

Nottingham Climbing Centre

Code of Practice for Supervising Climbing Activities

Competence

The correct level of qualification for teaching climbing in an indoor setting is the Mountain Leader Training England, Single Pitch Award.

Where this level of qualification is not held any Instructor must have gone through structured training and assessment in the use of the wall and teaching climbing.

All Instructors must have a current First Aid qualification. If working with people under 18 years of age all staff will have been screened through the Criminal Records Bureau.

Insurance

All external Instructors using the centre for commercial gain must in addition to the above have third party liability cover of £2,000, 000.

Equipment

All equipment must be checked by the Instructor prior to use. Any equipment found to be damaged or unserviceable must be retired and the details recorded in the equipment log.

Group supervision

Instructors should follow current best practice and consult the management if unsure of any aspect of the session to be undertaken. All staff should familiarise themselves with all policies and risk assessments before running a session.

Every session should involve an element of the following;

- ***Prior planning***. This should involve checking the group's medical history and expected behaviour levels. Also take into account if any other staff/ adult will be accompanying the group. A clear plan of what to do and where within the wall should be discussed with all staff involved.
- ***Meet the group***. Introduce all the staff that will be working and make sure you know who is in the group. Identify any medical/ behaviour problems at this early stage and take into account any extra provision that may be needed.

- ***Brief the group.*** Discuss safe movement around the centre, fire drills and some basic rules.
- In busier periods it can be hard to keep your group together so take the group on a quick tour of the centre identifying toilets etc.
- ***Fit equipment.*** As required in accordance with manufacturers recommendations and current best practice. Obey child protection protocols when fitting harnesses.
- ***Warm up.***
- ***Run your session.*** Create a safe and fun session relevant to the group.
- ***Warm down.***
- ***Review and finish.*** Ensure that at the end of a session you answer all questions and promote safe climbing in the future. Hand responsibility back to any staff/ adults when leaving the climbing area.