

Sydney Rockclimbing Club Trip Leader Guide

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1. Preparing for a Club Trip

- Choose crag wisely – i.e. consider whether the crag faces the sun, time of year and wind conditions (particularly for abseiling and multi-pitch crags)
- The trip leader must be familiar with the crag and have already visited and climbed on multiple occasions
- Ensure that the Trip Convenor, President or Vice President has approved that a trip can be organised and that the trip leader is appropriately equipped to take the lead
- E-mail all members 2 weeks in advance to invite climbers to your club trip
- Consider the maximum number of participants beforehand and once the limit is reached, you may politely decline further participants
- Members that accept should then receive a follow-up e-mail to inform on the following:
 - A certified climbing helmet is mandatory
 - Gear specific for crag (consider abseiling, trad routes, rope lengths, PAS, etc.)
- You need to identify:
 - Climbers contact and emergency contact details plus any medical issues you need to be aware of
 - How many qualified First-Aiders are attending?

- Who are the experienced lead climbers who can assist with the trip?
- Who can act as mentors if the crag is graded for beginners – this could be determined on the day
- Weather considerations – inform the participants on what is expected prior to the trip and consider cancelling or moving to an alternative crag if conditions are unfavourable
- Don't forget to pack a pen and print off an attendance sheet

2. Example E-mail to Club Members

To: members@sydneyrockies.org.au

Hi Rockies,

A club trip is being planned for Saturday 16 Feb at Phegan's Bay, Woy Woy. This trip is graded as easy and ideal for beginner and intermediate climbers.

<https://www.thecrag.com/climbing/australia/woy-woy/phegans-bay>

Please respond if you are interested (reply only to this sender) and a mailing group will be established for those interested in attending. Please supply your climbing experience name, address, phone number, emergency contact details and indicate if you are an experienced lead climber.

<trip leader name & phone number>

3. Example E-mail to Trip Participants

Hi Rockies,

Thank you for registering your interest in attending the club trip to Mount Gibraltar on Saturday 13 Apr at 9:00am.

About the crag:

- **Meeting Point:** Jellore Lookout, Oxley Drive, Mittagong – 1hr 15mins from Sydney. Access to the top of the crag is 5 mins from the car (approx. 80 metres left of the lookout)
- **Grade:** Moderate (need to descend via fixed ropes and many climbs are multi-pitch)
- **Routes on Slab Walls:** 26 routes graded between 12 and 20 – many with 2-5 pitches including “The Very Easy Route” which is ideal for learning to do multi-pitch climbing (note: there are 60 routes in total on The Gib)
- **Online guidebook:** <https://www.thecrag.com/climbing/australia/mt-gibraltar/area/549932874>
- **Climbing Style:** Slab climbing on trachyte rock with good friction. Very different to the sandstone found in Sydney and the Blue Mountains
- **Aspect:** The crag is West-facing, which means it catches sun for most of the day. Any dew should burn-off by 10am or so. Be prepared for being in the sun all-day by wearing sunscreen, hat and long loose clothing
- **Weather:** The Southern Highlands often has cooler temperatures than Sydney and bringing warm clothes is a must. There are also days when a strong breeze can flow past this area
- **Equipment:** Most routes are bolted with fixed hangers without the need for bolt plates. A few longer slings for anchors and locking carabiners are a necessity. I would also recommend some longer quickdraws to avoid any rope drag on wandering routes – alpine draws are very useful

here. For those with trad gear, a very small rack of cams (#0.75 to #2) can help on Gripping Yarn P1 and Barking Knuckles P3

- **Rendezvous Point:** As the walk-in is very short, I often rack the harness at the car and bring a very small backpack with food, water and essentials. We will be leaving belongings at the top of The Very Easy Route near the tree and only taking what is needed for climbing down the descent gully (please don't leave anything at the base of the crag)
- **Other Consideration:** Please be mindful of staying on established tracks at the top as local Rangers have asked climbers to avoid affecting vegetation

We will be meeting at 9:00am (if you are running late just send me a text). Please arrange car sharing if possible and climbing partners. Dr Jeff Crass and myself would be happy to form a few groups to help with the basics of multi-pitch climbing (anchors, belaying from above, etc.).

REMINDER: Helmets are mandatory for all SRC club trips.

See you at the crag.

