

Climbing & Abseiling Safety



- Participants will be provided with appropriate and serviceable equipment
- Helmets are to be worn to protect heads from impacts, both from falling objects and if someone slips. Anyone not wearing a helmet must be kept away from the cliffs.
- Smoking is not permitted while wearing or near equipment as burns can seriously affect the safety of all equipment.
- Once fitted harnesses should not be adjusted. If removed or adjusted then the instructor must be informed.
- Harnesses will be checked for correct fitting throughout the session by the instructor.
- Participants should remain at a safe distance from edges where they might fall. If required to approach the edge a safety rope must be used.
- Participants must not throw stones and if possible avoid inadvertently dislodging any loose rocks to fall.
- Participants must not be under the influence of alcohol or drugs.
- Equipment and knots must be double checked and not adjusted or undone by participants.
- Long hair should be tied back to avoid entanglement with equipment.
- Rings, earrings, necklaces, watches etc. should be removed prior to the activity if they present a potential hazard.
- Loose clothing should as far as possible be tidied and tucked in to avoid becoming a hazard
- When being given instructions participants must listen carefully, fully understand and carry them out as directed. If not understood or heard then they must ask for further explanation.
- At most sites there are roads and car parks nearby. Appropriate awareness and caution should be used particularly when being distracted by the activities or taking photographs etc.
- Participants must be responsible for their own safety at all times and must make it known if there is something that they are not comfortable with. Some apprehension is normal and the instructor will be able to explain what they're doing and allay those fears.

Sheer Adventure has public liability insurance but personal belongings are the participants own responsibility. We do not accept responsibility for the loss of additional expenses due to sickness, weather, strikes or any other causes. Personal accident insurance is not included.

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