

# Climbing (Outdoor Rock Climbing)

## SECONDARY - CURRICULAR 2024

- Consult [Disability-Centred Safety](#) if your groups of students include students with disabilities.
- For climbing programs where students may belay.
- This does not include outdoor ascending lines, ziplines or bouldering.
- Consult [Risk Management](#).
- The safety standards for this activity must be presented to the activity provider prior to the activity taking place. The activity provider must meet the minimum requirements listed in the safety standards. For more information on planning trips using outside providers, consult [Outside Activity Providers](#).
- Also consult [Climbing \(General Procedures\)](#).

## Equipment

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- Determine that all equipment is safe for use (for example, no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the Teacher.
- All equipment must be inspected prior to activity by qualified personnel to determine that it is safe for use.
- All equipment must be commercially and specifically manufactured for the intended climbing related activity and adhere to one of: UIAA, CE, NFPA, ULC, CSA, ASTM standards.
- All climbing equipment must set up and inspected by a qualified professional.

- Climbing ropes must be compatible with the chosen belay device and the climbing activity.
- Helmets that are commercially and specifically manufactured for climbing must be properly fitted (as per manufacturer's guidelines) and properly worn by everyone at the climbing site.
- Climbing harnesses, sit or full body, appropriate for the age and/or body size of the climber must be used.
- Belay devices must be connected with a locking carabiner rated at 22kN/2200kg/ 4945lbs., where commercial friction or camming devices are used.
- Top anchors must:
  - have a minimum of 2 independent points
  - have locking devices
  - be able to sustain a load of 22kN/2200kg/4945lbs.
- Climbers must not be able to climb above anchors.
- A bottom anchor must consist of a ground anchor in combination with a belayer harness.
- Bottom anchors must have a belay device connected with a locking carabiner and the anchoring system must be capable of sustaining a load of 10kN/1000kg/2240lbs.

Refer to the [First Aid](#) section for first aid equipment requirements.

## Clothing/Footwear/Jewellery

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- Clothing and footwear appropriate to the activities and environmental conditions must be worn. Tops with drawstrings not permitted.

- No exposed jewellery.
- Long hair must be secured. Devices (for example, hair pins, elastics and barrettes) used to tie back long hair must not present a safety concern.
- Students must not participate when the length of fingernails poses a safety risk to themselves or others.

## Facilities

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- Determine that all facilities are safe for use. Students must be encouraged to report facility problems to the Teacher.
- Climbing at sites where:
  - land owner has given permission for instruction in climbing; and
  - recognition for rock climbing is provided by a reputable source (for example, Rock Climbing Guidebook, instructor in the rock climbing community)
- Where the surrounding outdoor activity area may present a hazard (for example, rock falls, poison ivy), information and instruction on how to minimize the risk of injury from occurring must be communicated to students.
- Climbing must be appropriate for ability levels, age and size of students.
- When running takes place off school site for a warm up:
  - Teachers must do a safety check 'walk through' in order to identify potential problems prior to initial use of route or course.
  - Teachers must outline to the students the route or course (for example, notice of areas to approach with caution) before the start of the run.

- Teachers must determine that students are not crossing busy intersections unless directly supervised.

## Environmental Considerations

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- When environmental conditions may pose a risk to student safety (for example, thunderstorms [lightning] or student(s) with asthma, triggered by air quality), Teachers must take into consideration their school board/school's protocols and procedures related to:
  - environmental conditions (consult [Weather](#)); and
  - insects (for example, mosquitoes and ticks [consult the school/school board's protocols and/or regional Public Health Department's website]).
- Students must receive instruction on safety procedures related to environmental conditions and be made aware of ways to protect themselves (for example, sun burn, heat stroke).
- At all times the school board's weather and insect procedures are the minimum standards. In situations where a higher standard of care is presented (for example, outside activity providers, facility/program coordinators), the higher standard of care must be followed.