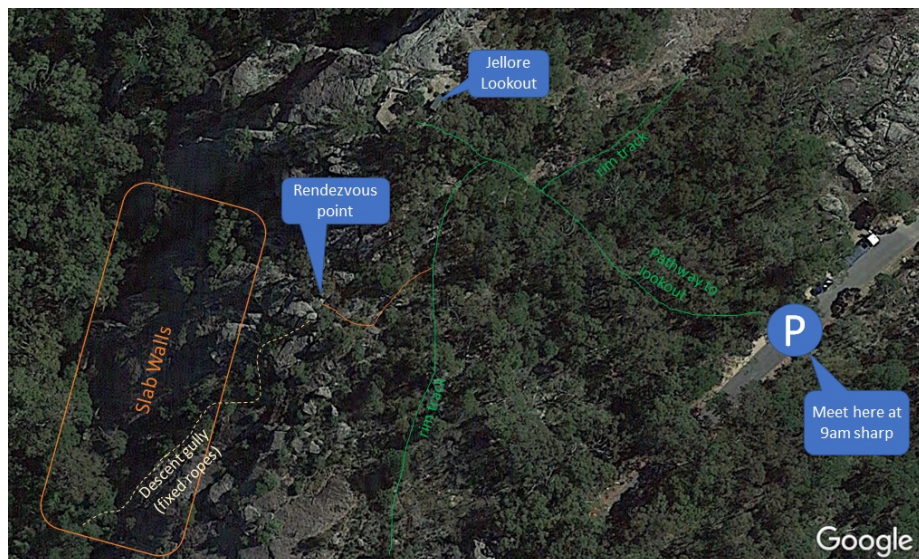
Geoff Cooper

gm.cooper@hotmail.com

0433-825-736

PS. For those wanting a quick bite before climbing, please leave ample time and good caf  s at Mittagong are The Glass Caf  , Station Coffee House or The Shaggy Cow.





4. Trip Leader Briefing at Trip Meeting Point

- Review the Risk Management Plan and identify what goes in your briefing.
- Briefing will include the following
 - Water, food, medicine, hats, sunscreen
 - Helmets (mandatory), ropes, first-aid kit, mobile phone, personal locator beacon, torch, spare batteries, stick-clip, spare belay device and locking carabiners
 - Access instructions
 - Risks for the specific location in terms of both access and crag environment
 - Guidebook (take note of route details and bring appropriate length ropes)
 - Considerations for the environment and public – discuss noise, rubbish, toileting, etc.
 - Participants should take some photos whilst they are not climbing or belaying and send them to the trip leader in order to write a trip report for Thrutch
- Any medical issue the Trip Leader needs to be made aware of (in confidence)
- Attendance sheet to be signed by all participants. Take a count of how many people walk into the crag
- Trip leaders have the right to refuse participation to any person who may present a risk to themselves or others. If the participant does not have the necessary skills appropriate for the crag, the trip leader must determine this and take action prior to leaving the meeting point or car park area

5. While Climbing at the Crag

- Monitor / warn people at cliff edge to stay 4 metres off or be tied in (2 body lengths).
- Monitor new belayers and, if necessary, assign another participant as a mentor to hold the tail of the rope and provide advice on safety matters
- Consider other non-club visitors and ensure their space is respected. Vacate routes once completed when the crag is busy
- As participants leave the trip, get them to sign off with time of departure on the attendance sheet

6. After the Trip

- Count the number of people that arrive back at the car park (and check against attendance sheet)

- Incident/accident reports
- Trip report & photos for Thrutch and website

Appendix 1 - Club Policy

- The Sydney Rockclimbing Club follow recommendations set out in the Australian Adventure Standard (AAS) planned to be implemented Sept 2019, in the identification and management of risks when running club climbing trips. Each climbing trip is planned in advance and a Risk Management Plan prepared to identify and plan mitigation and management of specific risks during climbing trips. Refer below for example Risk Management Plan, Trip Leader Guide, Trip Participant Guide and further information on the AAS.
- The Sydney Rockclimbing Club has basic Personal Injury Insurance that covers members on climbing trips in the event of an accident.
- The club does not have public liability insurance.
- Non-members are permitted to attend club climbing trips on the understanding they will join the club if they want to join a second trip.

Non-members are not covered by the club's personal injury policy and must be informed of this.

