



# **THE NEST CLIMBING HEALTH & SAFETY POLICY**

## **STATEMENT**

The aim of this statement is to ensure that all users of The Nest Climbing can climb and work in a safe and enjoyable environment at all times. The Nest Climbing provides a facility that enables individuals to climb indoors in an environment that minimises risk. The centre aims to provide facilities that are friendly and have numerous challenges for climbers of all ages and abilities. The Nest Climbing will continually review its health and safety arrangements and ensure it meets its legal requirements. The centre also recognises this is an integral part of its business and will endeavour to always use best practice in its operation.

To meet its aims The Nest Climbing will:

Communicate and document the health and safety arrangements and ensure that these are available to staff and clients alike.

Provide adequate control of the associated risks arising from activities held at the climbing centre.

Train all staff in assessing client's competency and needs for training.

Ensure that all staff are trained in first aid.

Provide and maintain safe equipment.

Prevent accidents and ensure that all accidents are reported correctly.

Maintain safe and healthy working conditions.

Review and revise this policy with the staff as necessary.

## **DESIGN AND CONSTRUCTION**

Artificial Climbing Structure - Is designed and built to the European standard BS EN 12572-2:2008, artificial climbing structures, protection points, stability requirements and test methods. The bouldering wall stands between 3.5 - 5 m

The Nest Climbing Ltd  
1-7 Material Walk  
Hayes  
UB3 1DP

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Email: [enquiries@thenestclimbing.co.uk](mailto:enquiries@thenestclimbing.co.uk)  
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height vertically from the floor to the highest point. 300mm matting is provided around the centre, uniformly with no gaps or other inconsistencies within the expected landing area.

## **MAINTENANCE AND INSPECTION**

The Nest Climbing is a member of the Association of British Climbing Walls (ABC). All maintenance, inspection and safety procedures and documentation shall be overseen by Rob Lawley and Sam Hunter (Directors). Equipment checks - log books have been made for specific areas, so regular checks can be made and recorded for evidence. All load bearing fixtures and fittings are to be visually inspected at least every 6 months. Once an equipment check is completed, it must be written in the appropriate log book as a record of the usage history that specific piece of equipment. Damaged or unsatisfactory items should be removed for further inspection and/or made unusable and be disposed of appropriately when considered unsafe.

## **PUBLIC ACCESS**

ACCESS – The Nest Climbing have a conditions of use document which makes our centre users explicitly aware of the criteria for safe use of the climbing facility and the risks inherent in climbing. This is displayed on our website and the ipads found at our front desk and provided to all participants to read as either a digital or hard copy before they register.

## **FIRST AID**

There will always be a trained First Aider on site.

## **REGISTRATION FORMS**

All participants and non-climbing supervisors must register on their first visit to the The Nest Climbing. All registration forms (digital or hard copies) whether adult, junior, novice, group or guest, contain the statement 'The British

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Mountaineering Council recognises that climbing is an activity with a danger of personal injury or death. Participants in these activities should also be aware of and accept these risks and be responsible for their own actions and involvement.'

Registration forms (digital or hard copies) include a positive written response stating that the user has read and understood the statement and conditions of use of our centre.

## **ADULTS**

Adults shall be registered after they have: 1. Given their name, age and address. 2. Given a positive written response to the minimum requirements of the centre. 3. Given a written response to our 'Conditions of use' and signed an acknowledgement form which outlines the dangers of climbing and demonstrates that the participant is familiar with and understands the rules of the centre and does not require instruction. Assuming a customer has answered positively to these questions then they will be allowed to climb unsupervised within the climbing wall.

## **UNSUPERVISED CLIMBING FOR 14 - 17 YEAR OLDS**

Young persons shall be registered and allowed to use the centre unsupervised only after they have:

1. Successfully demonstrated their proficiency in safe climbing techniques to a climbing instructor or competent member of staff through a Junior Assessment.
2. Their parent or guardian has completed a consent form (digital or hard copies).
3. For 14 and 15 year-olds their parents or guardians should visit the centre before junior membership will be issued, the young person will be allowed to use the centre completely unsupervised.

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## **SUPERVISED CLIMBING FOR UNDER 18 YEARS & NOVICE CLIMBERS**

Young people under 18 (who have not passed a Junior Assessment) are only permitted to climb when constantly supervised by a responsible adult who has read and understood the Rules & Conditions of Use. A novice is a user unable to satisfy our minimum requirements to use the centre unsupervised. Novice climbers must be constantly supervised by an adult (18 yrs and over) who is a registered user of the centre. The supervising adult must sign in as a supervisor having read and understood the conditions of use for the centre which outlines their supervisory responsibility. A responsible person can sign in and supervise up to 2 novice guests (the supervising adult does not require a recognised climbing instructional qualification). When being signed in, novices are to be advised by the supervisor of the risks of climbing and to be made aware of the participation statement that climbing is a dangerous sport carrying risk of personal injury or death.

Centre Staff will ensure that supervisors have been informed to pass on all relevant safety information to the novice climbers for which they are responsible. When there are more than 2 novices within a group they should be actively supervised by a qualified climbing instructor. We shall keep a register of climbing instructors including a copy of their relevant instructor qualifications at the centre eg CWA, SPA and MIA/MIC. Qualifications can be checked with the MLTB (Mountain Leader Training Board) if necessary.

## **THE TEACHING OF CLIMBING WITHIN SUPERVISED GROUPS INDOORS**

The teaching of climbing must only be carried out by suitably experienced or qualified instructors with a DBS check. For the teaching of indoor climbing at the The Nest Climbing, all instructors must have either completed:

1. Climbing Wall Award (CWA/CWI) or higher, and have received an induction into the Centre.
2. Have received site-specific training and assessment which covers the teaching of climbing in an indoor environment, and have received an induction into the centre.

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## **TUITION RATIOS**

The standard operational ratio is 1:6, although if necessary the maximum student-instructor ratio may be extended to 1:12.

## **MONITORING**

Appropriately trained staff shall actively monitor the centre periodically during opening hours with floor-walking, looking for breaches of the 'Conditions of use' and any other actions by users adversely affecting the safety of themselves or others, and shall take appropriate action where necessary. Similarly all instructors (freelance or otherwise) teaching under the banner of The Nest Climbing will ensure that participants adhere to the centre rules and conditions of use.

## **EMERGENCY PROCEDURES**

The Nest Climbing accident reporting procedure complies with the requirements of the Reporting of Injuries, Disease and Dangerous Occurrences Regulations 1995. Whenever an accident occurs to any person in the centre, an Incident Report Form should be completed as soon as possible. If the accident or incident is potentially serious a senior member of staff must be notified as soon as possible. All incidents must be brought to the attention of the management, and an investigation will be conducted if necessary. The objective of an investigation will be to establish the circumstances of the accident, not to apportion blame. This may include seeking statements from witnesses to the accident and preparing reports in conjunction with the department. The Accident Report form should be completed as soon as possible after the accident giving all relevant detail. Serious injuries will be reported to RIDDOR if necessary.

## **DANGEROUS OCCURRENCE PROCEDURES**

A dangerous occurrence can be defined as a "near miss" or more correctly a "near hit" where the incident has the potential to cause serious personal

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injury, has caused property damage or has the potential to cause property damage. It is important that equipment or objects relating to the incident must be left in situ at the time of the incident unless it would be unsafe to do so. The investigative and reporting procedure is exactly the same as for accidents.

## **FIRE**

On discovering a fire, or the fire alarm sounding, evacuate the building from the nearest door:

The front main entrance door remains unlocked at all times during opening hours.

There are three further doors including located along the main walkway with thumb catch locks which can be turned from the inside without the need of a key to leave the premises.

Assemble along the pedestrianised area along Material Walk outside the front of the building.

Only tackle small fires yourself using the appropriate fire appliances and where there is no risk to yourself.

On evacuating the building act calmly and quietly to avoid alarming/ scaring anyone.

Take care on the stairs, do not rush anyone as this may result in unnecessary accidents. Try to provide reassurance.

Check areas are clear if safe while directing people out.

Do not enter the building until informed it is safe to do so by the Fire Brigade or The Nest Climbing duty manager.

Fire exits and evacuation routes have the correct signs and exit signs.

All fire exits are checked for safe opening on a regular basis.

Staff must be fully briefed on the evacuation procedures and the correct use of fire-fighting equipment.



## GENERAL CONDITIONS

At all times The Nest Climbing operates within the existing statutory obligations. We are certificated with current Public Liability and Employers Liability insurance. All of our subcontractors comply with the operational and safety procedures of the centre, and any statutory obligations.

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