

PHYSICAL ACTIVITY SAFETY CHECKLISTS

CLIMBING (WALL, ROCK, BOULDERING, OR ICE TOWER)

Climbing is a popular recreational activity that started as an alpine necessity and became an athletic sport in its own right. There are numerous types of climbing activities: bouldering, rock climbing, artificial climbing walls, ice climbing, and rappelling and abseiling.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from an instructor trained by the Alpine Club of Canada, or a similar program, or is an experienced climber/teacher capable of teaching, demonstrating and supervising climbing sessions as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

Instruction is received by a trained belayer if climbing requires the use of a belaying system

All sessions are conducted in a safe environment, with students being aware of the potential risks of climbing

Safety rules and procedures are learned prior to participation

Climbing skills are learned in proper progression

Climbing sessions are conducted with an appropriate warm-up and cool-down

Difficulty of climb is appropriate for student's development/abilities

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

* See camping checklists for safety information when camping overnight.

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<p>Supervision</p> <p>Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.</p> <p>Recommended level of supervision: constant visual supervision until belayers or spotters (bouldering) are competent as well as for lowerings; otherwise on-site supervision is provided</p> <p>Instructor controls the climb Safety rules and procedures are enforced Emergency action plan is in place to deal with accidents/injuries</p>	<p>Facility/Environment</p> <p>Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session Activity area is free of hazards/debris Activity area is clearly marked Proper lighting and ventilation, when applicable, are provided Safety rules/regulations are provided or posted Instructions for use of facility are posted Emergency exit of indoor facility is clearly marked</p>
<p>Equipment</p> <p>Equipment to be used is suitable and in good condition Ropes and harnesses are inspected before every use and replaced on a regular schedule Helmets fit properly First aid kit and phone are available</p>	<p>Clothing/Footwear</p> <p>Appropriate and properly fitted footwear is worn Laces are tied and open-toed shoes are avoided Jewelry is removed or secured when safety is a concern Appropriate clothing is worn, permitting unrestricted movement Clothing must meet requirements of club or conditions</p>
<p>Other Considerations</p> <p>The student has completed a regular medical checkup and a medical history prior to starting the program The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program Registration in an accident insurance plan is encouraged Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional The activity is suitable to the student's age, ability, mental condition, and physical condition The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher</p>	