

Planning the trip

I am planning a trip to Mt Ruapehu where my year 13 PE class will be taking part in skiing and snowboarding lessons.

The issue of People

The people factors include skills, attitudes, fitness, ratios, experience, health etc.

Causal factors:

There are many causal factors which need to be recognized and avoided (if possible) because otherwise risks could occur. For example, having an inexperienced instructor may lead to risks such as the students going missing or getting lost, getting hypothermia, causing damage to the environment, etc. The students may get lost because the instructor may not know where they are meant to be taking the students. They might also get hypothermia because the instructor may not have informed the students of adequate clothing that they need to wear, or may not be able to pick up on early signs and symptoms of hypothermia. In order to reduce the likelihood of these things happening, it is important to have strategies to put into place, or guidelines for the students to follow. In this case, it is important to have appropriately skilled and experienced instructors, so that they know what they're doing and the students feel safer.

The health of the students is also important because it means that their ability to ski their best and be mentally and physically aware will have dropped. It also means that they would need to be looked after more than the average person, making sure that appropriate medication is taken (if needed)

Eating correctly is important because it keeps you going and gives you energy, as well as warming you up. People must make sure that they have eaten high energy carbohydrate food so that they have enough energy to last over a long time. Having enough energy means that you will be alert mentally to listen to instruction and have energy to be involved in activities and to get down the mountain if there is a problem. If you were to take junk food with you or not enough food then your body would not be able to cope and you would run out of energy. This is because junk food has a high sugar content you get a high after eating it straight away and then its energy is all gone. You need to eat foods which release energy slowly.

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Bringing a snack with you like muesli bars or scroggin which has nuts and raisins and chocolate it means that you have food on the go which is good for you and can give you a pick up. Having a high carbohydrate meal before going up the mountain would also ensure that you have enough energy to do this activity. We plan to have porridge, baked beans and spaghetti, toast and cereal on our menu for breakfast before going up the mountain. This will help provide us with the energy that we need.

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Issue of Equipment

Some equipment factors are clothing and transport.

The clothing that you bring up the mountain with you is also very important. This is because you don't want to get up there and be cold. Not having the correct gear can lead to hypothermia, because your body is not able to warm itself up properly. In order to prevent getting hypothermia, the teachers should go through with the students before leaving the lodge, the appropriate gear that they will need for the day and follow a checklist. The gear should also be checked to make sure that it is appropriate and warm enough and that there are no holes, etc in the clothing. The correct clothing that you should be wearing or should have with you on the mountain needs to look something like this (point to presentation). A ski jacket (puffer jackets are not acceptable). Gloves to keep your hands warm, goggles to protect your eyes from the conditions (such as snow, wind and rain), a beanie or helmet and a scarf. It's important that you have all or most of this gear

with you because you don't want to get up there and be too cold, and if you are worried about being too hot, then you can always take a bag with you and take layers off when you need to.

Some other equipment causal factors are having unskilled drivers or unsafe vehicles, which may lead to the car breaking down, or a car accident. In order to prevent these things from happening, it is important to make sure that the driver is skilled, has the correct driver's license, the warrant of fitness and registration are up to date, etc.

The issue of Environment

The environment plays an important part in the trip too, because of all the causal factors that it has. These include the weather (it could be windy, wet, cold, snowing), there could be poor visibility at any time, or it could be misty, which would lead to students going missing, or not being able to see whilst driving there. In order to prevent the students getting lost, the staff need to have the right equipment with them, and know where they are going. The weather also plays a big role because it determines what your trip is going to be like. For example, if it is sunny then the trip will be enjoyable and you will most likely be prepared with all the right gear but if it is raining or snowing or the weather is really bad then you may not be able to go up the mountain in the first place. If you did however, it would probably lead to you getting hurt or injured or even getting lost or getting hypothermia. If it's snowing whilst you're driving there, then it's important that you are prepared and have chains in the vehicle ready to go in case you need to put them on.

It's also important to make sure that you take notice of the weather before you leave for the amount of time that you're away (if possible). This is so that you know that you are going prepared and can pack for all weather – sun, rain, snow, etc. It's also important because the conditions can change quite quickly once you're up on the mountain, so if you check the weather often then you will have a pretty good understanding of whether it is a good idea to go up the mountain at the start of the day, or if the weather will turn really bad whilst you're up there. However, not checking the weather forecast can have its consequences. If you don't check the forecast then you will most likely be unprepared for all types of weather and might get caught out. For example, you might look outside and think it's going to be sunny all day but when you get to the top of the mountain it is cold and wet and you would not have the appropriate gear to keep you warm or dry. This can lead to hypothermia and can be prevented by checking the weather often and being prepared for all circumstances.