

The RAMS document was to identify potential and perceived risks we wrote strategies to prevent these risks from happening on our expedition ensuring the trip was safe and enjoyable. Now that I have finished completed the bike expedition I realise how important the risk management was for the expedition. Before we went on our bike expedition we had planned and constructed lists of equipment and emergency procedures that might have been needed throughout the trip. On the trip we did not need any of our emergency plans or risk management information as no one got injured. However now completing the expedition there were a few factors within our planning that could have been improved. Despite these improvements they didn't have any negative effect on our safety. By completing the RAMS form we discussed things like

- Dehydration
- Injury
- Emotional trauma
- Extreme Weather conditions

I believe the list above was appropriate because it reduces the chances of negative outcomes which could have otherwise been associated with our expedition.

On the bike expedition one strategy was to have plenty of supervision. For example if we had poor supervision there would be higher risks of injury, discomfort and an overall safety hazard. As such, supervision proved to have a positive effect because it provided a safety net which allowed us to worry less about safety concern and improved the quality of our overall experience.

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The supervision was mostly carried out by 6 adults, 4 of the 6 adults were also on bikes placed in the middle, front and back of the pack so as to ensure all the students were at all times kept safe and that no-one could take off by themselves or no-one would get left behind. By having such supervision on the expedition it lowered the potential risk of injury, malfunction and the possibility of getting separated/lost/trapped and also damaging the environment by leaving belongings behind. Overall therefore supervision has a positive impact on our physical safety.

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Injury was a risk on the expedition. This is because each participant was not looking out for themselves but also looking out for others. A strategy that we used was not being pressured by other into something too physical demanding. For example on the first day there was a very steep slippery downhill part which we supposed to bike down, but me and many other decided to walk our bikes down as we were not confident in ourselves and the bikes. I actually was thinking about the potential risk that might be associated with falling off my bike while going down the steep hill as I was traveling away for sports week the week after, which made me very hesitant when riding. We could have got broken bones or sprained something if we fell off while going down this hill and then not have been able to participate in sports. This perceived risk was very important to me and many others as it was a risk everyone had to encounter, therefore without any sort of pressure the participants were able to

do what was right for themselves. For example xxxx and I discussed while walking down the hill what the risk and the potential risks were from falling off your bike.

Dehydration was a vital part of the expedition, as being dehydrated can lead to weakness and a lack of energy, fatigue which meant that people may not be able to complete the bike and therefore it ensures that you are staying focused on your biking technique therefore potentially staying safe and reducing injury. As we were riding over a long period of time and the weather was fairly hot this was a real risk for us. We ensured that everyone was drinking enough water and keeping hydrated throughout the expedition.....

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. This helped our overall safety as it meant that all participants were getting reminded to keep drinking and we also had 3 big 20 litres carton of water in the trucks so that we had no excuses of not keeping drinking. We could also use this to fill up our drink bottles on our bikes as well..... Drinking is important, without it you would start to have lost of ached and cramps in your body. This is because water is exiting your body through sweat if you don't replace the water that has been lost, then your will start to dry out your body which make you become dehydrated and unfocused. For you own safety be watchful of specific signs of dehydration when biking like muscles cramps, dry mouth and eyes, you become fatigued, urine appear dark yellow, sudden light headedness, heart rate increase, you overheat and your skin loses elasticity. By having any of these symptoms on the bike expedition it would be safe if you had a break and make sure you start to drink regularly.

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