



Adelaide University Mountain Club (AUMC) Risk Management Plan

Draft D 01MAY2016

Amendment Register

Page	Issue	Description	Date
	A	Draft for client review	19FEB2015
	B	Revised, ported to formatted template	26FEB2015
	C	Fill removed, stripped to fundamentals	22JUL15
	D	Revised. Ocean Snorkeling added	01MAY2016

Contents

1. Risk assessment matrices	4
1.1 Daywalks, day events	4
1.2 Overnight walks and carcamping expeditions in populated areas	6
1.3 Overnight walks and carcamping expeditions in remote areas	8
1.4 Rogaining and Adventure Racing	9
1.5 Snowcamping	10
1.6 Indoor climbing gym sessions	12
1.7 Outdoor top roping, abseiling and canyoning expeditions	13
1.8 Outdoor leadclimbing expeditions	15
1.9 Ice-climbing and mountaineering expeditions	16
1.10 Flatwater/ estuarine day kayaking expeditions	17
1.11 Coastal sea kayaking and surf kayaking expeditions	19
1.12 Offshore sea kayaking expeditions	21
1.13 Whitewater kayaking expeditions	22
1.14 Mountainbike events	23
1.15 Road cycle touring	24
1.16 Kiteboarding	25
1.17 Boardsurfing, Bodysurfing and Ocean Swimming	26
1.18 Ocean snorkeling	28
1.19 Sailing and Windsurfing	30
1.20 Social meetings and events, private parties	31
Appendix A. Preparation and interpretation of Risk Management Matrices	32
Appendix B. Detailed Risk Action Plans	33
1.21 Specific Risks – Daywalks	33
1.22 Specific Risks - Overnight walks and carcamping expeditions in populated areas	33
1.23 Specific Risks - Overnight walks and carcamping expeditions in remote areas	34
1.24 Specific Risks - Rogaining and Adventure Racing	34
1.25 Specific Risks – Snowcamping	35
1.26 Specific Risks - Indoor climbing gym sessions	36
1.27 Specific Risks - Outdoor top roping and abseiling expeditions	36
1.28 Specific Risks - Outdoor leadclimbing expeditions	37
1.29 Specific Risks - Ice-climbing and mountaineering expeditions	38
1.30 Specific Risks - Flatwater kayaking expeditions	38
1.31 Specific Risks - Coastal sea kayaking expeditions	39
1.32 Specific Risks - Offshore sea kayaking expeditions	39
1.33 Specific Risks - Surf kayaking expeditions	40
1.34 Specific Risks - Whitewater kayaking expeditions	41
1.35 Specific Risks - Mountainbike events	41
1.36 Specific Risks - Road cycle touring	42
1.37 Specific Risks – Kitesurfing	42
1.38 Specific Risks - Boardsurfing, Bodysurfing and Ocean Swimming	43
1.39 Specific Risks – Windsurfing	43

1. Risk assessment matrices

1.1 Daywalks, day events

Could include picnics and BBQs, and commercial horseriding, paintball, festivals etc with an outdoor flavour.

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Poorly equipped participants		<ul style="list-style-type: none"> • Discuss face to face; • Exclude from event; • Provide suitable equipment 		
Poorly acclimatised participants		<ul style="list-style-type: none"> • Discuss and monitor 		
Poorly disciplined participants		<ul style="list-style-type: none"> • Place focus on risk appetite of event organiser • Exclude participants or cancel event • Exclude misbehaving participants from future events • Withdraw from running future events. 		
Poorly prepared or FTA leader		<ul style="list-style-type: none"> • Consider formal or in-house training; • Mentor prospective leaders • Have contingency leaders or plans • Partner with experienced group • Engage or use suitable commercial provider. 		
Slips, trips and falls		<ul style="list-style-type: none"> • Appropriate footwear • Appropriate selection of trails 		
Dehydration and exhaustion		<ul style="list-style-type: none"> • Discuss and monitor 		
Predictable medical emergency (eg asthma attack)		<ul style="list-style-type: none"> • Discuss and monitor • Buddy up vulnerable participants. 		
Unpredictable medical emergency (illness, accident)		<ul style="list-style-type: none"> • Communications and exit strategies • First aid kit • First aid training and routinely conducting first aid exercises. 		
Drink driving		<ul style="list-style-type: none"> • Pre-plan, including contingency plans. 		
Abuse and neglect of minors (including intellectually disabled)		<ul style="list-style-type: none"> • Abide by AU Sports Child Safe policies • Exclude minors from participation where 		

