

## GROUP LEADER...

- Group leader to run after being trained by TS Instructor
- Disclose relevant medical conditions
- Fulfil responsibilities in SAP below
- Responsible for overall group management

## PARTICIPANTS...

- Shoes

## INSTRUCTOR...

- Pass internal training and assessment program
- Current first aid certificate

## RESTRICTIONS

None

RATIOS (not including instructor)

1 adult : 12 students

What could go wrong? <b>'The potential harm'</b>	What would cause it to go wrong? <b>'The hazard'</b>	How could we prevent it from going wrong? <b>'The mitigation'</b>	Responsibility of?	When will it be done?	Emergency Plan
Brakes, Bumps, Bruises, Scrapes, Strains, Sprains	<ul style="list-style-type: none"> <li>- Uneven slippery wet clay track surface</li> <li>- Fallen foliage creating slippery surface</li> </ul>	<ul style="list-style-type: none"> <li>- All participants must wear covered footwear</li> <li>- Allow sufficient time for activity, so participants do not feel rushed</li> <li>- Remove any sticks and branches that may be hazardous</li> </ul>	<p><b>Participants + Group leaders</b></p> <p>TS instructor</p>	<p>Before</p> <p>Before</p>	<p><i>Suspected major injury</i></p> <ul style="list-style-type: none"> <li>- All to vacate area</li> <li>- Instructor to coordinate first aid</li> <li>- Instructor to radio to main office to arrange for ambulance or extra assistance</li> <li>- Assess if activity can continue</li> </ul> <p><i>Other/ Minor Injury</i></p> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>
Bumps, bruises, scrapes, strains, sprains	<ul style="list-style-type: none"> <li>- Tripping on low hanging ropes</li> <li>- Dropping branches on other participants</li> <li>- Walking into low hanging branches</li> </ul>	<ul style="list-style-type: none"> <li>- Don't run though the Burma trail</li> <li>- Don't lift anything above head height</li> <li>- Stay clear from others moving branches</li> <li>- Remove all low hanging branches</li> </ul>	<p><b>Participants + Group leaders</b></p> <p>TS instructor</p>	<p>Before or during</p> <p>During</p> <p>Before</p>	
Exposure to elements (sun, wind, temperature)	<ul style="list-style-type: none"> <li>- Long periods out in the wind and rain without warm clothes</li> </ul>	<ul style="list-style-type: none"> <li>- Move to an indoor Activity during "bad weather"</li> <li>- Ensure the group has adequate clothing</li> </ul>	<p>TS instructor</p> <p><b>Participants + Group leaders</b></p>	<p>Before</p> <p>Before &amp; During</p>	
Psychological harm	<ul style="list-style-type: none"> <li>- Being bullied or forced to participate</li> </ul>	<ul style="list-style-type: none"> <li>- Challenge by choice</li> <li>- Group encouragement</li> </ul>	<p>TS instructor</p> <p><b>Participants + GL</b></p>	<p>During</p>	