



National Certificate of Educational Achievement
TAUMATA MĀTAURANGA Ā-MOTU KUA TAEA

Exemplar for Internal Achievement Standard Physical Education Level 3

This exemplar supports assessment against:

Achievement Standard 91504

**Analyse issues in safety management for outdoor activity to devise
safety management strategies**

An annotated exemplar is an extract of student evidence, with a commentary, to explain key aspects of the standard. It assists teachers to make assessment judgements at the grade boundaries.

New Zealand Qualifications Authority

To support internal assessment

	Grade Boundary: Low Excellence
1.	<p>For Excellence, the student needs to critically analyse issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves:</p> <ul style="list-style-type: none"> • comprehensively examining the safety management issues for a selected outdoor activity • evaluating the issues in terms of their relative importance • questioning and challenging assumptions and practices relating to safety management in outdoor activities. <p>The student has comprehensively examined the safety management issues (school policy) for a selected outdoor activity (skiing) (1).</p> <p>The student has evaluated the issues (school policy and information about people on the trip) in terms of their relative importance (2).</p> <p>The student has started to question and challenge assumptions and practices related to safety management in outdoor activities (philosophy of outdoor education) (3).</p> <p>For a more secure Excellence, the student would need to question and challenge in more detail assumptions and practices relating to safety management in the outdoors.</p>

Safety Management Issues

The identification of safety management issues is a crucial step in trip planning and is done through the RAMS on form. As I mentioned earlier it is vital that this form is thoroughly filled out so that the trip is as safe as possible. I will identify these different safety management issues and their relative importance, the factors that influence them, their wider implications and the relationship between them and strategies to minimize these issues.

The risks:

There is a fine line between a risk that is accepted or not, especially when one is responsible for a group. It is summed up as “knowingly imposing a risk on oneself is right while imposing a risk on someone else is wrong”. The six risks that I have listed in this RAMS form are ranked from the highest to lowest in importance. On the following page there is a critical incident management form. This form is also very important to have as it explains what to do if each of the risks occur.

An important issue to consider that effects the following risks is the philosophical issue. This includes considering the importance and intentions of the trip. Philosophical thinking weighs up the benefits of what they will get out of it without putting too much pressure on them that could lead to one of the six risks. It looks at why we are doing outdoor education and presenting students with risks. Part of the outdoor education philosophy is to challenge students, but there must be consideration made by the teacher that also considers acceptable risks, to ensure that the trip is not getting to the point where anyone or anything is put into unacceptable danger. A lot of what we will be doing will be run by instructors and we will have nice accommodation. This is not truly embracing the outdoor philosophy of getting back to nature as we will be in a fairly controlled environment most of the time and when skiing will be able to control effects such as the weather by stopping if it turns bad. I think tramping would link more with the true philosophy of outdoor education as the risks that are inherent in tramping would be more ‘real’ risks rather than the ‘perceived risks’ that maybe associated with skiing in a controlled environment. However this is also a positive for us as well as it will provide us with experiences in the outdoors were we can value our own philosophies around outdoor education and give us an awareness of our own values and cultures.

Stage 1: Initial planning and approval

Before the trip is planned initial planning should be gained from the person who has the responsibility for accepting the trip such as a senior staff member or an EOTC coordinator. This will be in line with school policy and would be required for all trips planned by the school. In the case of a year 13 skiing trip Ms ... is in charge of all the EOTC events at the school and because skiing is a high level risk activity a lot of decisions need to be made and go through her. Her knowledge and experience in planning the trip is critical as if something goes wrong it may be that her planning procedures were not in place and she may have made a mistake in the planning because of her experience. If something does go wrong and it is because of the teachers planning then they should be responsible. I think the school should also have policies in place to check planning and take responsibility if something does go wrong. However, this is not always the case with the teacher in the firing line if something does go wrong. In approving an EOTC event, the following will be considered: the school's curriculum, safety management including required staff competence and the budget. They need to be informed about the trip so they know exactly what is happening and why. This is important because they can then decide for themselves if they should agree or not to let their daughter attend and in case of an accident did occur the school would not take 100% of the blame. If a serious accident did occur then school or the teacher planning the trip would probably have to shoulder some of the blame as the parents may be looking for a scapegoat

This is a very important issue that forms and policies are filled out for a reason so that parents can be assured that the trip has the appropriate safety management procedures in place to prevent incidents occurring and that safety has been thought of to minimize the risk to the students. We live in an age of accountability and having these forms filled out will ensure this.