		<p>participation would be inappropriate.</p> <ul style="list-style-type: none"> Run suitable number of minor-suitable events where demand exists. 		
Trespassing and vandalism		<ul style="list-style-type: none"> Act in accordance with own risk appetite and live with the consequences. Illegal activities won't attract AU Sports protection. 		
Navigation (ie getting lost)		<ul style="list-style-type: none"> Review maps and navigation methods Have backup navigation methods in case of GPS failure. Submit event plans to responsible person with instructions as to when to initiate search. Have participant communication list available (eg online event registration system) 		
Environmental risk				
Extremes of hot and cold		<ul style="list-style-type: none"> Monitor forecasts and adjust plans to suit Use suitable PPE 		
Extremes of wind and swell		<ul style="list-style-type: none"> Monitor forecasts and adjust plans to suit 		
Geographical (eg cliffs)		<ul style="list-style-type: none"> 		
Nuisance crowds				
Motor vehicle traffic				
Bites and stings				
Livestock, dogs, horses				
Equipment Risk				
Failure of footwear		<ul style="list-style-type: none"> 		
Facilities Risk				
Lack of induction/ training (eg beginner horseriding event)		<ul style="list-style-type: none"> Act within personal risk appetite. 		
Lack of suitable equipment provided by facility.		<ul style="list-style-type: none"> Act within personal risk appetite. 		

1.2 Overnight walks and carcamping expeditions in populated areas

See also Daywalks risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Food (eg insufficient, inappropriate, food poisoning)		•		
Inappropriate behaviour		• Registrations aren't a booking, just an expression of interest. Accept dodgy applicants in accordance with your risk appetite.		
Disruptive use of alcohol and/ or recreational drugs.		• As for inappropriate behaviour.		
Theft				
Spooking		• Have next of kin phone numbers, consider getting them to take spooked participant away.		
Poorly prepared leader		• Consult peak body risk management plans and procedures.		
Environmental risk				
Inclement overnight weather		• Always prepare for inclement weather.		
Flooding of campsite		• Monitor weather forecasts • Look for telltale signs of high water mark		
Gum branch drop		• Don't camp under gum trees.		
Equipment Risk				
Inadequate or insufficient equipment		• Improve planning and preparation.		
Equipment failure		• Contingency and reduntancy, and gaffer tape.		
Facilities Risk				
Lack of suitable camping facilities		• Prepare suite of safe event plans		
Lack of suitable sanitary facilities		• Prepare suite of safe event plans		

Failure to book and pay for campsites.		<ul style="list-style-type: none">• Prepare to live with the consequences		
Failure to leave facilities in good order.		<ul style="list-style-type: none">• Prepare to live with the consequences• Consider taking photographic evidence if another group is to follow.		

1.3 Overnight walks and carcamping expeditions in remote areas

See also Daywalks and camping in populated areas risk assessments

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Dissent amongst participants		<ul style="list-style-type: none"> Run prequalification, accustomed events. 		
Major medical emergency		<ul style="list-style-type: none"> Have higher level first aid resources and training. Consider EPIRB or similar. Prepare communications, contingency and casevac plan. 		
Environmental risk				
Road closures (eg flooding)		<ul style="list-style-type: none"> Monitor weather forecasts. Monitor road status reports Have contingency plans, lots of fuel, water and patience. 		
Equipment Risk				
Vehicle and tyre failure				
		<ul style="list-style-type: none"> 		
Facilities Risk				

1.4 Rogaining and Adventure Racing

See also Daywalks and camping in populated areas risk assessments. Note participants are often isolated from main group.

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Sporting injury during event		<ul style="list-style-type: none"> Be aware of emergency procedures, carry reasonable medical kit if intent on continuing. 		
Predictable medical emergency during event		<ul style="list-style-type: none"> Be prepared for predictable events. 		
Unpredictable medical emergency during event.		<ul style="list-style-type: none"> Be aware of emergency procedures. 		
Naivety. Adventure races are difficult and dangerous		<ul style="list-style-type: none"> Participate in trial events. 		
Environmental risk				
Bushfire		<ul style="list-style-type: none"> Be informed. 		
Terrestrial flooding		<ul style="list-style-type: none"> Be informed. 		
Wildwater		<ul style="list-style-type: none"> Be informed. 		
Equipment Risk				
Equipment/ clothing inadequate.		<ul style="list-style-type: none"> Participate in trial events. 		
Wet clothing and sleeping gear				
		<ul style="list-style-type: none"> 		
Facilities Risk				
Poor event planning		<ul style="list-style-type: none"> Due diligence on organisers event plans and prior experience. 		
Failure to account for participants		<ul style="list-style-type: none"> Review sign-in and sign-out procedures. Co-operate with organisers 		
		<ul style="list-style-type: none"> 		

1.5 Snowcamping

See also Overnight walks and carcamping expeditions in remote areas

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Severe hypothermia		<ul style="list-style-type: none"> Awareness that Australian conditions are relatively warm, therefore relatively wet, therefore dangerously cold. Awareness Australian huts are very spartan. 		
Severe food poisoning		<ul style="list-style-type: none"> Awareness Australian huts are notoriously unhygienic. 		
Navigation failure		<ul style="list-style-type: none"> Awareness of equipment unreliability in sub-zero conditions. Awareness of intensity of ephemeral unmapped hazards. Awareness of how different a snow covered landscape looks, compared with summer. 		
Exhaustion		<ul style="list-style-type: none"> Awareness of the energy required when continually falling and getting up under packs. 		
Environmental risk				
Avalanche, snowcap failure, snow cave collapse				
Blizzard, extended whiteout				
Equipment Risk				
Loss of key equipment				
Equipment failure		<ul style="list-style-type: none"> 		
Facilities Risk				
Overcrowded huts				
National Parks permits				

