



Southampton University Mountaineering Club

Risk Assessment: Traditional Climbing

Activity or Task	Traditional Climbing
Assessor (Position)	Ellie Tang (President)
Date	31/08/2022

Activity Description	Traditional climbing (climbing in which in lead climber places protection)
Additional Notes	

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 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
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	All climbers must ensure they are hydrated before starting a route (either climbing or belaying). All climbers must bring a water bottle to the crag.	2	2	Low
Falling rocks/objects	Personal Injury (Spinal, breaks, sprains, cuts, death)	3	4	Medium	Climbers and belayers must wear a helmet when climbing or belaying. Whenever the climber notices rockfall or falling objects they must alert those on the ground of the rockfall or falling objects to help to prevent injury.	2	2	Low
Insufficient skills	Personal Injury (Spinal, breaks, sprains, cuts, death)	3	5	High	Climbers must not climb above their abilities. All climbers must also ensure that their belayer has the sufficient skills to belay them on their route (if not, a third person should be used to hold the dead end of the rope).	2	3	Low

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Equipment breaking	Personal Injury (Spinal, breaks , sprains, cuts, death)	2	5	Medium	Climbers must ensure that the equipment used is in a suitable condition before use. Gear secretary must also ensure that all equipment unsuitable for climbing is retired and not handed out for use.	1	5	Low
Ineffective gear placement	Personal Injury (Spinal, breaks , sprains, cuts, death)	4	5	High	Climbers must be confident in their gear placements, and ensure that gear placement is regular to reduce the risk if gear does fail.	2	4	Low
Hypothermia	Personal Injury	4	4	High	Climbers must bring suitable clothing to crag to ensure they are warm. Climbers must also alert others if they are starting to feel to very cold so intervention can occur before it gets worse. If conditions are too cold climbers should leave the crag.	2	2	Low
Heat exhaustion	Personal Injury (Dehydration)	3	4	Medium	Climbers must bring suitable clothing to crag to ensure they do not overheat. Climbers must ensure enough water is bought to the crag to prevent dehydration. If conditions are too hot climbers must either find shade or leave the crag.	2	2	Low
Panic attack / refusal	Personal Injury (Spinal, breaks , sprains, cuts, death, hypothermia, heat exhaustion)	3	4	Medium	Climbers should not climb outside of their ability and ensure they do not feel uncomfortable before climb. If hazard occurs, belayer / others in group must work to console / calm down climber. If this is unsuccessful another climber should carry out suitable rescue if confident; if no climber is confident in this, mountain rescue must be called.	1	2	Low
Falling from height	Personal Injury (Spinal, breaks , sprains, cuts, death)	4	5	High	Climber and belayer must ensure the climber is correctly tied into rope before climbing and that belayer is correctly set up. Gear must be placed as regulary as possible to ensure falls are as short as possible. Climber should wear the correct sized harness when climbing. Climber must ensure that belayer is proficient before climbing. Climber	2	3	Low

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Approach	Personal Injury (Spinal, breaks , sprains, cuts, death)	3	3	Medium	Climbers must ensure suitable footwear is worn for approaches. Any approaches which look unsuitable must not be taken. Climbers must ensure equipment carried to crag is not too heavy or that it does not hinder walking during approach.	1	2	Low
Descent from climb	Personal Injury (Spinal, breaks , sprains, cuts, death)	3	3	Medium	Climbers must ensure safe descent is available before starting climb. If walking descent, climbers must walk carefully and a suitable distance away from cliff edges. All equipment must be suitably packed for carrying down climb. If climbers are abseiling during descent see abseiling.	1	2	Low
Abseiling	Personal Injury (Spinal, breaks , sprains, cuts, death)	3	4	Medium	Climbers must ensure that a suitable anchor is chosen to abseil from. If possible anchor should be made from several points. Anchor must be made by climber with suitable proficiency. All climbers must be confident before beginning abseil.	2	3	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	3	High	Climbers must use hand sanitiser before/after climbs. Climbers must also ensure that they keep a suitable distance from other groups of climbers. The use of liquid chalk is encouraged. Climbers must provide evidence of a negative lateral flow test before attending club trad meets.	2	3	Low