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Another issue is the information about the people involved in the trip. This includes the students, teachers, helpers/volunteers such as parent help and contracted providers. At ... (school) there is a generic EOTC form for students to fill out requiring all the information. It includes their health status and any problems they might have such as being allergic to a food type. This form is important because it will mean that the teacher will be able to plan around any safety issues the students or helpers have. For example, if a student was allergic to a food type the teacher or cook would know to have a substitute for the student to eat. In terms of importance of this issue it would not be of that much importance. At this age students should be aware of what they are allergic to and what food allergies that they have. The student may ask if the food has something that they can't eat in it or recognise if it is something they are allergic to. Students have to take responsibility as well. This would all be planned for beforehand and would only be of importance if the student involved was suffering from a life threatening allergy which they would be well aware of. It is important for information to also include their ability at the activity they are planning on doing so that the students are in their comfort zones but will still be able to push themselves.

2

The programme must be carefully planned, with risks identified, assessed and managed and emergency procedures put in place. This can be done through a RAMS form.

Wider implications – why we use these safety management issues, and what would happen if we didn't

The safety management issues are put in place to prevent disasters from occurring. For example the recent tragedy of 2 students and an instructor who drowned in the sea after being washed off a wave of New Plymouth's Paritutu Rock. All sorts of questions were raised as a result of the tragedy and most of them were aimed directly at Topec, the organization that was taking the 11 students on what is known as the Paritutu traverse course. Over the years Topec has taken thousands of young Taranaki students on the adventure which is reportedly an exciting experience. Part of the outdoor education ethic that says adventure, and challenge through risk, is an important part of learning. However safety management issues are put in place so that events like this do not occur. Over the years there have been several tragedies involving students dying as a result of experiences in the outdoors of New Zealand and after each tragedy the New Zealand EOTC organization, alongside of the government, schools and outdoor associations reflect their safety management procedures to prevent further tragedies occurring. I believe that the safety management planning has improved over the years that have made outdoor education safer for students. There is a definite need for RAMs forms. If we didn't have RAMs form, emergency procedures and student health and capability forms then tragedies such as the Taranaki one is a lot more likely to happen. This is due to several reasons, such as, the students may not understand the risks that are surrounding them, and some students maybe right out of their comfort zone.

Another reason for the safety management issues and why we learn about them is for the future. Individuals will get a lot out of learning about safety management issues and putting them in place. When they learn about the issues they will learn how to prevent them or what to do in an emergency if an issue occurs. Later in life these skills that students have gained through their experiences will not only be beneficial from that one activity but they will also be able to apply it to activities such as tramping. This is because the similar risks will occur and the similar ways of how to prevent them/what to do in an event of an emergency. They will also be able to teach others safety management issues and make New Zealanders more aware of the risks in the outdoor. Overall, it is important to have the safety management plans in place so that we can minimize the amount of tragedies that occur as a result of education in the outdoors, including death, missing people and injuries.

	Grade Boundary: High Merit
2.	<p>For Merit, the student needs to analyse, in depth, issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves examining the wider implications and/or impacts of:</p> <ul style="list-style-type: none"> • the factors influencing the safety management issues • the inter-relationship between factors influencing the safety management issues. <p>The student has examined the wider implications and impacts of the factors influencing the safety management issues (not following the use of procedure in RAMS forms) (1) for skiing. The student has examined the inter-relationship between factors that influenced the safety management issue (skier ability) (2).</p> <p>The student has comprehensively examined safety management issues (the knowledge and experience of students and instructors) for the selected outdoor activity (skiing) (3).</p> <p>The student has attempted to evaluate the issues in terms of their relative importance (4).</p> <p>To reach Excellence, the student would need to:</p> <ul style="list-style-type: none"> • evaluate more issues in terms of their relative importance • question and challenge assumptions and practices relating to outdoor education.

The first step in planning an outdoor trip for a group of people is to consider what they would enjoy and get the most benefit out of. The most important part of this in a school situation is to determine the educational goals for this trip. This is related to the philosophy of what outdoor education is all about. Another danger is that the nature of the environment.

Hypothermia is a real risk on the mountain with injuries and losing a person also being major possibilities to consider. To try and reduce these risks a gear list with all the necessary warm clothing, such as, gloves, thermals, beanies and other important gear should be put out allowing enough time for participants to borrow gear they might not have already have. It is important that the person organising the trip checks by sighting that the student has this list of required gear. This might be the teacher's job or the parent's job at home. The risks of not being pre-prepared should be explained to the students by the teacher before they go on the trip so that the correct gear is brought. If students are informed then they are more likely to bring the correct gear as they will be aware of what could happen if they don't. Being warm with the correct gear will make the student feel better and more comfortable and will make them more emotionally safe.

