

# Red Rope Climbing Guidelines 2017

(as suggested by Bristol South West region)

Red Rope recognises that climbing, in all its forms, is an activity which needs care and judgment to minimise the risk of injury or death. We stand completely behind the the BMC Participation Statement which states: *“The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.”* When we climb together we work within the following formal guidelines, which are intended for both prospective and existing members.

## Our expectations for all new climber members

1. Red Rope wants all new climber members to have the ambition to lead routes.
2. Bristol & SW Red Rope maintains an Incident Log. We use it to record incidents that caused concern to members on meets. Any member can log an incident. The Climbing Coordinator reviews the Incident Report, discusses its contents with those involved, attempts to draw lessons from the report and reports on all such incidents to the club’s Officers meeting.

## Experienced new/existing leader members

3. Experienced leaders in the club who take out novices have a duty of care to those novices. The BMC’s guidance suggests that anyone taking out a novice/less experienced climber must ensure that the route chosen is not only well within their own capability but within the physical and mental capacity of the novice. Leaders need to bear this principle in mind when selecting routes.
4. Red Rope climbers wish to use the best practices of the day when going climbing. Thus we strongly encourage all leaders in the club, if they have not done so in the last five years, to attend a one day training course to reflect on and improve their current rope work and safety skills. Red Rope may be able to assist with a grant towards funding to facilitate this process (such as BMC courses). The Climbing Coordinator keeps a log of climbers’ training experience.
5. Experienced climbers wishing to join RR will be asked to provide the Climbing Coordinator with a list of routes they have led in the last three years and any training they have attended. The Climbing Coordinator will then discuss with the applicant the best way to start climbing with the club. Alternatively the prospective member’s experience can be vouched for by an existing member who has climbed with them.

## New Novice members

6. When making the transition from indoor climbing walls to outdoor climbing, novices will need to have attended a training course with a recognized provider. The course will cover certain key skills which will include climbing with single and double rope, abseiling, belaying and holding a fall, nut extraction, attaching to a belay safely. Red Rope can provide advice about appropriate providers locally and nationally. Red Rope members cannot provide such equivalent experience within club meets. An alternative is if an experienced member of Red Rope can vouch for them having attained equivalent experience whilst climbing with them under their personal mentorship. The Climbing Coordinator will consult with other members before deciding if the equivalent experience is sufficient.
7. New novice members, when attending outdoor climbing sessions, need to have suitable equipment i.e. a helmet, harness, rock boots, belay device and locking carabiner, nut extractor, double sling and screw gate carabiner. Similarly for indoor sessions a harness, belay device and

locking carabiner and rock boots (which can usually be hired) are essential. RR can provide advice about what technical equipment to acquire.