

# SAFETY POLICY & RISK ASSESSMENTS FOR THE DARE ADVENTURE RACE



There are responsibilities for race safety at all levels:

## Head of School

The Head of School has responsibility for all matters of safety of the DARE race (hereafter referred to as the 'race'). The Head of School delegates responsibility for the approval, management and delivery of the race to the Head of Outdoor Education. Any variations from this policy can only be approved in writing by the Head of School, who will consult the Head of Outdoor Education.

## Head of Outdoor Education

The Head of Outdoor Education has specific responsibility for:

- Advising all staff and the Head of School on all aspects of the race.
- Monitoring the implementation of the policy for the race.
- Providing support, training and resources for staff to implement the policy.
- Overseeing all safety aspects, regulations and permissions on the race course
- Overseeing the maintenance and condition of the race equipment.

And will ensure that:

- The race is conducted in a safe manner following best practice.
- The race operates within the remit of StGIS Outdoor Education policy.
- All equipment is checked for suitability and condition prior to every use.
- That all participants are adequately briefed and race coaches attend the safety briefing.
- That all participants have the appropriate parental consent to participate.

## Participants

- All participants (and other adults participating) should, as far as is reasonably practicable, take responsibility for ensuring:
- That they conform to any guidance on matters of safety given before or during the race.
- That they are vigilant for anything that might hurt anyone in the team/race and warn the team coach / race marshals.

That any distress, concern or discomfort arising during, or resulting from, the race is drawn to the immediate attention of the team coach / race marshal or member of staff leading the race.

#### ROAD RULES

The DARE route will use public roads, cycle paths and footpaths. These routes connect individual stations of the race. These streets and footpaths will not be closed to the public, so please note that the usual traffic regulations apply.

#### FIRST AID AND COMMUNICATIONS

All staff in sole charge of an activity station must possess a valid first aid certificate that relates to at least the equivalent of 8 hours' training and assessment. Where a number of staff are working with a group, at least one member of staff must possess such a certificate. All staff are expected to carry a mobile telephone with all important numbers on it at all times when working at the race. All emergency calls go directly to the Head of Outdoor Education, to be forwarded to the Ambulance (fully equipped emergency car plus two paramedics) located on school campus. Or for remote areas of the race, to the mountain rescue in charge of the race the whole day, or for water emergencies direct to the water rescue who are in charge the whole day and have a motor boat. In addition, we have two school nurses, rotating on the course/activity stations on e-bikes.

#### EVACUATION PLAN FOR EXTREME WEATHER CHANGE

e.g. Hailstorm, Thunderstorm, Heavy rain or Snowfall

If the race has to be halted, Teams and Team coaches will be informed via their mobile phones by the race leaders. The instructions regarding pick up or meeting points have to be followed. Checkpoints & Activity stations are equipped with school busses, tents or group shelters. Participant Evacuation starts from there. In addition, at least one flexible school bus will be available to follow up. For more remote areas there will be support from the mountain rescue team.

#### QUALIFICATIONS

The qualifications listed in this document reflect the qualifications held by StGIS staff or external providers at the time of the race. There are many other qualifications that are equally suitable and this policy will be reviewed whenever new staff or external providers are leading an activity station.

#### MOUNTAIN BIKING

MBLA Level 2 Trail Cycle Leader, Austrian MTB Instructor

Holders of this award are competent to lead groups on forest tracks and simple single tracks where mountain biking is permitted. The routes will be of low to medium difficulty and 90-95% rideable.

### CANOEING, RAFT BUILDING, CLIFF JUMPING & STAND-UP PADDLEBOARDING on the LAKE

In addition to the activity-specific qualification, all water and swimming activities must be lead/supervised by a member of staff, holding one of the qualifications below and this qualification must be in date. The recognised Awards are:

Austrian life saver qualification or “Helferschein”

Any other qualification requires approval from the Head of Outdoor Education.

### ROCK-CLIMBING

IFMGA Guide

Holders of this award are qualified to lead parties on all mountain terrain in all conditions throughout the world.

