

# Trainer Notes



<b>Climbing Wall</b>	<b><i>Climb to the top of the wall</i></b>
Target group	Any
Time	5 – 10 minutes per person
Rationale / Outcome Benefits	Mutual support, communication and shared success
Group size	Minimum of 3
Staff	1 - Must have SPA or ERCA Instructor Award and appropriate Group management experience as a minimum. Must also be trained on-site. Must be a holder of a current First Aid certificate.
Preparation	Bolt lower holds to the wall Put belay ropes in place. Set up belay system.
Specific Emergency Procedure	If delegate 'cragfast' then pulling on rope will haul them off AS A LAST RESORT! Should an incident occur in which immediate threat to life or limb occurs: <ul style="list-style-type: none"> <li>• Lower the casualty to the ground</li> <li>• Give first aid</li> <li>• Refer to Emergency Flow Chart</li> <li>• Send two runners to reception to alert venue co-coordinator and also to request type of assistance and equipment required.</li> </ul>
Equipment	Belay Devices Dynamic Safety Ropes Slings and Karabiners
Trainer kit	First aid kit Harness and Helmet
Delegate kit	Clothing suitable for weather Boots or trainers Harness Helmet

<b>Significant Hazards</b>	<b>Protective Measures</b>
All Risks and Protective Measures as per Generic Risk Assessment	

Checked by:	Steph Williams
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