

## GIRIPREMI'S STANDARD OPERATING PROCEDURES FOR SAFE CLIMBING



### Motive:

To ensure safety measures in rock climbing training, expeditions and workshops and encourage maximum climbers to pursue climbing by minimizing the risks.

**Applicable to :** Giripremi registered members participating in rock craft activities, who have

- Filled the google [membership application form](#)
- Submitted indemnity bond
- [Paid yearly fees - INR 1000/-](#)

### Scope of Activities both indoor as well as outdoor:

- Bouldering
- Top Rope Climbing
- Lead climbing on sport as well as trad routes in single or multi-pitch routes
- Rock Craft Training & workshop activities (rappelling, Jumaring rescue training etc.)
- Rock Climbing Expeditions

### Level of climbers:

| Level        | Skill set   | Min Qualification  | Involvement/<br>responsibility   |
|--------------|---|--|--|
| Beginner     | <ul style="list-style-type: none"> <li>• Basic Fitness adequate to trek safely.</li> </ul>  | <ul style="list-style-type: none"> <li>• NA</li> </ul>   | Visitor and support member   |
| Novice       | <ul style="list-style-type: none"> <li>• Tie basic knots - figure 8, tie in figure 8, Clove Hitch, reef bend</li> <li>• Equipment handling &amp; knowledge</li> <li>• climb and belay top rope</li> <li>• Communicate Climbing Calls Well</li> <li>• At least 1 year be spent on artificial, or natural climbs with min 10 climbs on single pitch to qualify for intermediate level. (Examples for Outdoor Routes : Local rock quarry easy routes, Sinhagad, Plus Valley, CBD, Jivdhan GGIM training route etc., Indoor wall climbing can be of significant help with even safer environment.)(Route Grades recommendation : 5a - 5c)</li> </ul>  | <ul style="list-style-type: none"> <li>• BRCC or BMC</li> </ul>  | <ul style="list-style-type: none"> <li>• All activities applicable to beginner</li> <li>• Top rope climbing</li> <li>• Top rope belay with assistance of an advance climber</li> </ul> |
| intermediate | <ul style="list-style-type: none"> <li>• All skills required for novice</li> <li>• Tie knots - Italian hitch, prussic hitch, bowline, fisherman bend, butterfly</li> <li>• Safely lead and belay on artificial single pitch routes</li> <li>• At least 1 year be spent on artificial, or natural climbs with min 10 climbs on single/ multi pitch to qualify for advance level (Examples for Outdoor Routes : Local rock quarry difficult routes, Sinhagad, Plus Valley, CBD, Jivdhan GGIM training route etc., Pinnacles like Tail Baila, Kalakrai etc. Indoor wall climbing can be of significant help with even safer environment.) (Route Grades recommendation : 5c+ and above)</li> </ul> | <ul style="list-style-type: none"> <li>• ARCC or AMC</li> <li>• First Aid (red cross)</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• Should have spent at-least 3-4 years in regular climbing activities with experience of 10+ multi-pitch routes.</li> </ul> | <ul style="list-style-type: none"> <li>• All activities applicable to novice</li> <li>• Lead Climb</li> <li>• Lead Belay</li> </ul>  |

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| Advance | <ul style="list-style-type: none"> <li>• All skills required for intermediate</li> <li>• Should safely rappel, retrieve, set up anchor systems</li> <li>• Can safely place protections on trad as well as sport route</li> <li>• Familiar and competent with rescue techniques and first aid skills</li> </ul> | <ul style="list-style-type: none"> <li>• Qualification required for intermediate</li> <li>• Should have spent at least 5-6 years in regular climbing activities with experience of 20+ single, multi-pitch routes.</li> </ul> | <ul style="list-style-type: none"> <li>• All activities applicable to intermediate</li> <li>• Lead the group</li> <li>• Report before and after the activity</li> <li>• Documentati on of new routes</li> </ul> |
|---------|--|---|---|

### Standard Operating Procedures:

#### Before the event:

- Every activity should have a designated leader who will be the incharge of the activities planning, execution, and reporting.
- He/she will share the list of members who are participating in the activity, equipment being issued and so on. In a dedicated [google form](#) where in the leader will be expected to mention the details.
- All necessary and appropriate Equipment to be issued from Giripremi Admin incharge with prior intimation.
- The team should have adequate first aid kit.

