



Rock Climbing Policies and Procedures

Goals and objectives of the Outdoors for All Rock Climbing Program:

To provide participants with a SAFE, FUN atmosphere to learn and practice safe climbing techniques. Each rock climbing event is different. The focus of some may be to have a safe and fun rock climbing experience and others may also work to further advance a participant's rock climbing skills.

Climbing activities will include indoor and outdoor top roped climbing as well as bouldering at indoor climbing gyms. We are not presently teaching participants proficiency in anchors, equipment set-up, knot tying, or belaying. If a participant is interested, a qualified staff or lead volunteer can teach them knot tying and belaying in a mock set up.

These goals will be accomplished by meeting the following objectives:

1. Participants will become familiar with climbing equipment.
2. Participants will be able to put on their own harness and helmet (if possible).
3. Participants will learn to use consistent belay check and climbing commands.
4. Participants will follow all the safety parameters outlined in this manual.
5. Participants will become familiar with equipment safety.
6. Participants will have fun!!!

Volunteer Requirements

Volunteers taking part in the rock climbing series must attend Outdoors for All rock climbing training. Volunteers are expected to have previous rock climbing and belay experience.

Prior to belaying in our program, volunteers must be checked off to belay by a qualified staff member. Volunteers must demonstrate the ability to properly load a GriGri, tie and check a figure 8 follow through knot, demonstrate proper belay technique, and lower a climber. Once someone is checked off, this should be recorded and they will be given a belay card.

Lead volunteers have a higher degree of rock climbing experience and are given more responsibility than general rock climbing volunteers. These volunteers must be checked off by a qualified Outdoors for All staff member or have rock climbing experience at another reputable organization. These volunteers will be proficient in leading climbing, lead belaying, and anchor building.

Climbing Activities

Bouldering (unroped traversing) may be done at indoor gyms, following the facility's guidelines. Participants, volunteers, and staff will follow the bouldering policies set forth by the gym.

All other climbs will be top roped. Top rope anchors will be built by a qualified staff or lead volunteer using Outdoors for All hardware and ropes and will meet the requirements for industry standard redundant climbing anchors. Anchors should be set with two reversed, opposed & locked carabineers attached to each end of the rope. Three reversed and opposed non-locking carabineers must be used to connect the belay rope to the anchor. Climbers will be tied into the rope with a figure 8 follow through knot through both harness hard points. When setting top roping anchors, a qualified staff or lead volunteer should use pre-existing bolts (permanent). Should temporary (removable) bolts or new permanent bolts need to be placed, Outdoors for All will contract the work to a climbing company.

Policies and Procedures

- Qualified staff or lead volunteers will physically and visually inspect all equipment; ropes, harnesses, helmets, webbing, carabineers, and belay devices before each session
- Qualified staff, lead volunteers and instructors will check all climbing areas prior to the session for loose debris. All areas shall be cleaned and swept as required.
- In case of rain (present or previous), qualified staff or lead volunteers will check all climbing areas and determine if the lesson can continue.
- All belay hardware, ropes, and anchor gear must be from Outdoors for All
- All belay devices shall be UIAA approved and have a known history
- Qualified staff or lead volunteers will set or check all anchors
- Staff and lead volunteers must be checked off, by a designated staff member, to set anchors and hang ropes prior to doing so in a program
- A qualified staff member or lead volunteer will be stationed at all climbing areas.
- All participants, volunteers, and staff are required to wear a helmet for all outdoor climbing activities while climbing, belaying, or if they are in the designated climbing area

- Only Outdoors for All climbers, belayers, and assistants who are actively involved in a climb are allowed in the designated climbing area.
- When not climbing, participants should rest outside of the designated climbing area.
- For indoor climbing, all participants, volunteers, and staff must follow the gym's policies and procedures
- Prior to belaying, all volunteers and participants must be checked off to belay by a qualified staff member
- GriGris are encouraged to be used for belaying
- Climbers will be tied into the rope with a figure 8 knot through both harness hard points
- All knots will be dressed, tightened, and backed up or have a 6-inch tail
- Before each climbing activity, the instructor must double-check:
 - Helmet
 - Harness
 - Belay rope tie in
 - Belay device
 - Carabiner
 - Belay rope
- Participants should not climb above their anchors or grab onto them
- All climbers must wear shirts and closed-toe/closed-heel shoes. Any loose clothing should be tucked in or tied back. Long hair should be pulled back or tucked under the helmet. Any loose or protruding jewelry should be removed. All sharp objects should be removed from pockets.
- First aid kit and cellular telephone will be on site. All incidents will be documented on an Outdoors for All Incident Report. This report should be filled out by the instructor as soon as possible after the incident occurs.
- All equipment should be handled gently, and never dropped, thrown, or stepped on. Special care should be taken to ensure that participants understand the importance of equipment safety.