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1.6 Indoor climbing gym sessions

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Belaying errors		<ul style="list-style-type: none"> • Developing rapport with belayer. • Avoiding distractions 		
Bouldering falls		<ul style="list-style-type: none"> • Ensure falls are going to be soft 		
Typical athletic injuries		<ul style="list-style-type: none"> • Warmup • First aid facilities 		
Environmental risk				
Equipment Risk				
Improper fitting of harness		<ul style="list-style-type: none"> • Training and diligence 		
Improper assembly of belaying devices.		<ul style="list-style-type: none"> • Training and diligence 		
Facilities Risk				
Failure of venue facilities		<ul style="list-style-type: none"> • Monitor reputation of venue. 		
General site emergency		<ul style="list-style-type: none"> • Monitor reputation of venue. 		

1.7 Outdoor top roping, abseiling and canyoning expeditions

See also Daywalks and Indoor Climbing risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Cliff falls (eg accessing, setting)		<ul style="list-style-type: none"> • Protocols and training 		
Belayed climber fall injury		<ul style="list-style-type: none"> • Personal safety equipment (eg safety tape, spare karabiner) • Use of ground anchors for small belayers • Rescue protocol 		
Abseiler injury		<ul style="list-style-type: none"> • Personal safety equipment (eg prusiks) and skills in use. • Rescue protocol 		
Solo climber fall injury		<ul style="list-style-type: none"> • Run for cover 		
Rockfalls (eg due to climbers and setters)		<ul style="list-style-type: none"> • Wear a helmet unless top certain to be 'clean'. 		
Abseil rope doesn't reach bottom		<ul style="list-style-type: none"> • Self rescue (eg prusiks) 		
Confusion about duty of care		<ul style="list-style-type: none"> • Ensure participants are aware of qualifications (if any) of 'organisers'. 		
Environmental risk				
Canyon flooding event		<ul style="list-style-type: none"> • Monitor weather forecasts • Gather local knowledge, use local guides • Have contingency plan, exit strategy. • Carry suitable communications equipment or beacon 		
Equipment Risk				
Improper fitting and assembly		<ul style="list-style-type: none"> • Routine of indoor climbing to consolidate personal skills. • Buddy checks 		
Rope failure		<ul style="list-style-type: none"> • Record rope usage and falls; • Budget for rolling rope replacement 		
Lack of personal rescue equipment		<ul style="list-style-type: none"> • Inform climbers of best practice personal rescue kit. 		

Facilities Risk				
Non-compliance with NPWS regulations (eg if not authorised to run organised events)		<ul style="list-style-type: none"> • Keep these 'peer' events, nor formally organised. • Inform member there are no organised events in National Parks. 		

1.8 Outdoor leadclimbing expeditions

See also Outdoor toppling, abseiling and canyoning risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Injury in multipitch climb		•		
Spooking (eg of abseil)		•		
Failure of lead climber to negotiate pitch.				
Failure of follower to negotiate pitch				
Getting lost or failure to build adequate abseil station.				
Inadequate intermediate belay station		•		
Environmental risk				
Equipment Risk				
Insufficient protection on rack		<ul style="list-style-type: none"> Standardise rack configuration; Don't allow borrowing of protection items from racks 		
		•		
Facilities Risk				

1.9 Ice-climbing and mountaineering expeditions

See also Outdoor leadclimbing expeditions risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
		•		
		•		
Environmental risk				
Poor quality ice and snow				
Equipment Risk				
		•		
Facilities Risk				

1.10 Flatwater/ estuarine day kayaking expeditions

See also Daywalks risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Lack of paddling and physical skills, inability to keep up.		<ul style="list-style-type: none"> • Training and prequalification for demanding trips 		
Inability of group to tow incapable/ exhausted paddlers.		<ul style="list-style-type: none"> • Depth of experience 		
Inability/ unpreparedness to be rescued after wet exit.		<ul style="list-style-type: none"> • Training and prequalification 		
Capsize and pin in shallow water		<ul style="list-style-type: none"> • Wet exit and rolls training 		
Failure to wet exit after capsize (eg due to panic, concussion).		<ul style="list-style-type: none"> • Wet exit and rolls training • Use of helmets where applicable 		
Environmental risk				
Sea swell due to afternoon sea breeze.		<ul style="list-style-type: none"> • Familiarity with local conditions 		
Shore break.		<ul style="list-style-type: none"> • Familiarity with local conditions • Training in sidesurfing 		
Washing machine swell		<ul style="list-style-type: none"> • Familiarity with local conditions 		
Strong winds		<ul style="list-style-type: none"> • Strength and endurance 		
Clash with shipping		<ul style="list-style-type: none"> • Familiarity with local conditions, trip planning. • Standard trip plans 		
Clash with other recreational boaters.		<ul style="list-style-type: none"> • Familiarity with local conditions 		
Equipment Risk				
Inappropriate selection of craft.		<ul style="list-style-type: none"> • training 		
Too tight in craft.		<ul style="list-style-type: none"> • Assistance in craft selection 		
Facilities Risk				

