



GOODLEAF **TREE CLIMBING**

Generic Risk/Benefit Assessment

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The benefits of recreational tree climbing

Taking part in recreational tree climbing with Goodleaf gives climbers the opportunity to put themselves in situations where they will gain many personal benefits. Tree climbing with Goodleaf exposes climbers to a range of situations that will foster:

Building self confidence

- Boosting self-esteem
- Coping with challenge
- Providing hands on experience
- Stretching personal comfort zone
- Learning new skills and unlocking talent

Understanding of self and others

- Developing Self-reliance and independence
- Developing Self-respect and Self-esteem
- Developing a positive attitude to challenge
- Developing the ability to empathise

Expanded horizons

- Appreciation of the natural environment

PSHE

- Experiential learning
- Managing challenge and risk

Cooperating with others

- Learning to trust
- Effective communication – listening and speaking
- Awareness of strengths and weaknesses

HAZARD	RISK	WHO IS AT RISK	CONTROL
Tree hazards	Falling objects. Branch failure.	Climbers, Instructors and Spectators.	<ul style="list-style-type: none"> *Hazard tree evaluation done by a qualified arborist. *Removal of tree hazards, dead, dying and diseased limbs. Removal of epicormic growth that would impair free movement within the tree. *Inspection of tree and surrounding area done prior to setting up tree. *Anyone in the climbing area must wear a hard hat.
Public entering climbing area when climb takes place in a public space.	Injury to member of the public. Trips, slips, falls. Struck by falling object.	Spectators entering the climbing area.	<ul style="list-style-type: none"> *Climbing area cordoned off to everyone except instructors and climbers. *Climbing area shown and made clear to small groups. *If climbing in a tree that is not in a public area then advise climbers where the climbing area is.
Installing Equipment	Falling. Falling objects. Damage to tree.	Climbers, instructors and spectators.	<ul style="list-style-type: none"> *Anchor points must be at least 6 inches in diameter and sound. *Visual tree inspection carried out prior to first ascent of tree. *Tree assessed for new hazards prior to every climb. *Best practice observed for all tree climbing operations. Refer to Goodleaf training manuals, Goodleaf operating procedures, Industry standards (AFAG leaflets especially 401, Guide to Good Climbing Practice, Health and Safety Legislation). *Climbers to only proceed climbing at height once instructor is satisfied that the climber is competent to do so. *No object to be left in tree that is unsecured. *Use of cambium savers or pulleys for all anchor points. *Climbers ropes to be spaced to allow enough personal space for each climber.

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Faulty equipment	Falling	Climbers and instructors	*Equipment checked and recorded at the end of each days climbing. *Equipment checked while installing. *Thorough LOLER inspection every 6 months. *All equipment in life support chain to have appropriate CE mark. *Equipment checked after any abnormal use. *Equipment destroyed and discarded if unsatisfactory.
Contact with tree	Scrapes and scratches	Climbers	*Climbers told when booking to wear long sleeves and trousers while climbing. *If not wearing long sleeves and trousers climbers need to take care of exposed skin in contact with the tree. This may be preferable to suffering from overheating in hot conditions (see adverse weather hazard).
Unsupervised climbing during climbing session	Falling. Injuries to climber. Damage to equipment	Climbers	Instructors to remain vigilant throughout climbing session. *Instructors to monitor climbers at all times when in the tree
Ground hazards	Trips, slips, falls, stings.	Climbers, instructors and spectators.	*Make everyone aware that they are in a natural environment where rabbit holes, undulating ground, stinging nettles and other naturally occurring hazards exist. *Note any climbers that are allergic to anything.
Adverse weather	Sunburn Heat stress Dehydration Coldness Hypothermia Poor visibility	Climbers, instructors and spectators.	*Instruct climbers and spectators to dress for the conditions. *Provide sun block for climbers and spectators. *To prevent dehydration instruct climbers to bring liquid with them. Goodleaf to have liquid available. *If weather inappropriate then stop climbing.
Hair, jewellery, loose clothing	Injuries through hazard snagging or getting trapped.	Climbers	*Long hair to be tied back. *Loose jewellery to be removed. *Loose clothing to be removed or tucked away.
Improper use	Falling.	Climbers	*All climbers PPE checked by an

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of equipment	Impact injury. Rope burn.		<p>instructor before climber is clipped into the rope.</p> <p>*Only an instructor that is qualified to do so is to clip climbers into the climbing rope.</p> <p>*Climbers to be made specifically aware that they are never to open their karabiner.</p> <p>*Instructor to give demo session and a one to one practice session at low level.</p> <p>*Climbers advance to climbing at height once the instructor is satisfied the climber is competent.</p> <p>*Tension to be kept on climbing rope at all times.</p> <p>*Climbers are not to climb above their anchor point.</p> <p>*Instructor to monitor climbers at all times.</p>
Uncontrolled descent	Rope burn. Possible rope failure leading to fall.	Climbers	<p>*Climbers instructed on the procedure for a controlled decent.</p> <p>*Knots to be tied by climber at least every 3 metres, reducing any uncontrolled decent during climb to a maximum of 1.5 metres.</p> <p>*Climber to call and wait for belay before decent.</p>
Climber unable to descend to ground	Stress to climber. Panic leading to irrational behaviour from climber.	Climbers	<p>*Climber instructed on procedure for descent by instructor on the ground.</p> <p>* If talking the climber down is unsuccessful then instructor to climb tree and perform aerial rescue. Refer to Guide to Good Climbing Practice and Goodleaf training manual for full details.</p>
Instructor incapacitated	Harm to instructor.	Instructor	<p>*Climbers and other instructors are made aware of emergency procedures sheet which is left with a phone in a designated space.</p> <p>*Climber or other instructor to call for emergency services if necessary.</p>
Manual Handling	Muscular strain, back injury, crush injury	Instructors, climbers	<p>Avoid lifting heavy objects where practical, use alternative methods, move smaller weights, use ergonomic work systems, work planning, PPE, warm up before lifting.</p>

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Biotic Factors	Stings, bites, allergic skin reactions, transmitted infections (viral or bacterial)	Climbers, instructors, spectators	<ul style="list-style-type: none"> *Identify vegetation with the potential to cause harm and remove it. *Monitor insect and animal activity. Remove hazard where appropriate. *Check all climbers' waiver forms for allergies. Deal with these appropriately. *Emergency procedures on site.