (Flu-like symptoms, death in those who are at risk, transmission to those at risk, transmission to those not at risk leading to an epidemic)	5	2	Medium	Signs to be placed reminding climbers of social distancing guidelines. Number of people inside the wall to be limited in line with size of space and social distancing guidelines. Ventilation to be used to increase airflow. Hand sanitiser to be provided outside wall. Hand washing to be encouraged with signage before and after climbing. All persons attending session must be noted, to ensure track and trace can be used successfully if required. Person(s) must not attend sessions if they are COVID positive or have COVID symptoms.	3	2	Low