1.11 Coastal sea kayaking and surf kayaking expeditions

See also Flatwater/ estuarine day kayaking expedition risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Concussion		<ul style="list-style-type: none"> Event planning to avoid surf conditions Use of helmets 		
Shallow water pinning		<ul style="list-style-type: none"> Rolls and exits training 		
Shoulder injury		<ul style="list-style-type: none"> Training, avoidance of high brace. 		
Difficulty bringing craft to shore.		<ul style="list-style-type: none"> Trip planning 		
In water - difficulty returning to shore		<ul style="list-style-type: none"> Swim skills and confidence 		
Environmental risk				
Inappropriate swell (eg dumpers, shore break)		<ul style="list-style-type: none"> Ability to read surf conditions 		
Hazardous marine creatures		<ul style="list-style-type: none"> Local familiarity and training 		
Clash with boardriders		<ul style="list-style-type: none"> Site selection – best to stick to closed out surf conditions 		
Clash with recreational swimmers.		<ul style="list-style-type: none"> Site selection 		
Clash with kiteboarders		<ul style="list-style-type: none"> General awareness of other beach users 		
Equipment Risk				
Use of inappropriate equipment		<ul style="list-style-type: none"> Training and assistance 		
Equipment failure		<ul style="list-style-type: none"> Inspection and maintenance 		
		<ul style="list-style-type: none"> 		
Facilities Risk				

1.12 Offshore sea kayaking expeditions

See also Coastal sea kayaking and surf kayaking expedition risk management.

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Failure to account for currents		•		
Navigation failure		•		
Group not staying together		•		
Environmental risk				
Storms and currents		•		
Hazardous marine creatures		•		
Equipment Risk				
Inadequate equipment		•		
Equipment getting wet.		•		
Facilities Risk				

1.13 Whitewater kayaking expeditions

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Inadequate skills		<ul style="list-style-type: none"> • Training and practice 		
Group not staying together		<ul style="list-style-type: none"> • Routine of breaking out at eddies; • Use of throw bags 		
Concussion, injury, failure to wet exit from capsize.		<ul style="list-style-type: none"> • Training and practice 		
Getting lost		<ul style="list-style-type: none"> • Familiarity with conventional and GPS navigation techniques. 		
Environmental risk				
Caught in stopper		<ul style="list-style-type: none"> • Training 		
Caught in strainer		<ul style="list-style-type: none"> • Site selection 		
Unable to access suitable exit point		<ul style="list-style-type: none"> • Site selection 		
Equipment Risk				
Inappropriate equipment		<ul style="list-style-type: none"> • Training 		
		<ul style="list-style-type: none"> • 		
		<ul style="list-style-type: none"> • 		
Facilities Risk				

1.14 Mountainbike events

See also Daywalks risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Lack of skilled bike maintainers		•		
Poor selection of tracks		•		
Environmental risk				
High fire danger				
Wet and slippery conditions				
Equipment Risk				
Flat tyres				
General equipment failure		•		
		•		
Facilities Risk				
Clash with other users and organised events.				
Losing track of participants		• Sign-in and sign-out system.		

1.15 Road cycle touring

See also Daywalks risk assessment; Overnight walks and carcamping expeditions in populated areas

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
		•		
		•		
Environmental risk				
Equipment Risk				
		•		
		•		
Facilities Risk				

1.16 Kiteboarding

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Collision with other beach users		•		
Collision with other kiteboarders		•		
Being blown offshore				
Hard landings				
Environmental risk				
Equipment Risk				
		•		
		•		
Facilities Risk				
Losing track of participants		• Sign-in and sign out system		

1.17 Boardsurfing, Bodysurfing and Ocean Swimming

See also daywalks risk assessment

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Incident due to lack of basic water skills		<ul style="list-style-type: none"> Discuss, monitor, buddy up Use patrolled beach in extreme situations (eg recent arrivals with very poor aquatic skills) 		
Hypothermia		<ul style="list-style-type: none"> Discuss, monitor 		
Sunburn, heat exhaustion		<ul style="list-style-type: none"> Discuss, monitor 		
Spinal injury		<ul style="list-style-type: none"> Discuss proper way of falling off board, monitor; Discuss hazards of dumping waves, monitor. 		
Equipment damage		<ul style="list-style-type: none"> Discuss how to look after equipment. Boardsurfing equipment is particularly fragile. 		
Environmental risk				
Dangerous surf conditions (eg large, dumping, rips)		<ul style="list-style-type: none"> Monitor conditions on Swellnet or similar prior to travelling Survey beach before entry and discuss hazards Contingency plans (eg bushwalk) and locations 		
Equipment Risk				
Lack of or unserviceability of ankle leashes		<ul style="list-style-type: none"> Inspect and repair. 		
		<ul style="list-style-type: none"> 		
Facilities Risk				
Clashes with other boardriders		<ul style="list-style-type: none"> Select suitable locations for novice riders Discuss local boardriding protocols. 		
Clashes with kiteboarders		<ul style="list-style-type: none"> Ensure visibility (eg swim caps), especially if surf swimming; Stay clear of kiteboarders unless specifically invited to assist. 		

1.18 Ocean snorkeling

See also daywalks risk assessment.

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Incident due to lack of basic water skills.		<ul style="list-style-type: none"> • Enquire about water skills • Start with beach entries • Identify potential rescue resources • Bring and offer additional buoyancy aids • Buddy system 		
Incident due to poor site selection		<ul style="list-style-type: none"> • Ensure adequate entry and exit points. 		
Hypothermia		<ul style="list-style-type: none"> • Don't over-rate provided equipment; • Advise of sources of better wetsuits (AUSC, commercially) • Monitor behaviour • Return to shore regularly (eg limit to 30-45 minute snorkels) 		
Exhaustion and lack of rescue resources.		<ul style="list-style-type: none"> • Adjust event to match skills, and skilled to novice ratio; • Always consider exit strategies • Monitor participants 		
Ear damage		<ul style="list-style-type: none"> • Training on equalisation; • Don't press participants to do descents 		
Shallow water blackout		<ul style="list-style-type: none"> • Apnea diving outside scope of ocean snorkeling activities 		
Environmental risk				
Dangerous marine creatures.		<ul style="list-style-type: none"> • Ensure participants are aware of truly hazardous creatures; • Ensure participants can distinguish between hazardous and non-hazardous creatures; • Ensure participants are aware of symptoms and initial response to bites. 		
Shore breaks, rips, currents		<ul style="list-style-type: none"> • Train in robust procedures; • Conduct site survey before entry • Discuss emergency response 		

Equipment Risk				
Loss or failure of mask or fins		<ul style="list-style-type: none">• Keep plan within rescue capacity.		
Facilities Risk				

1.19 Sailing and Windsurfing

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
		•		
		•		
Environmental risk				
Equipment Risk				
		•		
Facilities Risk				

1.20 Social meetings and events, private parties

Events not of an outdoor flavour.

Risk Assessment				
Activity/ Hazard	Initial assessment	Control measure	Who & when	Risk reassessment
People Risk				
Exclusion of members (eg on ethnic, gender or religious basis)		•		
Misuse of alcohol or recreational drugs.		•		
Inappropriate behaviour				
Abuse and neglect of minors.				
Environmental risk				
Equipment Risk				
Hazardous equipment (eg BBQs)				
		•		
		•		
Facilities Risk				

Appendix A. Preparation and interpretation of Risk Management Matrices

Likelihood of Identified Risk Occurring	
Rating	Likelihood of identified risk occurring in the course of a year
Almost Certain	Will probably occur, could occur several times per year
Likely	High probability, likely to arise once per year
Possible	Reasonable likelihood that it may arise over a five-year period
Unlikely	Plausible, could occur over a five to ten year period
Rare	Very unlikely but not impossible, unlikely over a ten year period

Consequence of Identified Risk Occurring	
Rating	Potential Impact - In terms of the objectives of the organisation
Catastrophic	An extreme potential to threaten the sustainability of the organisation or its aims and activities (huge financial Loss or political Impact, very serious occupational health, safety and welfare incident/s, permanent Loss of critical infrastructure/data).
Major	A very high potential to impair the achievement of the organisation's aim or activity objectives (major financial Loss or political Impact, significant occupational, health, safety and welfare incident/s, long term Loss of some critical infrastructure/data).
Moderate	A significant/medium potential of affecting the achievement of the organisation's aim or activity objectives (moderate financial Loss or political Impact, injuries requiring medical treatment only, medium term Loss of some essential infrastructure/data).
Minor	The consequences would threaten the efficiency or effectiveness of achieving some aspects of the organisation's aim or activity objectives, requiring management effort to minimise Impact (minimal financial Loss, injuries requiring first aid only, minor political Impact or disruption to non-essential infrastructure/data).
Insignificant	Low level Impact with negligible consequences on the aim or activity objectives that can be controlled by routine management procedures (no injuries, negligible financial Loss or disruption to non-essential infrastructure/data).

Risk Analysis Matrix					
LIKELIHOOD RATING	CONSEQUENCES				
	Insignificant	Minor	Moderate	Major	Catastrophic
Almost Certain	Moderate	High	Catastrophic	Catastrophic	Catastrophic
Likely	Moderate	High	High	Catastrophic	Catastrophic
Possible	Low	Moderate	High	Catastrophic	Catastrophic
Unlikely	Low	Low	Moderate	High	Catastrophic
Rare	Low	Low	Moderate	High	High

Hierarchy of control	
Elimination	In this case the hazard or risk is eliminated by changing/stopping the process entirely.
Substitution	The hazard is replaced by a process or material that presents a lower risk.
Engineering Controls/ Isolation	This method of risk reduction involves engineering changes that effectively isolate or reduce the hazard.
Administrative Controls	These controls rely on developing safe procedures and work methods.
Personal Protective Equipment (PPE)	PPE is worn as a barrier between the person and the hazard. To be effective PPE needs to be properly chosen, maintained and used. PPE is generally considered the least effective control measure because it is the 'last line of defence'. If the worker does not wear it, or wears it incorrectly, they are fully exposed to the risk

Appendix B. Detailed Risk Action Plans

1.21 Specific Risks – Daywalks

	Yes	Don't know	No

Daywalks can attract the (typically foreigner) extremes of the membership - highly inexperienced, poorly acclimatised, poorly prepared new members keen to do 'something'; through to highly ambitious and competent new members keen to impress established leaders. Does the daywalk schedule safely cater for and suitably challenge the range of interested members?

Daywalks in summer months have elevated risks of heat exhaustion, bushfire, sunburn, and snakebite. Are participants effectively warned and are organisers adequately prepared for such events?

Do organisers have adequate contingency, cancel and exit strategies if risk becomes excessive or an incident occurs?

Do organisers make themselves aware of limitations and relevant medical conditions of participants? (eg asthma, anaphalaxis, diabetes). Do they buddy at-risk participants with capable ones? Do they have first aid kit adequate for the participants?

Has a specific peak body risk management plan been consulted?

Eg Bushwalking Australia www.bushwalkingaustralia.org and

training.gov.au Sport, Fitness and Recreation Training Package SIS10

1.22 Specific Risks - Overnight walks and carcamping expeditions in populated areas

	Yes	Don't know	No

Are participants adequately acclimatised, fit and prepared for overnight events? Are participants aware of how cold it gets in Australia?

Is camping equipment fit for purpose?

Simple expeditions are often used to prepare for more demanding expeditions. Is best practice (eg in food safety, navigation) being used?

Do organisers have adequate contingency, cancel and exit strategies if risk becomes excessive or an incident occurs?

Has a specific peak body risk management plan been consulted?

Eg Bushwalking Australia www.bushwalkingaustralia.org and

training.gov.au Sport, Fitness and Recreation Training Package SIS10

1.23 Specific Risks - Overnight walks and carcamping expeditions in remote areas

	Yes	Don't know	No

Are participants adequately acclimatised, fit and prepared for highly demanding events? Are participants aware of how cold it gets in Australia?

Is camping equipment fit for purpose?

Are adequate casevac plans in place? EPIRB? GPS?

Are leaders prepared and capable navigators? Are they able to navigate in the event of technology failure (eg GPS failure)?

Do leaders make themselves aware of limitations and relevant medical conditions of participants? (eg asthma, anaphalaxis, diabetes). Do they buddy at-risk participants with capable ones? Do they have first aid kit adequate for the participants and elevated remote area risks?

Has a plan been prepared and lodged with suitably responsible people and authorities?

Has a specific peak body risk management plan been consulted?

Eg Bushwalking Australia www.bushwalkingaustralia.org and

training.gov.au Sport, Fitness and Recreation Training Package SIS10

1.24 Specific Risks - Rogaining and Adventure Racing

	Yes	Don't know	No

Rogaining and adventure racing are for highly experienced and independent adventurers. Are prospective participants naive? Are they prepared to suffer extreme hardship and potential for serious injury or even death?

Are event organisers competent? Have they provided adequate briefing and exit strategies? Do they have adequate search and rescue and first aid capability?

Has a specific peak body risk management plan been consulted?

eg

1.25 Specific Risks – Snowcamping

	Yes	Don't know	No

Have the risks listed for overnight walks in remote areas (above) been considered?

Has a specific peak body risk management plan been consulted?

Eg training.gov.au Sport, Fitness and Recreation Training Package SIS10

Compared with Europe and US, Australian snow conditions are relatively warm - overnight lows of approx -5C in Victoria and -10C in NSW. Australian snowfalls are relatively heavy - a metre overnight is not uncommon. Australian snow is relatively wet - and wet is cold! Australian huts are very spartan and can be overcrowded in difficult conditions. Australian huts are notoriously unhygienic. Are participants aware of the differences and challenges?

Skiing under packs is extremely demanding, especially for novices who fall frequently. Are participants of adequate skill, strength and endurance to survive such an event? Are their packs unnecessarily heavy? Are they prepared to endure hardship, injury and the potential for death?

Back-country skiing under packs is hot, sweaty work! Getting and staying dry requires meticulous attention to detail. Are participants adequately prepared, drilled and disciplined in the necessary clothing changes?