### MOUNTAIN BIKING

#### EQUIPMENT – PARTICIPANTS

The member of staff is responsible for ensuring students in their charge are adequately equipped.

Helmets must be worn at all times.

Gloves and eye protection should be worn when mountain biking.

#### EQUIPMENT – STAFF

First aid kit

Warn vest

Mobile phone with all important numbers saved

Repair kit to include: 2 inner tubes, puncture repair kit, multi-tool, tyre levers, pump with valve adapters, chain link extractor, cable ties, missing links

### WATERSPORTS

#### EQUIPMENT – PARTICIPANTS

Buoyancy aids must be worn at all times.

No helmets on jumps higher than 3m

Consideration should be given to the wearing of wetsuits under cold weather / water conditions

#### EQUIPMENT – STAFF

First aid kit

Warn vest

Waterproof bag for mobile phone with all important numbers saved

A method of towing

Appropriate water rescue kit (these items could include: lifebuoy, rescue board, 20m throw rope, kick board, noodle, whistle and will include a first aid kit).

#### ROCK-CLIMBING

##### EQUIPMENT – PARTICIPANTS

Consideration should be given to the most appropriate harness for each participant.

Equipment must be correctly adjusted to each participant and checked by the member of staff.

Helmets must be worn by all participants at all times.

##### EQUIPMENT – STAFF

Basic 'rescue' equipment for solving problems.

Warn vest

Mobile phone with all important numbers saved.

First aid kit.

Staff must wear a helmet at all times when leading a station, both for their own welfare and to promote an appropriate image to participants in their charge.

## RISK ASSESSMENT MOUNTAIN BIKING

ISSUE  List significant hazards which may result in serious harm or affect multiple people  Consider venue, activity, group, transport, plan B, etc	RISKS  What are the effects of the issue  Consider the worst case scenario	MEASURES TO MANAGE ISSUES  What procedures will we have? (Control measures)	WHO IS TO BE INFORMED		
			PARENTS	STAFF	PARTICIPANT
		Staff trained and assessed against National Governing Body Standards and/or at a comparable level. Staff have relevant experience and this is logged on the school's computer system. Mobile telephone will be carried.	✓	✓	✓
Falling off bike	Minor/serious injury	All participants wear helmets and gloves, participants briefed to control speed. Activity Leader checks and adjusts sizing of participants' bikes. Activity Leader checks participants' helmets. Bikes that have been involved in significant 'crashes/falls' should be taken out of the race.		✓	✓
Mechanical failure	Minor/serious injury	Leaders undertake a bike safety check prior to every session. Bikes are repaired and maintained by Rad Haus Wolfgangsee		✓	
Weather conditions	Hypothermia, sunstroke, sunburn	Weather forecast obtained. Students appropriately clothed for prevailing conditions. Group shelter available. The effects of cold/heat are monitored carefully. Consideration given to carrying spare clothing and hot/cold drink.		✓	✓

## RISK ASSESSMENT KAYAK, CANOE & STAND UP PADDLEBOARDING

ISSUE  List significant hazards which may result in serious harm or affect several people  Consider venue, activity, group, transport, plan B, etc	RISKS  What are the effects of the issue  Consider the worst case scenario	HOW TO MANAGE IT  What procedures will we have? (Control measures)	WHO IS TO BE INFORMED		
			PARENTS	STAFF	PARTICIPANT
		Staff trained and assessed against National Governing Body Standards and/or at a comparable level. Staff have relevant experience and this is logged on the school's computer system. Mobile telephone will be carried.	✓	✓	✓
Manual lifting & transportation	Back & muscle damage.	Instruction is given to all participants regarding lifting of heavy items of equipment. Kayaks carried by two people and canoes carried by four people whenever possible.		✓	✓
Flat water activity	Drowning, hypothermia, impacts, fear.	Students wear buoyancy aid and all buoyancy aids checked by Activity Leader before activity. Briefing on procedure in event of capsize. Helmets will be worn when there is a good chance of slipping/hitting head.		✓	✓
Equipment	Drowning, entrapment.	All equipment meets current specifications and/or accepted standards, annual inspection of floatation in buoyancy aids, staff checks equipment before session.		✓	
Access to and exit from water: slipping	Minor injury.	Staff checks access point, briefing to participants on entry to boats. Staff checks exit point, briefing to participants on exit from boats.		✓	✓
Weather conditions	Hypothermia	Weather forecast obtained. Students appropriately clothed for prevailing conditions. Group shelter available. The effects of cold/heat are watched carefully. Consideration given to carrying spare clothing and hot/cold drink.	✓	✓	✓

