



Safety Guidelines

General

1. No one is to abseil without a safety system being either of:
 - A bottom brake
 - Self belay with a prussic cord (also with bottom brake until demonstrated competent)
 - A top line belay.
2. **No one is to modify, change or interfere with an anchor unless they have double-checked that it does not compromise the safety of anyone.**
3. All abseiling and belaying with moving rope will be done with gloves on.
4. Bottom braking is done with gloves off, in the 'rifle' position in an open, clear area.
5. When attaching to a rope for climbing your attachment must be one of:
 - Figure 8 Follow Through tie in
 - Two screw gate karabiners being used opposite and opposed

Abseiling Towers and Platforms

1. Helmets must be worn in the impact zone whenever there is someone off the ground.
2. At the start of the day and after breaks, all anchors to be checked by instructors.
3. **No one is to modify, change or interfere with anchors at any time without the express permission from the instructor in charge.**
4. Whenever ladders are being used a belay system must be in place.

At Cliff Sites

1. No one is to abseil without a safety system: either a bottom brake, self belay with a prussic or with a top line belay. No one to abseil with a self-belay only until they have demonstrated competence.
2. Helmets are to be worn at all times when at the bottom of the cliff, while abseiling or while climbing. Helmets may be off and attached to the harness while at the top of the cliff.

First Aid, Profile Forms and Emergency Communications

First Aid Kit, Participant Profile Forms, Emergency Response Plan and Satellite Mobile Phone are in the front of the light blue filing cabinet.

Standard Communication Calls

The following minimum calls will be used for the duration of the course.

1. **Abseiling:** before descending the line call "*Descending*" to which the bottom brake responds "*Brake Ready*". Multiple lines will have the line number following – Eg "*Descending Line 1*" then "*Brake Ready Line 1*".
2. **Climbing:** Belayer takes in until the rope is tight when the climber calls "*That's me*". The belayer then calls "*Climb when ready*", to which the climber responds "*Climbing*".
3. It is good practise to let everyone know when you are safe by calling "*Safe*".