## Special Rules/Instructions

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- Be aware of students whose medical condition (for example, asthma, anaphylaxis, casts, previous concussion, orthopaedic device) may affect participation. Consult [Medical Conditions](#).
- Students must not participate in the activity until they receive information on concussion prevention specific to the activity, inherent risks of the activity (for example, outline possible risks and ways to minimize the risks), and procedures and rules for safe play. Students must receive instruction on the importance of reporting symptoms related to a suspected concussion.
- Refer to school board policies and procedures (i.e., transportation, excursion/field trip) for communication with parents/guardians, the location of an off-site activity, means of transportation,

supervision ratios, and parent/guardian permission.

- Activities must be modified according to the age, ability level, language, and experience of students, number of participants, and the facility available.
- Previous training, fitness level, and the length of time and intensity of physical activity must be taken into consideration.
- Activities must be based on skills that are taught.
- Skills must be taught in proper progression.
- A proper warm-up and cool-down must be included.
- Completed medical forms for each participating student must be accessible.
- Prior to the first lesson, Teachers must inform Qualified Climbing Instructors of students who have special needs.
- Risks involved with each activity and how to lower the risk of an injury from occurring must be communicated to the students.
- When students are belaying, the following elements must be addressed in an introductory lesson prior to top-rope climbing:
  - the introductory lesson be identified as top rope specific;
  - the introductory lesson must be identified as specific to the belay device being used;
  - the introductory lesson must include instruction on and repeat practice of:
    - correct use of harness
    - correct use of knots and tie-in points
    - concept of top-roping

- correct use of belay device
  - general belaying principles
  - lowering procedures
  - communication and the climber/belay contract
  - procedures to minimize the hazards of falling rock
- Students waiting to climb must be positioned:
  - a safe distance away from the base of the climb or,
  - be tied off if within 3m (9'10") of the top edge of the cliff
- A recognized descent route must be used to reach the base of the cliff.
- A Qualified Instructor must do a safety check of any student leaving the ground.
- A buddy belay (when students are belaying) must be incorporated into all belay systems at all times.
- Whenever possible a ground anchor should be used. When used, the anchor system must consist of a ground anchor in combination with a belayer harness.
- Climber/belayer weight ratio must be taken into consideration when determining the number of buddy belayers necessary in any non-ground anchored system.
- A body belay and a counter-balanced system (for example, Australian Belay) are not to be used.
- A belay system/technique that will not allow the climber to ground-fall in the event that the belayer becomes incapacitated must be used by student belayers.

- Lead climbing by students must not be done.
- Students must be allowed to select a challenge at their comfort level, including the choice to not participate.
- Teachers and Monitors must be aware of the possibility of peer pressure and make sure no student is coerced into participating.
- Adequate liquid replacement (personal water bottles, water fountains) must be accessible for students before, during, and after physical activity to prevent dehydration.

## Climb Only Programs

- Prior to climbing, rules must clearly be explained to students by a Qualified Instructor.
- Students are not permitted to belay, and, unless directly supervised by a Qualified Instructor, students are not permitted to:
  - apply harnesses to themselves or others
  - tie knots for themselves or others

## Supervision

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- All activities must be supervised.
- The type of supervision must be commensurate with the inherent risk of the activity. The level of risk is related to the number of participants, the skill level of the participants, the type of equipment used, and environmental conditions.
- On-Site Supervision is required during the safety and initial skill instruction.
- On-Site Supervision is required by the Teacher when a Qualified Instructor(s) is providing safety and initial skill instruction, and monitoring.

- On-Site Supervision is required by the Teacher when students are being monitored by a Qualified Instructor(s).
- Direct Supervision is required when students are climbing.
- On-Site Supervision is required for the duration of all other components of the activity (e.g., equipment setup and take down, warm-ups/cool downs, application of the skills and games).
- In-the-Area Supervision is required when the activities are situated at a combination of locations.
- Where a Qualified Instructor is used and the Teacher is not directly with the Qualified Instructor, the Qualified Instructor must provide safety and initial skill instruction, and monitoring for the safe application of skills and student behaviour for the duration of the activity.
- A Volunteer, under the direction of a Teacher, can monitor students during physical education activities. Refer to your school board's policy on Volunteers assisting with students' physical activities.
- Responsibilities must be clearly outlined for additional Teachers and Volunteers who are monitoring the activity.