- Non-members under the age of 18 must be accompanied by a responsible adult. The responsible adult will be made aware of risks and management of the risks via the RMP and will supervise and be responsible for the young people in their care. This is at the discretion of the Trip Leader who may deem a location unsuitable for younger children due to difficult access.
- Activities that are not permitted as part of club climbing trips include:
 - unroped above 4.5 mtr
 - 'slack lining' or 'high lining'
 - climbing involving mountaineering and ice climbing
- SRC trip documentation:
 - [Risk Management Plan example](#)
 - [Trip Leader Guide](#)
 - [Trip Participant Guide](#)
 - [SRC Standards and Procedures](#)

AAS Background and Links

The Australian Adventure Activity Standard (AAAS) and Good Practice Guides (GPG's) are designed to ensure effective, responsible, sustainable and safe delivery of adventure activities to 'dependent participants'.

The link to the AAAS and GPG's is:

<http://australianaas.org.au/>

Currently each state and territory maintains its own set of Adventure Activity Standards (AAS). These will remain the current standard in the respective state and territory until that state or territory adopts the AAAS, these include NSW, Victoria, Queensland, South Australia, Tasmania and Western Australia (though some of these are very dated e.g. 2009).

The Link to the AAS:

<http://australianaas.org.au/current-aas/>

Note: The Australian Adventure Activity Standards were developed to be consistent across activities with the National Training Package in Outdoor Recreation, describing skills and knowledge that an individual should have to lead a specific activity at any given level. As these skill sets are developed by the outdoors sector it is appropriate that they be used as the basis for the AAAS process.

<https://training.gov.au>

Australian Climbing Instructors' Association (ACIA): The ACIA is an incorporated association that has been formed to represent the interests of climbing instructors and guides throughout Australia.

<http://www.acia.com.au/>

Appendix 2 - Trip Grading

Applies to crag environment – not just the level of climbing difficulty

Minimal Experience	Moderate Experience	Proficient
<ul style="list-style-type: none"> Access involves a short, low-risk trail No steep drop-offs from trails No abseiling into the crag required 	<ul style="list-style-type: none"> Access trail may require a descent via steep gullies, involve some level of unroped scrambling or downclimbing fixed ropes May involve multi-pitch climbing 	<ul style="list-style-type: none"> Abseiling required to access the crag May involve multi-pitch abseiling Any crag that involves predominately trad routes Any location that has a risk of being stranded on ledges or becoming benighted

Example of Grades by Crag

Minimal Experience	Moderate Experience	Proficient
<ul style="list-style-type: none"> Bangor West (<i>easy access, well bolted for top rope and beginner lead climbs</i>) Barrenjoey (<i>easy access and accessible from the top for top roping</i>) Dural Soft Parade Dam Cliffs Medlow Bath Mount Keira Mount Alexandra The Stables Alfords Point Mount York Phegan's Bay 	<ul style="list-style-type: none"> Mount Gibraltar (<i>access involving descent of fixed ropes and multi-pitch routes</i>) Bell (<i>access involving steep descent via fixed ropes and rungs and predominately high climbing grades</i>) Berowra (<i>although the access is easy, the climbing is mostly intermediate grades</i>) Barden's Lookout Shipley Sweet Dreams Mount Kuring-gai Rhum Dhu Mount Piddington 	<ul style="list-style-type: none"> Point Perpendicular (<i>abseil descents, trad climbing and the need to potentially prusik out</i>) Telstar at Ikara (<i>long walk and route with run outs and potential for dangerous falls</i>) Mount Boyce (<i>need to abseil into the crag, mostly mixed climbing</i>) Tom Thumb, Bellbird Wall (<i>multi-pitch abseils and climbing routes</i>)

Appendix 3 - Equipment & Skills

Minimal Experience	Moderate Experience	Proficient
Equipment: <ul style="list-style-type: none"> Belay device Skills: <ul style="list-style-type: none"> Tie into harness using figure 8 knot Climb on top rope Belay a climber on top rope 	Equipment: <ul style="list-style-type: none"> Belay device with guide-mode Personal anchor system or equivalent sling Skills: <ul style="list-style-type: none"> Descend gullies or fixed ropes Abseil unsupervised Belay lead climber Belay from above using guide-mode 	Equipment: <ul style="list-style-type: none"> Prusik cords for backing up abseil device and ascending ropes (self-rescue) Anchor building equipment – e.g. 240cm sling or cordelette, locking carabiners Gear for trad climbs – e.g. cams/nuts for protection and nut tool

	<ul style="list-style-type: none"> • Lower climber from above using guide-mode and appropriate control method (e.g. munter hitch) • Clean sport anchors by re-threading rope through lower-offs or other established methods 	Skills: <ul style="list-style-type: none"> • Ascend ropes in case of emergency • Rig a multi-pitch abseil (tie ropes with EDK and use stopper knots) • Ability to build anchors • Haul climber using mechanical advantage
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Trip Leader Gear