Another thing which is important in an outdoor environment such as this is the use of mobilephones while on the mountain. As the participants will not be skiing in a big group together, cell phone use is important in maintaining contact between the different skiing groups and also for emergency situations which may occur. Students should be made aware of the safety issues surrounding the use of mobile phones, and should understand the importance of using them in the right way and not contacting those outside of the trip (specifically parents or friends) of anything that may happen without the permission of a trip supervisor, which can cause issues of misinterpretation when contacted too early and not all the details are known.

With all these safety issues, there are also some things which should be done both before leaving for the trip and while away to reduce some of the risks. A few trips will be made to Snow Planet to get some preliminary lessons and introduce some of those who may be more nervous to a shallower slope rather than throwing them in the deep end on the side of the mountain, which is a bit steeper. The class should also be asked to give an indication of current ability levels so they can be put into groups of similar skill, reducing the risk of some members feeling uncomfortable as they are at a lower ability level of the others in the group, while also reducing the risk of some more advanced skiers becoming bored with people who are at a more basic level. This will help with the emotional safety as well as physical safety of the students. For example you will not be thrown on to a black run at the beginning of the first day if you are not a competent skier and if you have skied before then you will be doing runs which will challenge you and are lessen the chance of the perceived risk associated with skiing. We will check the ability level of the instructors and the safety guidelines and procedures of the organizations we will be dealing with (so Mt Ruapehu),Every morning the weather on the mountain should be checked on the Mt Ruapehu website (also before leaving in the vans to check travelling weather), along with checking what parts of the mountain are open or for any extreme weather warnings which could put the group in danger. Along with that, as the weather on the mountain is extremely changeable, a careful eye should be kept out for changing weather by an experienced supervisor who has been on mountains numerous times in the past. The students in the group should also be briefed beforehand on the nature of the weather

and what they should be looking out for while they're skiing or snowboarding, along with ways to get down the mountain or to safety in bad weather or other situations.

When going into an outdoor activity which is provided by a company or group, they also have some safety management regulations in place to help ensure there are no accidents by those participating. In this case Mt Ruapehu group does many things to make the mountain environment safer for the skiers, snowboarders and trampers who regularly use its services. This is important as they are often the people who have the greatest knowledge of the amount of risk present on the mountain and have the largest amount of experience on how to reduce these risks while still making the activities enjoyable for those who take part. Many people who go on the mountain (especially family groups or tourists who have come from overseas) are inexperienced in safety in such harsh environments and so require safety precautions to be put into place or to supply them with the knowledge in order to be safe while doing activities on Mt Ruapehu. They are responsible for grading the roads on the mountain to make the surface of the roads less slippery and safer to drive on, providing weather reports that are updated regularly, avalanche control, trail markings and signage of boundaries, trail and lift clearances and maintenance of ski hire equipment. Additional services are the regular ski area sweeps and first aid and emergency services which they provide in case that something out of their control does happen. They also have staff working consistently on the mountain to ensure safety, such as people on the lifts and people patrolling the field to make sure people are not endangered by other users.

3

Wider implications

It is important to consider the wider implications that could arise if they are not managed properly, not only will the students on the trip be affected but many others. The most important issue and the one that may have widest implications is if someone were to die. Without managing many of the factors listed in the RAMs form the issue of someone dying may arise leading to many people being affected. If tragedy did occur – such as one of the students dying of hypothermia, many recriminations would be raised followed by many questions. Such a tragedy would affect others students in the class as they may become mentally affected. An event like this may require the students to undergo counseling in order to cope with such a tragedy....The family would need to be informed, and losing a loved one is one of the most terrible things that could happen. The family would be distraught and what to know the detail of what happened... The trip may have to be reviewed before taking place in future years and if the teacher was somehow involved in the tragedy through lack of planning or forms then there may be an investigation into their conduct and if they are found at fault then they may lose their teaching position. The people running the activities on the mountain may also be investigated which would have an effect on customer sales or even being shut down. Profit may be lost and many may be out of a job and receiving not income for a period of time, possibly for a while as jobs are hard to come by. Nationally the event may cause less people to visit the mountain reducing the amount of overseas and local visitors. This means rental shops and cafes could lose profits possibly causing them to shut down. This would mean fewer jobs for local living in the region, and therefore could easily affect everyone living in the area.