#### During the event:

- Leader should plan the activities and look for all safety measures such as terrain, equipment, anchors, experience of the members etc.
- One leader should handle a group of not more than 5 members. The ratio can increase if there are adequate number of advance climbers in the group.
- For bouldering crashpads should be used from safety along with a spotter partner.
- In outdoors, excluding bouldering, helmet should be worn by both climber and belayer.
- Partner check should be performed before starting the activity.
- Static rope to be used for rappelling, jumaring and other rescue related activities. Dynamic Rope be used for only climbing activities.
- Novice should only do top rope climbing and top rope belaying with advance climber's assistance. Based on the levels mentioned in the table above, one should participate in activities where he/she stands and participate in activities accordingly with leaders guidance.
- Novice members' activity be supervised by at least one intermediate or advance level member.
- In outdoors taking unprepared and potentially dangerous falls should be avoided. Utmost care should be taken by climbers in case the fall is unavoidable. Training for falls and falls arrest should happen only in artificial wall climbing and not in natural settings. The leader will carry out the activities.
- In single pitch climbing, excess rope should be kept on a mat or inside a rope bag to avoid damage to the rope or the rope getting dirty.
- In retrieving the rope after the climb, rappel on double ends be performed instead of lowering the climber. Passing the rope through hanger plate for retrieving be strictly avoided. Retrieval should happen either through chemical bolts or through the chain & ring system. It is a good practice to keep a mylon with you in case one has to rappel or lower on a hanger plate.
- In case of falls, the leader be informed about the same and an estimated FF be reported after the climb is over. The concerned pair should inspect the rope for any damage and report to the leader accordingly.

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- In case of any mishap or accident, the leader must inform immediately to the Committee Members, nearby hospital and locals so that appropriate assistance can be arranged quickly. Further, required first aid and possible transportation be carried out on top priority.
- For a rock climbing expedition on virgin or new multi pitch ascents, the leader and the team should present the scope of expedition to the core committee before setting out for the expedition. Depending upon the challenges, merits in the ascent, committee shall advise the climbing team accordingly.

### Responsibility of all members:

- Self-selects the appropriate Experience Level and speak to the leader if unsure.
- Contacts the Activity Leader prior to turning up to confirm if there is space on the activity for an individual at their particular Experience Level.
- Advises the Activity Leader of any relevant medical conditions.
- Uses rock-climbing equipment that meet UIAA/CE safety standards for rock climbing equipment, regularly inspects this for wear, and inform the leader of defective items.
- Follows the instructions of the Activity Leader and notify the Activity Leader if he/she is uncertain about performing a particular procedure safely, or wish to learn new techniques.
- Uses a firm ground anchor when belaying anyone more than 1.5 times their own body weight or if there is a risk of the belayer falling.
- Act in a way that does not negatively affect the enjoyment of other climbers.
- Each member should ensure that there is an appropriate code of social norms being followed as a civil person. Giripremi core committee will take necessary and strict actions against those who fail to follow the social norms. During the overnight programmes, girls and boys should stay in separate rooms / tents. The leader should be reported immediately for any inappropriate behaviourism in terms of speech, and action by any member.
- The society looks at Giripremi members with respect and admiration for not just mountaineering achievements but for being a sensible, responsible society member. Hence, **it will be the most important moral duty of every member to ensure there is no dent or a scratch to the club's image and reputation.**

### After the event:

- The leader should submit a report which will be available in a form of a google form. It will comprise data such as brief description of the event, special mentions, safety measures, damage/ repair suggestions etc.
- Damaged or doubtful items should be immediately informed to the concerned Admin incharge of the club. In case of any loss or damage to the club's property, the team should contribute and reimburse the same.
- The climbing routes are to be documented for future references as per the google form available [here](#).

The whole purpose of these SOPs is to enhance the climbing community of Giripremi and make maximum climbers able to climb higher and harder routes. In doing so, safety should not get compromised but should leverage to the betterment of every aspiring rock climber.

Wishing all Happy & Safe Climbing! :)