## Supervision/Monitoring Ratios

- For initial instruction - 1 Climbing Qualified Instructor per 2 active lines. The overall ratio must not exceed 1 Climbing Qualified Instructor per 6 students.
- After initial instruction and when subsequent sessions are within a reasonable time frame: 1 Climbing Qualified Instructor to 3 lines. The overall ratio must not exceed 1 Climbing Qualified Instructor per 9 students.
- For Climb Only Programs: 1 Qualified Instructor per belay activity.
- For intramural clubs that go to outdoor sites with a commercial climbing provider, all the above ratios apply for the first three visits of instructional time (minimum 16 hours) that take place in a reasonable time frame. After three separate visits (total time must be minimum 16 hours):



- a Qualified Instructor provides a belay check of each student
- there must be On-Site Supervision by the Qualified Instructor
- 1 Teacher per 16 students ratio

## Qualifications

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### Instructor Qualifications

- Qualified Instructors must be trained in, understand, demonstrate, and adhere to a directly relevant skill set for Outdoor Rock Climbing. A relevant skill set is a described set of skills developed by recognized climbing professionals.
- All Qualified Instructors must be at least 18 years of age or older to teach the introductory lesson and/or be a Qualified Instructor.

## First Aid

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- A fully stocked first aid kit must be readily accessible. (Consult [Sample First Aid Kit](#))
- A working communication device (for example, cell phone) must be accessible.
- On school site: Follow the school's first aid emergency response (consult [First Aid Plan and First Aid Emergency Response](#)) and the school board's concussion protocol (consult [Concussions](#)). An emergency action plan and response to deal with evacuations and lock downs must be followed and communicated to students.
- Off school site: At least one Qualified Instructor or an individual responsible for providing first aid must have current First Aid qualifications equivalent to or exceeding St. John Ambulance Emergency First Aid with CPR Level C + AED.

# Definitions

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- **In-charge Person:**

- Some activities refer to an “In-Charge” person. While the teacher is in-charge and responsible for the overall safety and well-being of students under their care, sometimes there are other personnel who must be identified as “In-Charge” related to specific situations (for example, a pool lifeguard). In activities where an “In-Charge” person is designated, that person, in consultation with the teacher, must make final decisions regarding safety of the students

- **Monitor:**

- An individual who assists the Teacher with a group of students, (e.g., Volunteer, Qualified Instructor) and has a responsibility to monitor student behaviors for the duration of the activity.

- **Monitoring:**

- The role of monitoring is to observe, identify, act, and report:
  - Observe: Observe with attention to detail the actions of the students.
  - Identify: Identify the student and the unsafe behaviour.
  - Act: Take appropriate actions to safeguard students and others (e.g., stop the activity).
  - Report: Provide the name of the student and the unsafe behaviour to the teacher for management and direction.

- **Outside Activity Provider:**

- A commercial company, volunteer organization, or individual, not associated with the school board, who possess the required qualifications to provide safety and initial skill instruction, and monitoring for the duration of an activity.

- **Qualified Instructor:**

- An individual who provides safety and skill instruction, and monitoring for an activity, and possesses the required qualifications (e.g., experience, certifications). This role could be fulfilled

by a teacher, volunteer, or an employee of an outside provider. An instructor does not have the authority to supervise.