1

I think the most important issue when planning an outdoor activity is to have all the paper work filled out and RAMs forms completed so that everyone is aware of the risks that are involved. With knowledge of what risks can occur and how these can be addressed or minimized then this will make the trip a lot safer for all those involved.

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	Grade Boundary: Low Merit
3.	<p>For Merit, the student needs to analyse, in depth, issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves examining the wider implications and/or impacts of:</p> <ul style="list-style-type: none"> • the factors influencing the safety management issues • the inter-relationship between factors influencing the safety management issues. <p>The student has examined the wider implications and impact of the factors influencing the issues (school policy and cell-phones) (1). The student has briefly examined the inter-relationship between the factors (related to people) influencing the safety management issues (equipment) (2).</p> <p>For a more secure Merit, the student would need to examine in more depth the impact of the inter-relationship between factors influencing the safety management issues (people).</p>

The educational trip involving one year 13 Optional PE class is planned to go to Whakapapa, Mt Ruapehu in National Park.

What could go wrong on the trip?

The risk of a trip to Mt Ruapehu is high with many causal factors as to what could go wrong, there are controllable risks that with good preparation can be minimized or even eliminated and uncontrollable risks which must be taken into account and prepared for although there is nothing that you can do to stop these risks, again with good planning and preparation can minimize the effects if they were to happen. Firstly the controllable risks such as with transportation there is risk for a break down or accidents during the trip there and home. There are risks such as people being injured and going missing or getting sick. All of these risks can be controlled and minimized with effective risk management such as completing a RAMS form prior to the trip, which record and manage potential losses.

People issues are ones such as inexperienced staff or guides which can be managed by checking that they are appropriately qualified and experienced, also that the leader-participant ratio is not appropriate which is easily managed by making sure of numbers prior to the trip and ensuring that there are enough experienced people to care for the less experienced or skilled people. The reality is people are not always going to do what is best or what you want them to do so participants who are unwilling to follow instructions, rules or regulations and who do not listen and have poor attitudes can cause higher risk so to manage and control this rules and regulations should be gone over prior to the trip and explained why they must be followed and also not pairing together students who distract each other or who cause each other to become disruptions to the group. By having these management measures can cause unplanned outcomes to have less of an impact on the whole group.

Equipment can be a serious risk issue during a trip and can cause injuries if it is not suitable and checked prior to leaving or using it. Old or bad equipment can break and cause injury so an experienced leader should check these before leaving on the trip. If participants do not have enough gear such as clothing for all weather possibilities and the right clothing for these conditions such as polypropylene for the retention of heat, they could become very sick and in danger from hypothermia without the right clothing for the environment. To manage that there should be a checklist given to participants in advance of the trip to ensure students know what they should be packing. This will be related to the people running the trip and their experience and knowledge in the outdoors. They should have an influence on what clothing is bought. If students' don't bring this equipment then that could put them in danger when on the mountain. Included in this should be appropriate safety gear to minimize injury such as helmets, wrist guards and first aid kits for leaders. Gear should be checked when being returned so that it can be documented as to what condition it is in. This will prevent gear breaking and causing injury. Experienced leaders will complete these forms correctly and know when gear needs to be replaced or not. Not having a good transportation vehicle can cause an accident or a break down so to minimize the risk of this the vehicle should be inspected for WoF and registration and that it is properly serviced before leaving to ensure that there are no mechanical malfunctions. Also to minimize risk during transport leaders should prepare for any type of weather or terrain which means being sure to have a 4WD or having chains in case of icy or snowy terrain, because the weather can change in an instant with no warning.

The last issue is environmental hazards, because weather can change in an instant all participants should be prepared for any conditions, and having checklists help this, which ties in with equipment issues. However environmental issues include unexpected terrain that can be managed by leaders knowing the experience and skills of all participants and knowing where they are able to get to and where they can't. This can all be worked out by planning prior to the trip snow planet visits to assess skills of participants.

All of these possibilities have to be considered well in advance of the trip.

School policies can also be an issue associated with the running of this trip. These policies include students not being allowed cell phones, however due to the nature of the trip students will be allowed to take cell phones in case of an on mountain emergency. This would be an appropriate time to use phones as if you are skiing with friends away from staff and there is an accident that needs to be reported then having a phone will enable staff to do this. However this is the only time they will be able to use their phones, will be to contact the leaders of the group. However the wider implications of this is that if something happens rumors can be spread and taken well out of context and parents can find out and think that an accident is far worse than it really is. Also in the event of an emergency appropriate measures must be taken from the school in order to contact guardians and if students use cell phones people can find out the wrong information. Students could also contact each other with incorrect information and this could lead to emotional stress on students of the information is misinterpreted by others. School policies also include that there is to be no misconduct especially where a student's behaviour is a danger to herself or to others. In this case the student will be sent home at the parent's expense. This misconduct also includes the possession and or distribution of drugs, alcohol or cigarettes, which is where normal school rules apply. In the event of any of these misconducts the student will be immediately sent home.