Trip Leaders will be expected to include some of the following equipment on a club trip, depending on the difficulty and remoteness of the crag

- 2 torches and spare batteries
- FA kit – NOTE Sydney Rockies equipment, contact Trip Convenor
- PLB - NOTE Sydney Rockies equipment, contact Trip Convenor
- Phone (charged)
- Spare rope
- 3 locking biners, prusiks (2)
- trad gear for rescue (0.5,0.75,1.0,2.5,3.0 camelots, mid-range nuts)
- Stick clip for sports crags

Climber Gear

Climbers should be advised on what gear they will need to bring and this should include the following:

- Helmet
- 2 prusiks
- Harness
- Shoes
- locking biner
- 2 slings
- Sun hat/sunnies
- Sun cream
- Water
- Muesli bars or lunch stuff
- Winter: beanie, thermals, fleece/down/gloves/warm socks
- Torch and spare batteries
- Compass/map/guidebook

Trip leaders may want to specify additional gear:

- Nut key
- 5 m cordele
- Belay device and locking biner
- Trad gear as required

Appendix 4 – Trip Participant Skill Level Requirement

The climbing location chosen by the Trip Leader will be described in relation to the experience required by the climber. This must be discussed with the Trip Convenor who has a list of locations and experience level required.

Minimal experience

You can tie in using a figure of eight knot and you have a harness, helmet, suitable footwear, one sling and a screw gate karabiner. These people can top-rope safely, a short multipitch would be possible if there was no abseiling

Moderate experience

You can tie in using a figure of eight knot, lead sport routes or have a gym lead pass, safely belay and second a lead climber outdoors, can abseil. Have a harness, helmet, suitable footwear, several long slings, two screw gate karabiners, nut pick and abseil/belay device. Belaying leaders, top-roping, and seconding multipitch possible. Doesn't need supervision to abseil

Proficient

You meet moderate criteria plus lead climb using traditional gear, set up belays on multi pitch climbs have all the above mentioned gear plus a rack and a rope. These people are independent, can lead routes and set up top-ropes.

Appendix 5 – Trip Leader Criteria

Below are the general criteria for becoming a Trip Leader. Discuss your experience with our Trip Convenor or President to determine if we can help you run your first trip or recommend training to gain further skills.

- Has attended the Trip Leader Briefing or a Trip Leader Skills course with BMCS.
- Has been assessed as an experienced lead climber who can safely lead a club trip.
- Has a First Aid certificate (recommended)
- As a rule of thumb, the following skills are desired:
 - Assessed as having sufficient outdoor lead climbing proficiency to lead a club trip
 - Knots - figure 8, clove hitch, prusik knot and use, equalise anchors (Cordele or slings)
 - Set anchors - above, hanging, trad
 - check anchors
 - Has means to raise alarm from location eg phone or PLB note understand comms limitations of area for phone
 - Know/familiar how to get in and out of location - eg check guidebook/crag/other climbers, do you require map and compass?
 - Know/familiar how to get into climbs and then off climbs at top outs
 - Manage group in regard to briefing at start, climbing in other areas, leaving the group trip, monitor inexperienced parties during the trip
 - Must be able to check cams/biners/wires/ropes/harness/helmets and other equipment

Appendix 6 – Trip Attendance Sheet

Sydney Rockclimbing Club - Climbing Trip Attendance Sheet

Trip Leader Name Location Date / /
..... Start Time..... End Time.....

Outcome..... Incidents.....
.....

Email to tripconvenor.sydneyrockies@gmail.com

Name	Signature	Mobile	Email and Home Address	Emergency Contact name, phone, address	FA cert	Lead climber experience

Appendix 7 – Incident Report

Sydney Rockclimbing Club – Incident Report

This form is to be completed in the event of an incident occurring during a Sydney Rockclimbing Club trip. Email to tripconvenor.sydneyrockies@gmail.com

NAME OF INJURED PERSON OR PERSON SUFFERING LOSS:

.....

ADDRESS OF INJURED PERSON OR PERSON SUFFERING LOSS:

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Nature of the incident:

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Details of the incident and the action taken:

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Location of incident:

Activity being undertaken:

Trip Leader:

Date of incident:

Details of Witnesses including name, address, email address, mobile number:

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Signature of Trip Leader:

Date: