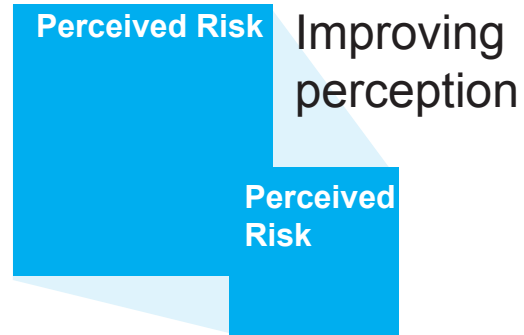


# Risk Management



- Involve everyone in safety
- Use appropriate leadership styles
- Know the group
- Offer 'challenge by choice'
- Teach by progression
- Develop safety culture
- Have competent leaders
- Disclose the risks
- Pre-visit the site
- Check equipment (maintenance logs)
- Have appropriate rules, policies & guidelines

- By working with group members you can reduce their perception of risk to improve their experience of an activity;
- Experience levels
  - Tiredness
  - Equipment familiarity
  - Feeling of being safe
  - Perception of others
  - Awareness of own limitations
  - Leaders approach
  - Knowledge of situation
  - Fear of the unknown
  - Mood
  - Location
  - Anxiety level

Colin Mortlock identifies four stages of adventure

- Play**
- Adventure**
- Frontier Adventure**
- Misadventure**

As a coach, we can be well within the play or adventure stage but giving our group a 'Frontier experience' or in the case of an unexpected capsizing - misadventure.

