

Reviewed – 30.04.2019



Ashgill Swing

Risks:

1. Falling from height
2. Injury due to falling and slipping
3. Drowning
4. Impact with hard surface

Risk	Risk Management
All	a. Instructors and assistants will be trained and assessed before leading Ashgill Swing. Only those instructors authorised by the Centre Manager may rig and run swing.
all	b. Instructor to student ratio will not exceed 1:8.
all	c. Safety procedures will be included in the safety briefing.
1	d. The instructor must remain clipped on via harness and cowstail at all time while rigging swing.
1,3	e. Instructors abseiling down must use a non auto-locking abseil device such as figure of 8 or a belay plate to descend. Instructors with long hair must ensure its tied back and out of way. Before transferring onto abseil rope the assistant at the bottom of rope must hold the rope in case of uncontrolled descent, assistant will be trained in the use of this technique.
1	f. All participants will be correctly fitted with harnesses.
1,2	g. The instructors are to remain aware of the location of every group member at all times.
1	h. Participants must hold the rope as they swing to ensure there is no inversion
4	i. Instructors must ensure that GriGri on static line is sufficiently tight to prevent impact with ledge on return

all

j. If there is any doubt as to the suitability of a gorge because of weather or water level concerns the instructor is to check with the Centre Proprietor before commencing the session.

