



## RISK MANAGEMENT

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*Risk Management* is a term with different meanings for different people so it is important that the term be defined and understood. In the simplest of terms risk management when applied to bushwalking and other related activities is how we exercise our duty of care to fellow members and others around us in order to minimise the risk of personal injury and loss or damage to property.

*Risk Management* also requires that systems and procedures are in place to ensure that we keep our practices up to date.

The SBC's insurance policies, which are organised through *Bushwalking NSW* and *Bushwalking Australia*, require all members to sign an annual *Acknowledgement of Risk* statement:

This *Acknowledgement of Risk* applies to all club activities I may undertake as a member of the *Springwood Bushwalking Club*. In voluntarily participating in Club activities I am aware that I may be exposed to hazards and risks that could lead to injury, illness or death, or to loss of or damage to my property. These risks may include but are not limited to slippery and/or uneven surfaces, rocks being dislodged, falling at edges of cliffs or drops or elsewhere, risks associated with crossing creeks, hypothermia and heat exhaustion.

In particular when participating in cycling, canyoning, abseiling or above the snowline activities I am aware that I may be exposed to additional hazards and risks. I also acknowledge that I may be in locations where evacuation for medical treatment may take hours or days.

I will make all reasonable effort to avoid or minimise these risks by:

1. only participating in activities within my capabilities,
2. carrying food, water and equipment appropriate for the activity,
3. advising the leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity,
4. making every effort to remain with the rest of the party during the activity,
5. advising the leader of any concerns I am having, and
6. complying with all reasonable instructions of the activity leader, and
7. not leaving the party before the conclusion of any activity, without the leader's prior knowledge and consent.

I have read or heard and understand these requirements. I have considered the risks before choosing to sign this form. I still wish to join the Club. I agree by signing this form to waive any claim for damages arising from participation in a Club activity that I may have against the Club, the leader or other participants in tort or contract. I acknowledge that I will take responsibility for my own actions and will help others to complete the activity safely.

In addition, SBC members and visitors are required to sign a similar *Acknowledgement of Risk* statement prior to commencing an activity – this process incorporates any specific risks outlined in written form or verbally by the leader in their pre-activity briefing.

The following *risk analysis* has been prepared to assist SBC leaders and members.

Risk	Possible Outcome	Frequency	Severity	Management Strategy
<b>Environment</b>				
Accidents on steep or rocky ground	cuts, scratches, sprains, resulting in delays or alteration to plan	high	medium	Take time to find safe route through steep sections
Cliffs	death, serious head or limb injuries	low	high	Brief clients on guidelines for areas with cliffs - set rules for children.
Rocks dislodged on slope	head injuries, bruises	medium	high	Instruct group on safe techniques for traversing steep sites. Leader to ensure that group complies.
Exposure to cold	hypothermia, discomfort	medium	low	Gear check to ensure group has adequate clothing, sleeping bags. Remind participants to add layers when stopped or away from sun.
Rain	hypothermia, discomfort	low	low	Group to carry adequate rain gear (including fly/tent).
Lack of water	dehydration	high	low	Site camps at possible water locations. Carry adequate water for 2 days. Plan a water drop. Leave water in cars.
Relentless rain	wet and therefore heavy gear	low	low	Packs to be protected by pack liners
Bushfire	delay, burns or death if caught	low	high	Take note of bushfire warnings and follow fire official's guidelines - may require cancelling walk. In the event of fire, follow guidelines for safety.
Floods	delay, change of route	unlikely	low	Follow weather forecasts. Creeks in this area are not likely to flood dangerously.
Polluted water	stomach upsets, dehydration in extreme cases	high	medium	Treat water before drinking. First aid gear should include electrolytes.
Insect Bites	minor irritation, allergic reaction	low	low	Request medical information from participants before the walk. Require participants to carry their own emergency treatment for severe allergic reactions. Minor irritations may require stingose. Wear protective clothing (long sleeves, pants protect against mosquitoes, etc)
Snake bites	death	low	high	unlikely in winter - snakes hibernate
Cycling on busy roads	Collison with motor vehicles, serious injury	low	high	Ride single file, spread out, choose good road shoulders, choose quieter time, good alternative routes

### People

Existing medical problems	delays, evacuation, change to route	medium	medium	Monitor group. Participants to make leaders aware of specific problems.
Illness	delays, evacuation, change to route	medium	medium	Monitor group. Leader trained in remote area first aid to manage situation should it arise. Group to lighten the load of affected person.
Temporarily lost	delay	medium	medium	Group to monitor leader's navigation. Leader will intervene should delay begin to cause other problems (eg dangerous terrain after dark)
Party separated	delay, full scale search , embarrassment	medium	medium	Manage groups to keep party together.
Dehydration	shock, increased risk of heat exhaustion or hypothermia	low	low	Monitor group for signs of dehydration
Burns from cooking	evacuation	medium	high	Teach safe use of stoves and cooking circle. Wear footgear in camp.
Cycling on busy roads	Collison with motor vehicles, serious injury	low	high	Inexperienced and less confident riders should avoid busy roads, checking by leader

<b>Risk</b>	<b>Possible Outcome</b>	<b>Frequency</b>	<b>Severity</b>	<b>Management Strategy</b>
<b>Equipment</b>				
Pack failure	delays, discomfort	low	low	Gear check before walk. Carry basic repair materials. Participants taught to select suitable gear.
Blisters	delays, severe blisters may require evacuation	low	low	Participants educated on correct gear choices. Participants have been on previous walks. Blister pads carried in first aid. Monitor group for 'hot spots' from boots. Attend before they become a problem.
Inadequate equipment	delays, exposure, weakness	low	low	Group to plan food, carry spare meal. Group is large enough to share excess equipment.
Stove failure	annoyance - eat cold food, hypothermia if cold	low	low	Two stoves carried, camping cave location known, possible to light fire for warmth.
Cycle failure	On busy roads, steep off-road tracks	low	high	Cycles must be well maintained to keep control in exposed locations.