



# Abseiling Risk Management Plan

CCC Central Coast

School: \_\_\_\_\_ Year: \_\_\_\_\_ Dates: \_\_\_\_\_

Program: \_\_\_\_\_ Supervising Staff: \_\_\_\_\_

## Activity Context

Abseiling at CCC Central Coast involves descending a 5 metre artificial wall, starting from a platform built on the side of an embankment, facing coastal rainforest. Abseiling is a fun and challenging activity designed to place participants in limited control of a descent from a height. Abseiling helps participants face fears, take responsibility, develop confidence, and improve communication.

This document contains the specific risks, control measures and grading for the abseiling activity. Please refer to the document **General Activity RMP – CCC Central Coast** for a list of general risks and control measure relevant for all CCC Central Coast activities, as well as risk rating information.

## Risk Management Plan

Risk Description	Existing Control Measures	Risk Rating (with controls)		
		Likelihood	Consequence	Rating
<b>Abseil Specific – Risk factors specifically associated with the activity of abseiling at CCC Central Coast</b>				
<b>Fall from height</b> <ul style="list-style-type: none"> <li>By participant</li> <li>By Activity leader</li> </ul>	<ul style="list-style-type: none"> <li>Abseil platform has clear safe zone marks, rope, and fences on sides and back. Participants are instructed to stand in safe zone.</li> <li>Abseil platform off limits to participants without Activity Leader supervising</li> <li>Participants and Activity Leader attached to safety lines within two metres of edge of wall</li> <li>Participants wear safety harnesses while on the platform / abseiling</li> <li>Participants are connected to a top belay line (controlled by Activity Leader) while abseiling</li> <li>Equipment protected from sharp edges with protective equipment</li> <li>Equipment rated and maintained for loads well above actual load placed upon it</li> </ul>	Rare	Catastrophic	Medium
<b>Slipping/Tripping</b> Around the activity area	<ul style="list-style-type: none"> <li>Potentially dangerous areas fenced off</li> <li>Stairs provide access to upper and lower levels of abseil area</li> <li>Platform and abseil area kept free of sticks etc.</li> </ul>	Possible	Minor	Medium
<b>Cutting/Scratching</b> On equipment, trees etc.	<ul style="list-style-type: none"> <li>Abseil equipment and area regularly monitored for sharp edges etc. maintained as required</li> <li>Bolts etc. within reach cut back so as not to stick out</li> </ul>	Possible	Minor	Medium
<b>Impact</b> Injury caused by hitting wall, landing on ground too hard	<ul style="list-style-type: none"> <li>Participants briefed on and demonstrated proper way to abseil prior to abseiling themselves</li> <li>Activity Leader helps control descent through top belay</li> </ul>	Possible	Minor	Medium
<b>Entanglement</b> <ul style="list-style-type: none"> <li>Jewellery</li> <li>Hair</li> <li>Loose Clothing</li> <li>Fingers</li> </ul>	<ul style="list-style-type: none"> <li>All loose clothing, jewellery and other objects that may become entangled are to be removed/restrained for the activity</li> <li>Long hair is to be tied back for the activity</li> <li>Participants briefed on where to place hands on rope / away from equipment</li> <li>Abseil is set up with releasable system enabling Activity Leader to release anything caught</li> </ul>	Unlikely	Moderate	Medium

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Risk Description	Existing Control Measures	Risk Rating (with controls)		
		Likelihood	Consequence	Rating
<b>Falling Objects</b> Causing injury; eg. abseil equipment etc.	<ul style="list-style-type: none"> <li>Loose equipment kept away from abseil edge</li> <li>Participants briefed on not carrying 'loose' items</li> <li>Participants briefed on safety near bottom of abseil</li> <li>Participants required to wear helmets for activity</li> <li>Helmets required to be worn by anyone at bottom of abseil wall, signs warning of such</li> </ul>	Unlikely	Minor	Low
<b>Rope Burn</b> Caused by excessively fast descent	<ul style="list-style-type: none"> <li>Participants briefed and instructed on proper technique for descent</li> <li>Activity Leader helps control descent through top belay</li> <li>Gloves available as option for participants</li> </ul>	Possible	Minor	Medium
<b>Participant Stuck</b> While attached to ropes	<ul style="list-style-type: none"> <li>Abseil is set up with releasable system enabling Activity Leader to lower participants to ground</li> <li>Activity Leaders trained in rescues</li> </ul>	Unlikely	Moderate	Medium
<b>Inverting</b> Where person abseiling flips upside down	<ul style="list-style-type: none"> <li>Proper harness fitting demonstrated, and harnesses checked for each participant prior to abseiling</li> <li>Chest harnesses fitted to participants that are considered high risk of inverting</li> <li>Participants briefed on proper foot placement during abseil</li> <li>Activity Leaders helps control descent with top belay</li> <li>Activity Leaders trained to quickly re-invert participants who may invert</li> </ul>	Possible	Minor	Medium
<b>Structure Failure</b> Safety of the abseil platform, wall and anchors	<ul style="list-style-type: none"> <li>Regular inspections of structure and anchors performed by activity staff</li> <li>Yearly inspections by external assessor performed</li> <li>Platform built to building standards, bolts rated for loads placed upon them, 2 anchors always used</li> </ul>	Rare	Catastrophic	Medium

### Risk Rating Matrix

All identified risks are recorded in the following risk matrix according to likelihood and consequence. The purpose of this matrix is to provide a snapshot of all identified risks and establish the level of risk to determine if further treatment is required.

Likelihood	Consequences				
	1 - Insignificant	2 - Minor	3 - Moderate	4 - Major	5 - Catastrophic
1 - Rare	1	2	3	4	5 Fall from height, structure failure
2 - Unlikely	2	4 Falling object	6 Entanglement, participant stuck	8	10
3 - Possible	3	6 Slipping, cuts, impact, rope burn, inverting	9	12	15
4 - Likely	4	8	12	16	20
5 - Almost certain	5	10	15	20	25

### Risk Treatment

#### 1-4 Low Risk

- Risk does not generally need to be managed any further (current controls are adequate), however the risk needs to be monitored for changes in circumstances and current control effectiveness.
- Risk generally may be accepted.

#### 5-9 Medium Risk

- Risk needs to be regularly monitored for any changes and control/treatment effectiveness.
- Risk may be accepted after consideration.

#### 10-14 High Risk

- Risk is unacceptable, risks must be further treated or removed to bring rating to medium
- Risks are to be re-assessed by Activities Manager

#### 15+ Extreme Risk

- Unacceptable risk, urgent attention is required to treat or remove risks
- Management to consider elimination of activity

Risk Assessment Conducted by: *Program Manager, CCC Central Coast*

Date of Risk Assessment: *18<sup>th</sup> May 2020*

Date of Next Review: *May 2021*