## RISK ASSESSMENT SWIMMING AND JUMPING IN NATURAL WATERS

ISSUE  List significant hazards which may result in serious harm or affect several people  Consider venue, activity, group, transport, plan B, etc	RISKS  What are the effects of the issue  Consider the worst case scenario	HOW TO MANAGE IT  What procedures will we have? (Control measures)	WHO IS TO BE INFORMED?		
			PARENTS	STAFF	PARTICIPANT
		Staff trained and assessed against National Governing Body Standards and/or at a comparable level. Staff have relevant experience and this is logged on the school's computer system. Mobile telephone will be carried.	✓	✓	✓
Temperature, weather	Hypothermia	Weather forecast obtained, participants briefed to alert to staff when their temperature is uncomfortably cold. In the event of lake storm-warning lights (orange), or sign of thunder/lightning, staff will remove participants from the water as soon as possible. The effects of cold are monitored carefully. The use of wetsuits should be considered.		✓	✓
Water, boats	Drowning, minor/serious injury, death	Leaders trained in aquatic rescue techniques. Leader will survey the environment and assign a designated swimming (depth and distance) area free from submerged objects, hazards of other water craft, taking into consideration other water users. Swimming will be supervised by a life saver.		✓	
Ill discipline	Minor/serious injury	Participants briefed on dangers associated with horse play/poor behaviour. Clear guidance must be given to participants regarding safe and acceptable modes of water entry (diving, flips, jumps etc) as determined by the environment.		✓	✓
Underwater hazards	Minor/serious injury, death	Jumping is only permitted in clear water where there is enough water and no obstacles in or under the water. Jumps should not be greater than 10 metres. The jump should be simple with no obstacles on the land to avoid. The supervising member of staff is to have personally done the jump themselves.		✓	
Falling off cliffs	Minor/serious injury	At the cliff jumping spot at the Falkenstein, just the marked spots on the over view picture are to be used. No footwear to be used when entering the exit point.		✓	✓

Jumps	Minor/serious injury	Swim vests have to be worn with a tight fit, on jumps over 3m. No helmets to be worn at the Falkenstein cliff jumping spot. In general, no helmets on jumps higher than 3m. Consideration should be given to jump with body tension and make sure that feet are together.		✓	✓
Ground conditions: slippery, uneven rock	Minor/serious injury	Participants briefed on hazards. Running jumps are not appropriate due to risk of tripping and slipping.		✓	✓

### RISK ASSESSMENT CLIMBING

ISSUE  List significant hazards which may result in serious harm or affect several people  Consider venue, activity, group, transport, plan B, etc	RISKS  What are the effects of the issue  Consider the worst case scenario	HOW TO MANAGE IT  What procedures will we have? (Control measures)	WHO IS TO BE INFORMED		
			PARENTS	STAFF	PARTICIPANT
		Staff trained and assessed against National Governing Body Standards and/or at a comparable level. Staff have relevant experience and this is logged on the school's computer system. Mobile telephone will be carried.	✓	✓	✓
Weather conditions	Hypothermia, sunstroke, sunburn.	Weather forecast obtained. Participants appropriately clothed for prevailing conditions. Group shelter available. The effects of cold/heat are watched carefully. Consideration given to carrying spare clothing and hot or cold drink. Sun cream, sunglasses.		✓	✓
Rock-fall, shoe-fall, equipment-fall	Minor/serious injury, death.	Suitable venue chosen for activity and group, helmets must be worn by all participants at all times. Helmets are not shared. Climbing shoes/trainers are securely fastened before climbing.		✓	✓
Equipment: misuse, poor condition	Minor/serious injury.	All equipment meets current specifications and/or accepted standards, leader visually checks equipment before session, monitoring of use of equipment throughout session, and checks after breaks when equipment may have been removed. Activity Leader removes any faulty/damaged equipment.		✓	



