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CLIMBING OUT OF DEPRESSION

# Health & Safety Policy

Health & Safety Policy V.4	December 2025
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# Health and Safety Policy

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## Policy Statement

### HEALTH AND SAFETY POLICY STATEMENT

COOD is strongly committed to encouraging our clients to take part in climbing activities in a safe and supervised environment. Our main objective and paramount concern is the health, well-being and safety of each individual in our care. We ensure all clients receive adequate supervised training to reach a competent skill level that would enable them to undertake unsupervised activities, should they wish.

### HEALTH AND SAFETY POLICY

To support our Health and Safety policy statement we are committed to the following duties:

- Appoint a nominated health and safety officer to:
  - Take responsibility for ensuring this policy is put into practice;
  - Seeking confirmation in writing that all climbing walls COOD work with have a qualified first aider present at all times
  - Ensure health and safety standards are maintained by climbing walls; seeking copies of their assessments and providing reports to trustees to this effect

- Undertake risk assessment of all activities undertaken by clients at all the relevant climbing walls.
- Ensure that all instructors have appropriate qualifications (i.e. NGB or UKCC standards) and have received mental health awareness training.
- Ensure all Trustees, instructors and volunteers have read and understand COOD's safeguarding policy and are familiar with incident reporting procedures.
- Where there is an incident, the COOD instructor will be responsible for
  - obtaining a copy of the incident report logged by the climbing wall and sharing this with COOD.
  - recording the incident through COOD online incident report form (shown in footer of COOD website, [www.cood.org.uk](http://www.cood.org.uk)) specifying any injuries or accidents sustained during any activity sponsored or organised by COOD or whilst in the climbing wall premises.
- Ensure that the implementation of the health and safety policy is reviewed regularly and monitored for effectiveness.