Navigation back country can be very difficult, especially in whiteout conditions. Plantlife, creeks and other navigation aids may be completely covered in snow, making landscapes look very different to summertime. Pole-lines may even be covered. Are leaders experienced in navigating in the area? Do they have contingency plans if lost?

Do leaders and participants have adequate navigation aids - GPS with key locations programmed; suitable maps, map covers, compass; EPIRB?

Do leaders and participants have adequate communications equipment and knowledge of coverage?

Do leaders and participants have adequate first aid expertise and supplies? Are specific needs of participants catered for?

1.26 Specific Risks - Indoor climbing gym sessions

	Yes	Don't know	No

Has a specific peak body risk management plan been consulted?

eg

Have participants been adequately briefed about permitted activities, and adequately warmed up?

If bouldering - are drop mats adequate and in place?

If top roping - are belayers competent and proficient with the gym's equipment?

Are participants competent in fitting harness and tying in? Are adequate checks carried out?

If carrying out roof climbs - are participants competent and adequately disciplined?

Does the gym have suitably qualified staff and adequate operational and emergency procedures?

Is the gym equipment suitably maintained? Are general commercial building requirements (toilets, fire escapes, access and egress) met?

1.27 Specific Risks - Outdoor top roping and abseiling expeditions

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Has a specific peak body risk management plan been consulted?

Eg South Australian Rock-climbing Education Association
<http://climbingclubsouthaustralia.asn.au/sarea/sarea-download/>

Department for Environment and Heritage

Are Instructors (if applicable) suitably qualified?

AUMC outdoor top roping events are usually 'peer' events with (perhaps) an organiser but no qualified Instructor. Are participants aware of their own (elevated) responsibilities at 'peer' events? Are participants competent (eg consenting adult, adequate in English) to make an informed decision?

Even if not an Instructor, do organisers and experienced members brief inexperienced members about hazards and best practice?

Is safety equipment (eg helmets, prusiks, safety tapes) available and suitable?

Is climbing equipment adequately maintained and fit for purpose?

Top roping is often used as training and peer assessment for lead-climbing opportunities. Is best practice for these higher standards being followed?

Is novice belay building training conducted in a safe location? Can belay builders tie knots adequately?

Are belays checked prior to climbing? Is belay technique monitored? Are small belayers adequately anchored?

1.28 Specific Risks - Outdoor leadclimbing expeditions

	Yes	Don't know	No

Have the risks for Overnight walks in populated or remote areas (as applicable) been considered?

Has a specific peak body risk management plan been consulted?

As above

Are Instructors (if applicable) suitably qualified?

Are participants suitably experienced and aware of the risks?

Is climbing equipment adequately maintained and fit for purpose? Are the lead racks complete and sorted?

Are all participants members and authorised to use equipment?

Is there agreement on procedures (eg arrival at belay, swinging leads, pulling protection, topping out), calls, and action on stalled climb? This includes any passengers.

1.29 Specific Risks - Ice-climbing and mountaineering expeditions

	Yes	Don't know	No

Have the combined risks for Overnight walks in remote areas, Snowcamping and Outdoor leadclimbing expeditions been considered?

Has a specific peak body risk management plan been consulted?

eg

1.30 Specific Risks - Flatwater kayaking expeditions

	Yes	Don't know	No

Have the risks for Daywalks or Overnight walks in populated or remote areas (as applicable) been considered?

Has a specific peak body risk management plan been consulted?

Eg Canoe Australia <http://canoe.org.au>

DECD Swimming and aquatics www.decd.sa.gov.au/

Have participants been trained in or demonstrated basic paddle skills, safe boarding and exiting, deck removal, wet exits and rescues? Are they prepared to be rescued?

Can leaders and participants swim adequately for the conditions anticipated?

Do participants have adequate clothing, PPP and footwear for the event?

Is there an adequate ratio of proficient kayakers, proficient in rescues, for the conditions anticipated?

Are the leaders adequately familiar with the area and weather forecast? Are the conditions really flatwater, or is there a reasonable prospect swiftwater, surf or swell will be encountered? Is it likely there will be an afternoon sea breeze?

Have participants been assigned craft of a suitable size (or are they going to be shoehorned into a boat they won't be able to exit)?

Have adequate entry and exit points been identified?

Are all participants able to respond to a shallow-water capsize?

1.31 Specific Risks - Coastal sea kayaking expeditions

	Yes	Don't know	No

Have the risks for Daywalks or Overnight walks in populated or remote areas (as applicable) been considered?

Have the risks for flatwater kayaking expeditions been considered?

Has a specific peak body risk management plan been consulted?

Eg Canoe Australia [www.http://canoe.org.au](http://canoe.org.au)

Do leaders have the adequate additional equipment for a sea kayaking expedition (eg pump, spare paddle, towing kit)?

Are participants prepared to beach in chop or surf if conditions change during the day? Will they know what to do? Does everyone know what to do in the event of a shallow water capsize?

1.32 Specific Risks - Offshore sea kayaking expeditions

	Yes	Don't know	No

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Have the risks for overnight walks in remote areas been considered?

