



TREE CLIMBING

Safety Guide

Forest Schools

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Key Benefits

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Control Measures

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Checklist Items

KEY BENEFITS**Physical Development**

Builds strength, coordination and spatial awareness.

Risk Assessment

Develops personal risk assessment and decision making.

Confidence

Builds self-confidence through physical challenge.

Perspective

Provides new viewpoints and connection with trees.

KEY HAZARDS & CONTROL MEASURES

Falls

- ✓ Height limits enforced
- ✓ Soft landing surfaces
- ✓ 3-point contact rule
- ✓ Close supervision

Branch Failure

- ✓ Trees pre-assessed
- ✓ Minimum branch thickness
- ✓ Dead wood identified
- ✓ "Test before trust" taught

Getting Stuck

- ✓ "Come down same way" rule
- ✓ Calm coaching provided
- ✓ Adult positioned to assist
- ✓ Emergency plan ready

Weather Conditions

- ✓ No climbing in wet conditions
- ✓ Weather monitored
- ✓ Activity cancelled in high winds
- ✓ Appropriate clothing worn



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