

# Safety and integrity in recreation and sports: a winning attitude!

## Make climbing at school a safe and exciting experience

Whether practised in school or on a field trip, climbing helps participants develop techniques and behaviours while becoming more physically fit. The Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche, in collaboration with the Fédération québécoise de la montagne et de l'escalade (FQME), has some tips and reference materials to help participants climb safely.



### At school

#### Situation

Presence of a homemade artificial climbing structure (ACS)

#### Recommended action

There are three different inspections that can be done to find out if the site complies with current standards: a summary inspection by an FQME instructor; a visual inspection by the FQME; or an inspection of the structure and the resistance of the materials by an engineer associated with a manufacturer.

Note: For advice about inspections or standards, contact the FQME.

Using a homemade or commercial ACS

Consult the guide to best practices [Un monde plein de ressources](#) (pages 36 to 41) (available in French only).

Note: Despite what is shown in figures 11 and 12, the landing zone at the bottom of an ACS must be covered with a mattress at all times.

Using a rope system (lead climbing or top-roping)

Ensure that the guides and instructors have the proper qualifications and provide any needed training. See section 1 in [Keep It safe! Climbing](#).

Tip: If you are planning a training session, we suggest that you use the opportunity to have the trainer inspect the site.

Installation of an ACS

Make certain that the installer holds a license issued by the Régie du bâtiment du Québec (RBQ) and is insured.

## Off school premises

### Aspect to check

### Information to obtain

The quality of the site and guidance

A service provider who is a member of the FQME is obliged to apply the Fédération's [safety regulation](#) (available in French only). Insist that other service providers apply the [Guide de pratique et d'encadrement sécuritaire d'activités de plein air](#) produced by the Conseil québécois du loisir, and produce proof that the site and equipment have been inspected.

The correct monitor-student ratio

The FQME recommends one monitor per three roped climbers. Including the rope-control team (belayers and back-up belayers), there may be up to 15 students under the supervision of one monitor.

The degree of difficulty presented by the route

With the service provider, evaluate the gap between the degree of difficulty presented by the route and the students' abilities. See section 2 in [Keep It safe! Climbing.](#)

The wearing of helmets

The FQME requires its members to wear helmets when ice climbing and recommends that they do so when climbing all other natural rock formations. Wearing a helmet is not obligatory for climbing an interior or exterior ACS.

**On or off school premises, check your choices with the competent authorities.**



Compliance of sites, training or equipment with current standards:

[Fédération québécoise de la montagne et de l'escalade](#)

(available in French only)

Telephone: 514-252-3004

E-mail: [fqme@fqme.qc.ca](mailto:fqme@fqme.qc.ca)

Personal [safety](#) or [integrity](#) in recreation and sports:

Direction de la promotion de la sécurité du Ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche

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