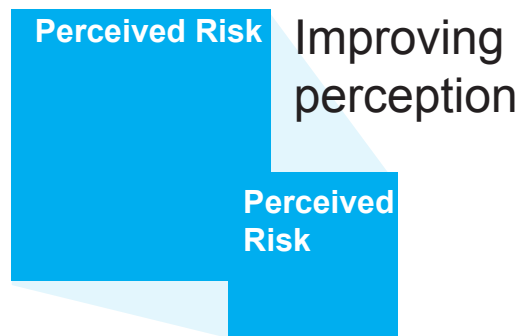


Risk Management



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

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'. Our group will be one stage ahead of us, if we move to, or choose Frontier our group will not be in a good place.

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

