

What outdoor activity did you do?

Student 3: Low Merit

NZQA Intended for teacher use only

The challenging outdoor activity we did was rock wall climbing and abseiling.

What risk management strategies did you select and apply during the outdoor activity?

For people risk, the risk management strategy I chose to apply was to listen to instructions and also to have clear and positive communication between you and your team and others. This will help to reduce the risk of falling by falling instructions and listening to my partner. I think this is a relevant strategy because this is the most important part of climbing. When top rope climbing you are relying on your partner to stop you falling to the ground, if you slip or lose your grip which could cause broken bones or even death, so having clear communication and listening to instructions of the instructors on how to belay is the most important part of rock climbing

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For equipment the risk management strategies I chose and applied were to inform the teacher/ person in charge when the equipment was worn out or even broken, and an 'Equipment log book' to write in when equipment had been used. Also to wear the correct clothing on the trip and have prior training in how to use the equipment correctly. This will help reduce accidents that may happen like falling from ropes or the rock face because of equipment failing or getting loose clothing stuck in devices which could cause injury to fingers and skin.

The environmental risk management strategies I chose and applied were to check for the weather forecast before going on the trip and in person look and check the place where you would like to climb for any dangers. Also check road ways and organise proponent dated for the climb. Checking weather will mean it will be safer to climb and less chance of things like hypothermia.

How and why did you apply these particular strategies?

Were these the best/most appropriate strategies for the day? Why/why not? What was the effect of applying these strategies on physical emotional and cultural safety? Give specific examples?

I made sure that I listened to what the instructors were telling us when we were climbing like how to put the harness on correctly and how to belay the person correctly when they were climbing. The instructors told us that the harness waist belt should be above our hips and that it is tight enough so that it won't fall down over our hips so that we fall out of it when we are climbing. They said the leg loops should be comfortable so that you are not just sitting on your waist belt when climbing. They also showed us how to belay person which was a belay movement which was pull, slide, and brake. We wanted to spend as much time in the brake position as which meant if the climber fell off the wall we could easily lock the rope preventing any more to go through which means the climber would not fall as far and help to prevent injury to them.

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One of my equipment risk management strategies I chose was to inform a teacher or a person in charge or that is in charge of the equipment when it is worn-out or broken so that they didn't use any equipment that may cause an injury like frayed harnesses or ropes. I also made sure that I filled in the log book when using the ropes. Recording this information and letting people know that equipment may be faulty means that it will prevent people from getting injured or falling when climbing as the rope may break if it has had too many falls on it. For example on the trip I informed Mr xxxx that the rope we were using kept getting caught in the belay device as it had been curled up to many times before. I chose this because it minimizes the chances of me and others from being injured. This was an appropriate strategy for the day because it allows safe climbing for all including myself. Another equipment risk management strategy that I chose to apply was the wearing of the correct clothing and equipment. I chose this because it was a safety act and it was an appropriate strategy for the day because lose clothing can get caught in the belay device and cause injury for myself and others. Therefore by wearing correct clothing and equipment it decrease the chance of injury or death. For example wearing a loose top that gets caught in the belay device causing it to jam. This could lead to the person belaying getting injured by jamming fingers in the device when trying to get loose clothing out of it. Finally the last equipment management strategy I chose to apply was to have prior training in using the equipment correctly with the help of an experience climber, for example xxxxx showed me how to belay properly when someone was climbing by showing me the correct technique of pull, slide brake. I chose this strategy because it allowed me to provide safety for the person that was climbing allowing them to relax and not worry about falling as they knew that I had done the prior training with the instructor. This made them feel safety emotionally.

How and why did you apply these particular strategies?

*Were these the best/most appropriate strategies for the rock climbing day? Why/why not? What was the effect of applying these strategies on your physical emotional and cultural safety? Give specific examples.*

One of my risk management strategies I chose to apply was to check the weather forecast before we left to leave on the trip. I chose this because is provided us an idea of what the weather we were in stall for also to check of the trip was still one. This was an appropriate strategy for the day because it allowed me and the others to know if the weather was good to climb and abseil in especially as we were locates very close to the sea. The effect of this stagey on my safety was that it minimized any chances of accidents or injuries to occur form unknown weather. For example we are able o estimate when the tides were to come in and out. Some other environmental risk management strategies that I did not personally do but Miss xxxx and Mr xxxxx did were check the location we were going to and organise a postponement date. These were appropriate strategies for the day because by checking the location of where we were going to climb the teachers were able to see if there were many major hazards that needed to be avoided, also by organising a postponement date it meant that even if we weren't able to go on the day we set out to we still had a chance of doing it on a different day.