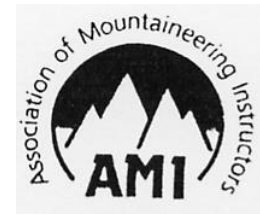




ADVENTURE TRAINING LTD



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Nightingale Primary School. Climbing Wall – Method Statement

The method below was agreed between Mr. Paul Rolinson of Adventure Training Ltd. and with Mrs. A. Hopper for use on the School climbing wall.

- Only approved persons will run climbing sessions.
- Existing approved persons may train and encourage colleagues, but they will not lead sessions until approved by a technical advisor.
- The approved person will check every harness, helmet, knot and karabiner before every climb.
- The only belay device used in School sessions will be the `Grigri.`
- Climbers will be attached with a re-threaded figure 8 or Belaymaster karabiner.
- Peer belaying may take place using the Grigri in standard configuration with at least one person as safety rope back-up and under close supervision by the approved person.
- Only the approved person will lower climbers from the wall.
- Everyone within the designated climbing area will wear a helmet during climbing activity, except when climbing the auto-belay protected routes.
- The approved person will regularly repeat the safety points:-
 - Only climb when the rope is tight.
 - Do not adjust your harness and helmet.
 - Do not touch knot or karabiners.
 - Do not touch the black handle on the Grigri.
 - Do not put fingers through the bolt holes.
- Traversing will only take place below the 2.2 meter `Hazard line` and with a spotter.

Paul Rolinson
October 2021.