

Examples of two risks analysed by the student.

Dehydration and drinking lots of water was a very appropriate strategy for the activity of biking as it involves exercise and fluid loss through sweat as we are exercising for a long period of time and the amount of physical activity was fairly constant, therefore this is an appropriate risk to consider for any type of physical activity that is over a long period of time as your body could become fatigued and accidents could happen or worse case scenarios could be shutting down of body functions.

2

Dehydration holds a physical and emotional risk as it can lead to not feeling well, headaches, and dizziness and in worst case scenarios passing out. It also has an emotional effect as you get far more fatigued quicker which leads to unhappiness and loss of will to keep going. We managed water intake well and ensured that peers and ourselves were drinking regularly, at breaks and throughout the ride. The teacher in charge would break regularly to ensure we kept hydrating. We made sure our water bottles were full and refilled if necessary and that the containers carried by the support vehicles were also full.....

1

A positive result of implementing these strategies was that everyone remained hydrated and happy and as a result no one ended up dehydrated and we avoided any unnecessary physical or emotional strain. I one extra strategy we could have added to avoid dehydrate was not having too much clothing on for the conditions, which would have increase the seating rate. An example of this was when we were biking it started to rain so I put my shell on to keep dry, the shower then passed but I left my jacket on to avoid having stop and take it off. However I soon realised that I was getting far more sweaty and uncomfortable as a result of this and ended up stopping. I should have not been lazy and stopped as soon as I felt myself overheating, as by doing this I was increasing my chance of getting dehydrated.

3

We are very fortunate that the weather wasn't too hot and we were able to fill the water tanks long the way and along the route. This meant that our two water tanks got us through the biking days. If the weather was warmer, this would have increased fluid loss therefore more water would have consumed to avoid dehydration. As a result we might have needed more than our tanks to refill bottles, so if repeating this activity I would carry more water tanks just in case the weather is warmer and we need to consume more water. Better to be prepared.

I chose to include hypothermia in my RAMS as it is often forgotten and holds a low perceived risk for people in the outdoors; however the actual physical risk presented is very high. As we are doing an outdoor activity in the elements bringing the correct gear and keeping warm is essential. No one really realises to which extent this risk affects us until you become cold and are in the beginning stages of hypothermia. Because exercising regulates your body temperature and keeps you warm it is generally not until you stop and that you cool down and realise how cold it is.

2

By then you have already got cold and then it required a great amount of energy to warm the body back up. The use of clothing such as wool and polypropylene will keep you much warmer as it doesn't trap the sweat against your skin and wool will keep you warm even if wet. Another common mistake is to allow yourself to get wet. Once we, wind chill and temperature quickly decrease body temp and when wet it

3

becomes harder for the body to warm up. The altitude rain and wind are all elements that you are extremely exposed and vulnerable to while on this ride therefore creating a high actual risk and being a very relevant strategy. The risk of hypothermia is present in any outdoor activity and due to the exposure of the route and the bad weather forecast it was one reason that leads to the trip being unsafe for the dates planned. The change in route definitely lowered the actual risk around hypothermia however it was still present. A positive effect of implementing this was on the first day when we arrived at camp we were all wet as it had been raining. We had about an hour to wait before the vans turned up with our gear, and at this stage there was potential to get hypothermia as it was we and very cold. As we were aware of this risk on arrival we made sure to change into dry warm clothes before our body temp cooled down and we got cold. We also played games that kept us active warm until gear arrived container shelter, extra dry clothes and warm food. By doing this we avoided potential risk and everyone remained warm and comfortable. Also by identifying this risk it really highlighted the importance around having decent clothing suited to the outdoors. As we had discussed clothing required prior to the rip everyone was aware that thermal, fleeces, woolly socks, gloves etc., were needed and because everyone was wearing these items even when wet they keep you warm. As I was very aware of this risk I was also able to check on other members of the group to ensure they were keeping warm (during stops especially) and I was able to remind them to put more layer on or coat on to avoid getting cold. Again we were lucky that the temperature wasn't too cold and there wasn't much wind therefore we avoided the wind chill factor. As it was raining for part of the trip and people did get wet, if it was colder/windier this would have increased the chances of cooling down which could lead to hypothermia. We were also fortunate that we don't have any major accidents that involved a lot of sitting round. The bulk of our ride was also under cover of the bush which protected us further as it kept the rain and wind off. One thing I would encourage next time would be to put a coat on as soon as it started spitting to avoid getting wet in the first place.

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4