

## **Amazing Activities – Clacton Activity Centre Weekly Safety Checks**

### **Climbing Wall**

#### **Wall**

- Tighten holds and route set if required
- Check condition of top rope anchor – Screw gate carabiner and spring gate carabiner
- General condition of wall panels

#### **Ropes**

- Check that they are not tangled and are stored correctly
- Check that the ends are not fraying
- Check that there is no damage to the rope material. Check along the length for catches etc. If there is any damage make sure the damage hasn't protruded through to the rope core

#### **Harnesses**

- Check that they are all reset to the largest setting
- Check that they are not tangled
- Check that the material is in good condition? – No fraying or broken bits
- Check the buckles and straps for any wear and tear

#### **Helmets**

- Check the condition of the helmets
- Reset all straps and head bands to largest setting
- Check buckle on chin strap
- Check operations of the head band tightens

#### **Slings**

- Check the condition of the join or seam. No fraying
- Check the sling material for damage

#### **Belays and Devices**

- Check for wear, cracks and damage

#### **Carabiners**

- Check the sprung gate for movement. And that it rebounds shut and doesn't stick or catch
- Check the barrel screws closed and opens fully to allow gate to be secured or opened
- Check for wear, cracks and damage

#### **Nuts and Hex's**

- Check for damage, wear or cracking to the device
- Check the condition of the wire
- Check they are stored upon a carabiner for storage

#### **Quick Draws**

- Check the set up of the devices upon the sling
- Check the spring movement and that it rebounds shut and downs stick to catch
- Check they are stored correctly

## **Gymnastics**

### **Floor Mats**

- No damage to the mats
- Not folded or creased

### **Crash Mats**

- No damage to the material
- No damage to the handles/grab bands on the sides of each
- Sponge inside is not heavy and damp

### **Spring Boards**

- Springs are checked for damage or corrosion
- Straps and wheels are checked for operation and no damage

### **Vault**

- Check if it is stable and if any damage to the bolts or any metal sticking out

### **Rings**

- Check they are at even level
- Check knots and fixtures
- Condition of the wood

### **Bar**

- Check condition of frame work, fixtures and bolts

### **Beams**

- Check condition of fabric
- Check condition of the legs
- Check there are no metal pieces sticking out

### **Trampettes**

- Check the springs are stitched up and hooked in properly
- Check the blue side edge has no damage

### **A frames**

- Check if stable

### **Boxes**

- Check the tops are not lifting off
- Check if stable
- Metal stitching out

### **Metal Attachments**

- Metal stitching out
- Check attachments at the end of metal working

## **Bouldering Box**

### **Flooring**

- Check the condition of the floor matting

### **Bouldering Walls**

- Check paint condition on walls

- Tighten all climbing holds
- Add and arrange new routes if required

### **Helmets**

- Check the condition of the helmets
- Reset all straps and head bands to largest setting
- Check buckle on chin strap
- Check operations of the head band tightens

## **Inflatable's**

### **Blowers**

- Check electrical connections and plugs for damage
- Check handles and funnel condition
- Check extension leads for condition and storage wheel
- Check operations – any unusual noise, vibrations
- Check air inlet grid for any imperfections

### **Castles Inflatable**

- Check the zips and velcro covers
- Check the condition of material and joins when inflated
- Check the anchor rings
- Check the roof condition

### **Storage**

- Tidy area when stored
- Check condition of straps
- Check condition of sack barrow