Equipment: inspection	Minor/serious injury.	All technical equipment is inspected annually and a record of this is kept by the Head of Outdoor Education. Inspection and criteria for retirement follows guidance given in the publication BMC Care and Maintenance.		✓	
Stuck/trapped climber	Psychological trauma, minor injury	Rope systems are chosen to allow flexibility to enable problems to be resolved quickly. Hair tied back. Loose clothing (eg scarves) and jewellery removed. Abseils are releasable and have if possible an independent anchor.		✓	✓
Misbehaviour	Minor/serious injury.	Participants are supervised appropriately during the time that staff are involved in setting up equipment. This may be through explicit instruction prior to leaving the group unaccompanied.		✓	✓
Tick bites	Lymes disease, Tick-borne encephalitis	Written advice given to participants and parents on symptoms and prevention. Students and staff are encouraged to be vaccinated against tick-borne encephalitis.	✓	✓	✓
Equipment failure	Serious injury, death.	During top-roping sessions on sport routes, ropes must be passed through two bolts. A screw gate carabiner on the last bolt before the lower-off may be used when the crag is not equipped with a two-bolted lower-off. Last quickdraw stays in the last bolt of the route, independent of the type of the lower off		✓	
Other users	Serious injury, death.	The Activity Leader will check equipment, such as screw gates on lower-offs, after all breaks when it may have been tampered with by other users.		✓	
Other users	Minor/serious injury	Activity leader has to make sure that no one is climbing (bouldering) above someone else, sitting, standing or walking around to prevent people from falling onto someone else.		✓	✓

## RISK ASSESSMENT RUNNING COURSE

ISSUE  List significant hazards which may result in serious harm or affect several people  Consider venue, activity, group, transport, plan B, etc	RISKS  What are the effects of the issue  Consider the worst case scenario	HOW TO MANAGE IT  What procedures will we have? (Control measures)	WHO IS TO BE INFORMED		
			PARENTS	STAFF	PARTICIPANT
		Staff trained and assessed against National Governing Body Standards and/or at a comparable level. Staff have relevant experience and this is logged on the school's computer system. Mobile telephone will be carried.	✓	✓	✓
Weather conditions	Hypothermia, sunstroke, sunburn.	Weather forecast obtained. Participants appropriately clothed for prevailing conditions. Group shelter available. The effects of cold are monitored carefully. Consideration given to carrying spare clothing and hot or cold drink. Sun cream, sunglasses, cap/beanie.		✓	✓
Ground conditions: rocks, roots, fences, trees	Minor/serious injury	Appropriate speed for any types of terrain. Trail running shoes. Staying on the marked track.		✓	✓
Roads	Minor/serious injury/death	Students briefed on highway code when required. Race marshals with high visibility vest on all road crossings.		✓	✓
Loss of orientation	Minor/serious injury	GPS tracking, digital route map, race signs, checkpoints, emergency number, fully charged mobile phone		✓	✓
Sudden health problems	Minor/serious injury/death	Stay with your team at all times, emergency number, fully charged mobile phone, checkpoints, staff on the track, ambulance in charge on campus, mountain rescue in charge, school nurses, medical questionnaire		✓	✓
Incapable of completing route	Fatigue, extended time scales faced if retreat required, minor/serious injury.	Check points on the route, emergency number The planned route is appropriate in the prevailing conditions i.e. actual weather, underfoot conditions and hours of daylight.		✓	✓