Have the risks for coastal sea kayaking been considered?

Has a specific peak body risk management plan been consulted?

Eg Canoe Australia [www.http://www.canoe.org.au](http://www.canoe.org.au)

Victorian Sea Kayak Club <http://www.vskc.org.au>

Are all participants capable of conducting an X-Rescue, and be rescued?

Is all equipment suitable for the expedition (including contingencies) planned?

Is all camping equipment, food etc suitably waterproof packaged in the event of a swamping?

Is there adequate emergency equipment - EPIRB, GPS, flares, marine radio? Do custodians know how to use them?

1.33 Specific Risks - Surf kayaking expeditions

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Has a specific peak body risk management plan been consulted? (note - surf kayaking is a crossover between surfing and kayaking)

Eg Canoe Australia [www.http://www.canoe.org.au](http://www.canoe.org.au)

Do all participants have adequate swimming skills for the conditions?

Are all participants using suitable safety equipment, including helmet and high lift buoyancy vest?

The greatest risk of drowning is a capsize in shallow water. Are all participants able to demonstrate the 'panic' or 'setup' position and handroll in shallow water? Are all participants able recognise and respond to a shallow-water capsize?

Are leaders able to recognise and communicate surf hazards (such as rips, rocks, dumpers)?

Are leaders able to identify suitable surf breaks and not place other beach users at unnecessary risk of collision?

1.34 Specific Risks - Whitewater kayaking expeditions

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Have the risks for surf kayaking (above) been considered?

Has a specific peak body risk management plan been consulted?

Eg Canoe Australia [www.http://www.canoe.org.au](http://www.canoe.org.au)

In lieu of surf hazards, are leaders able to recognise and communicate whitewater hazards and features (such as stoppers, chutes, eddies, strainers, and different whitewater grades)?

In contrast with the eastern states, South Australian water infrastructure appears to be designed to increase hazard to kayakers and usually only flows in flood conditions. Are leaders aware of the unique intensity of risk in South Australian inland waters?

Can participants recognise eddies and adequately break in and out?

Can participants adequately wet-exit, stay with paddle and craft and swim into an eddy?

Do participants know how to respond to a throw-bag rescue? Are throw-bags carried and can leaders and participants effect a throw-bag rescue?

1.35 Specific Risks - Mountainbike events

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Has a specific peak body risk management plan been consulted?

eg Adelaide Mountain Bike Club www.ambc.asn.au

1.36 Specific Risks - Road cycle touring

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Has a specific peak body risk management plan been consulted?

eg Australian Bicycle Council www.bicyclecouncil.com.au - links to various documents.

Govt of SA Cycling and the Law <http://www.sa.gov.au>

1.37 Specific Risks – Kitesurfing

	Yes	Don't know	No

Have the risks for daywalks (above) been considered?

Has a specific peak body risk management plan been consulted?

Eg Kiteboarding Australia aksa.com.au

Although kitesurfers get injured, the main risk associated with kitesurfing is injury to others - ocean swimmers, bodyboarders and surfers, casual beach patrons. Do event organisers and participants carry out an assessment of other beach users at risk? Do participants avoid high risk areas, such as crowds and SLSA patrolled areas?

Do participants use the usual PPP - buoyancy vest, wetsuit?

In larger events do organisers use a sign in-sign off system?

When storm activity (including lightning) is predicted, are participants recalled to the beach in plenty of time to sign off?

In larger events do organisers ensure availability of rescue boats? Is there a missing persons procedure?

Do briefings include hazard assessments - including rocks, currents, legislated no-go zones, overhead power cables?

Is crowd management implemented and effective?

Are right of way and distance off rules understood and complied with?

1.38 Specific Risks - Boardsurfing, Bodysurfing and Ocean Swimming

	Yes	Don't know	No
Have the risks for daywalks (above) been considered?			
Has a specific peak body risk management plan been consulted? Eg Surfing Australia www.surfindustralia.com			
Do organisers and participants understand surf hazards and adjust their activities to suit?			
Do participants have swim skills adequate for the conditions encountered?			
Do participants understand no-go zones, such as SLSA patrolled areas, competition areas and navigation lanes?			
Do organisers and participants understand ocean hazards (marine creatures, spinal injuries, hypothermia, drowning) and understand treatment methods?			

1.39 Specific Risks – Windsurfing

	Yes	Don't know	No
Have the risks for daywalks (above) been considered?			
Has a specific peak body risk management plan been consulted? Eg Australian Windsurfing Association www.windsurfing.org			
Do participants use the usual PPP - buoyancy vest, wetsuit?			
In larger events do organisers use a sign in-sign off system?			
When storm activity (including lightning) is predicted, are participants recalled to the beach in plenty of time to sign off?			
In larger events do organisers ensure availability of rescue boats? Is there a missing persons procedure?			
Do briefings include hazard assessments - including rocks, currents, legislated no-go zones, overhead power cables?			