

Safety Policies and Procedures of CRMC

The BMC has recommended that all affiliated clubs should adopt certain basic safety procedures:

- to help minimise the risk of accidents occurring; and
- to provide basic guidance on what to do should an accident occur.

While most of the advice included below is common sense, in recognition of our increasingly litigious society it is now considered necessary to ask members to sign this sheet, both to protect individual members and the club as a whole.

These Safety Policies and Procedures are not exhaustive and members should recognise that they have a responsibility to conduct themselves and any persons under their control or supervision, including children, in a proper, courteous and safe manner during all times they are on a CRMC event.

In arranging to participate in a CRMC event, each member accepts full responsibility for his/her own safety while on that event and agrees to accept, abide by and help promote the following Safety Policies and Procedures.

All Members

All members of the CRMC should complete and sign a membership application form with a Waiver and Release from Liability Agreement.

All members of the CRMC have an affirmative duty to inform the Committee as well as fellow members of any situation they consider to be unsafe or not in compliance with these Safety Policies and Procedures.

- All members should complete a route card for each daily activity, preferably using the standard CRMC form.
- We recommend that in the event of an accident, regardless of how minor it may seem, the Local Mountain Rescue Team is called on **999**.
- Any accident occurring on a club event should be reported to a committee member as soon as practicably possible. This would normally be the responsibility of the Event Leader but any member directly involved in an accident or near-miss is encouraged to advise a committee member of the details.

Climbing Members

New members wishing to take part on a climbing meet may be requested to demonstrate safe belaying and tie-in techniques to a member authorised by the committee. If appropriate, the authorised member may request the member to seek formal external training from a competent person before climbing on a club event.

- New or existing members who would like to participate in club climbing events who have not climbed before should attend a designated "Beginners' Meet" before taking part in other club climbing events. They may be requested to demonstrate safe belaying and tie-in techniques to a member authorised by the committee and, if appropriate, may be requested to seek formal external training from a competent person before climbing on a club event;
- Members on routes graded at "Difficult" or above are strongly encouraged to use a rope and an appropriate belay device. Climbers and their belayers are strongly recommended to wear UIAA approved harnesses and helmets on all climbs;
- Un-belayed climbing (ie, soloing) is strongly discouraged on club events;
- Members climbing on a top rope are recommended to use a figure eight retrace knot directly through the central harness loop rather than via a carabiner..