- **Supervision:**

- The vigilant overseeing of an activity for management or direction. Activities, facilities, and equipment have inherent risks, but the more effectively they are supervised, the safer they become.
- The Ontario Physical Activity Safety Standards in Education includes three Types of supervision, Direct Supervision, On-Site Supervision, and In-the-Area Supervision. These types of supervision take into consideration the level of risk, which is related to the number of participants, the skill level of the participants, the type of equipment used, the environmental conditions, the age, and developmental stage.
- The three types of supervision described are not hierarchical but represent the type of supervision that activities require and the type of supervision that is inherently possible.
- Some activities in OPASSE transition from one type of supervision to another type of supervision (e.g., Direct Supervision to On-Site Supervision OR On-Site Supervision to In-the-Area Supervision).

- **Teacher:**

- A person with a current certification from the Ontario College of Teachers and under contract by the school/school board (i.e., teacher, vice-principal, principal). This person is legally responsible for the students and has the authority and responsibility to supervise.

- **Types of Supervision:**

- **Direct Supervision:**
  - Direct Supervision requires that the Teacher is physically present at the activity, providing visual and verbal oversight for management and direction of both, the activity and student safety.
  - Provisos:

- No other activity can occur when part of the activity or the entire activity is under Direct Supervision when there is only one Teacher supervising.
- The Supervision section of the relevant activity safety standards page in the Ontario Physical Activity Safety Standards in Education describes when parts of an activity are under Direct Supervision.
- Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for one activity and requires the Teacher to be present at that activity for management and direction.
- An activity may be under Direct Supervision:
  - During the entire duration of the activity;
  - During the set up and take down of equipment; .
  - During the safety and initial skill instruction;
  - During the performance/practice of the activity skill; and
  - When the activities transition from Direct Supervision to On-Site Supervision.
- **In-the-Area Supervision:**
  - The Teacher is located in proximity to a combination of locations where the student activities take place, is circulating, and is accessible for providing management and direction of the physical activity and student safety.
  - **Provisos:**
    - The Teacher is circulating between the activities occurring at separate locations, and is readily accessible, or the location of the Teacher is communicated to the student.
    - Where a Qualified Instructor(s) is providing the safety and skill and instruction and is monitoring at a combination of locations, the Teacher is located in proximity to where the student activities take place, is circulating between the

activity locations, and is accessible for management and direction.

- Students may be out of sight for periods of time.
- An activity or a component of the activity is under In-the-Area Supervision:
  - Where the same activity is located in separate locations (e.g., Fitness activities);
  - Where two or more activities under In-the-Area Supervision occur in separate locations (e.g., Badminton, Table Tennis, Handball (Wall));
  - Where the skill application of the activity takes place at a separate location from the teacher (e.g., Cross Country Running, Skiing (Alpine), Cycling, hiking on trails);
  - When the activities occur in double or triple gymnasiums; and
  - Where more than one Qualified Instructor is providing activities at a combination of locations.

○ **On-Site Supervision:**

- The Teacher is present at one location where the student activity takes place (e.g., gymnasium, sports field, climbing wall at an Outside Activity Provider's facility, campsite) and is accessible for providing management and direction of the physical activity and student safety.
  - **Provisos:**
    - Where more than one activity occurs in one location, the Teacher is circulating between the activities and is accessible for management and direction.
    - Momentary presence in adjoining rooms (e.g., equipment room, outdoor storage shed, boathouse, staff tent) is considered to be On-Site Supervision.
    - Where a Qualified Instructor(s) is providing the safety and initial skill instruction and monitoring for an activity or a combination of activities at one

location and the Teacher is present and is circulating and accessible for management and direction.

- An activity may be under On-Site Supervision:
  - During the entire duration of the activity;
  - During the safety and initial skill instruction;
  - With activities using multiple stations while the Teacher is circulating;
  - When combining two or more activities at one location while the Teacher is circulating; and
  - When activities transition from On-Site Supervision to In-the-Area Supervision.

- **Volunteer:**

- A responsible adult (e.g., Educational Assistants, Retired Teachers, Co-op Students, Parents/Guardians, Teacher Candidates) approved by the Principal/Designate who is under the direction of a Teacher and has been instructed on their monitoring responsibilities. Refer to your school board's policy on volunteers assisting with student's physical activities.

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