



Rock Frog Climbing Services

Health and Safety Policy

Policy Statement

It is the aim of Rock Frog Climbing Services to offer adventurous outdoor activities to clients of all ages in a safe professional manner. At all times every effort will be made to accommodate the needs and wishes of the client(s) but RFCS will always reserve the right to alter, moderate, postpone or cancel an event or activity if it becomes evident that continuing with the said activity will pose a possible risk to participants.

By the following means, RFCS will endeavour to ensure the safety of it's activities for clients, instructors, assistants and other users of activity venues:

Clients

Activity Awareness

All participants in RFCS activities will be made aware of the potential for serious injury. As outdoor activities have become more accessible and more people participate in them on a regular basis, the recognition of climbing, mountaineering, caving and kayaking etc as "dangerous sports" has diminished. It is our policy to inform all participants of potential risks so that they can make an informed choice before taking part in a given activity.

In addition, should clients ask about insurance cover they will be informed about the type of insurance carried by Instructors and what that insurance does and does not cover. They will be asked to consider what personal injury cover and / or life insurance they possess, if any, and they will be advised to talk to their insurers and consider additional cover.

Client Preparation

All clients will be fully briefed about the type of activity they are to participate in prior to the day of the activity. As part of that briefing they will be given information on suitable clothing and footwear, food and drink and other kit that will be necessary for their safe participation.

Client Information & Medical / Consent Form

Prior to participation in any RFCS outdoor event clients will be required to complete a Client Information and Medical / Consent Form. The questionnaire requires clients to detail personal information, physical fitness, specific issues they may have regarding their suitability to participate in the event, any medical conditions, injuries, or allergies, medication they are taking and next of kin details.

Prior to the event, the Lead Instructor will carefully read CIMC forms and discuss any factors that may be of concern with the individual client and the rest of the RFCS team present on the day. After such a discussion, if it is felt that a particular client would

endanger themselves or others by participation then this will be explained to the client and they will not be allowed to participate in the activity.

Other Reasons for Refusing Participation

A client may be refused permission to participate in an activity if it can be reasonable to assume that their participation may put others at risk, i.e:

- If a client is, or appears to be under the influence of drugs or alcohol
- If a client refuses to follow instruction or safety advice
- If a client is abusive to members of the RFCS team or other participants.
- If a client abuses or damages RFCS equipment
- If a client is found to be carrying a weapon of some description
- If a client's attitude and behaviour in general suggests that they are not willing participants and are not willing to accept instruction.
- "Horseplay" during a session that may endanger others.
- Any action by a client that is considered by the RFCS Team to possibly endanger others.

No person under the age of 18 years will be allowed to participate in any RFCS outdoor activity without a parent or legal guardian being present throughout the activity if the child's participation in that activity is being paid for.

Activity Instruction

All activities will be lead and managed by an instructor who is qualified to give tuition and leadership in the specific type of event or activity or an Instructor who has been trained to lead and manage the specific type of event or activity and who's level of expertise and experience has been assessed as suitable for that specific event or activity by the RFCS Technical Advisor or the RFCS Senior Instructor, and / or Technical Advisor.

All Instruction will be given in line with RFCS Standard Practice Guidelines.

The Full health and Safety Document is available on request