



Southampton University Mountaineering Club

Risk Assessment: Sea Cliff Climbing

Activity or Task	Sea cliff climbing
Assessor (Position)	Ellie Tang (President)
Date	31/08/2022
Activity Description	Climbing to be undertaken in or around sea cliff areas
Additional Notes	This risk assesment is to be used in conjunction with risk assesments for other activities undertaken in the same area.
Checked by (Position)	Ellie Tang (President)
Date	31/08/2022
Checked by (Position)	Josie Meredith (Vice President)
Date	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	3	Medium	Climbers are encouraged by the person running the session to avoid overexertion, causing stress to tissue. Routes/tasks are set appropriately for the skill level of the group and the activity to be trained. All training sessions to be commenced with a suitable warm up.	3	2	Low
Entanglement	Asphyxiation	2	1	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
Dehydration	Personal Injury	2	2	Low	Suitable water must be take to the area to last for duration of activity.	2	2	Low
Tidal range	Being swept out to sea, drowning, personal injury (breaks, sprains, cuts), being trapped on crag, death	2	5	Medium	Climbers must check tidal range before activity and must ensure they leave crag if risk of being cut-off by the tide. Alternate methods of leaving crag must be assessed to ensure there are alternative exit paths. Abseil rope must be left in for tidal cliffs so ascending the rope is always a suitable method of escape.	1	3	Low
People being swept out into the water by large waves	Personal Injury (breaks, cuts sprains), drowning, death	3	5	High	Climbing must not be attempted at dangerously high tide (tide very close to climbing area), climbing must also not be attempted in stormy conditions or when large waves are occurring.	2	3	Low
Corrosion of equipment due to saltwater	Breaking of equipment leading to personal injury	2	5	Medium	Equipment must be checked for corrosion before use by climber. If equipment is dropped into water or near water (including splashes) it must be checked for corrosion by climber and not used if deemed unsafe. All returned gear must be washed or suitably looked after, after sea cliff climbing has occurred.	2	2	Low
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	Climbing must not occur if crag is too busy and if an appropriate distance cannot be maintained from other groups of climbers. If any climbers have symptoms of COVID-19 they must not undertake activity. Liquid chalk is encouraged. Climbers must provide evidence of a negative lateral flow test if participating in a club meet.	2	3	Low