	Grade Boundary: High Achieved
4.	<p>For Achieved, the student needs to analyse issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves:</p> <ul style="list-style-type: none"> • examining the safety management issues for a selected outdoor activity • considering factors that influence the issues • devising safety management strategies to address the safety management issues. <p>The student has examined the safety management issues for the selected outdoor activity (skiing) and considered the factors that influence the issue (equipment: the type of clothing that should be worn) (1).</p> <p>The student has devised risk management strategies to address the safety management issues (2).</p> <p>The student has briefly examined the impacts of the factors (food and people's knowledge) influencing the safety management issue (people) (3).</p> <p>To reach Merit, the student would need to examine the wider implications and impacts of:</p> <ul style="list-style-type: none"> • the factors in more detail influencing the issues • the inter-relationship between factors influencing the safety management issue).

Issues that contribute to the undesired events can be sorted into three distinct areas – people, equipment and environment.

People are in charge of planning the journey and this planning can often be inadequate planning. It is important that information has gone out to the Parents and Caregivers so that they know when you are leaving and where from, the transportation, where you are staying, costs, timetable of events, expected guidelines and the contact details of the supervisors and the accommodation staff. This is important in case of an emergency at home, where you need to be contacted. It is also important in providing an opportunity for you to tell your supervisors about any sleeping conditions or dietary requirements. An example of a permission slip is on page.

People having a lack of area knowledge can result in skiers attempting slopes which are above their ability level. This can lead to skiing injuries or sometimes death. In order to reduce the chances of this it is important that you assess your ability level before you go up the mountain. I suggest that you visit snow planet, which is a safer environment to try out your skills within. You should reference the Ability level chart on page and assess which level you are from 1-6. This will give you information on which trails you would be most comfortable on. You can further this knowledge by carrying a Whakapapa Trail Map, on page, in your pocket. This is an easy guide to which runs are easiest, which are on more difficult terrain and which are on the most difficult terrain.

People must also make sure they are eating and drinking the right foods and liquids, as when you are exercising so it is important to replenish the water and food that you are working off. Water is a critical element of the body, and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water so minor dehydration can cause headaches, dizziness and tiredness. Food is also important to keep your energy levels up. Carbohydrates are the body's ideal fuel. They supply the body with the energy needed for the muscles, brain and central nervous system. In fact, the human brain depends exclusively on carbohydrates for its energy. A lack of carbohydrates in your food, so not eating fruits, vegetables, beans, dairy products, can cause fatigue and this is when you are potentially prone to injury or illness. People need the right knowledge of what to bring as well. As a lot of our class has been in the outdoors before we should know what to bring to give us the energy we need on the mountain. We have addressed this issue by looking at our menus for breakfast and dinner and making sure that we have lots of carbohydrates to fuel the body.

Weather has a major impact on trips in the outdoors. An easy and relaxed trip in warm weather can be physically and mentally demanding if the weather turns cold and wet. Strong winds, soft snow, or high rivers may make a route impassable. New Zealand's weather can change dramatically in a few minutes.

Every year people go and enjoy the wonders of the mountain scenery but for some the experience isn't so pleasant as they venture onto the mountain unaware of the weather they may meet. Every year, even in New Zealand people are hurt or sometimes die on mountains as a consequence of the weather. Some underestimate the mountain weather; some are unaware of the mountain weather and some leave decisions on the weather too late when on the mountainside.

A risk reduction strategy is having knowledgeable group supervisors. Skiing with a certified guide or instructor can reduce your chances of injury or getting lost and attempting a slope above your ability level. The Ruapehu Snow Academy trains internationally recognized ski and snowboard instructors and prepares individuals for both the NZSIA and SBINZ exam standards that each instructor must take in order to be certified. These exams ensure a high standard of teaching and safety on the slopes. Whakapapa has more than 1300 acres of varying terrain. With extensive beginner, intermediate and advanced skiing/riding and is renowned for its array of steep chutes and off road terrain. To cater for this diversity NZSIA Ski offer a whole range of courses and qualifications to ensure that a teacher has the knowledge and ability to attempt high level slopes.

2

In terms of the environment it is important to check the weather and snow report to minimize the chance of getting caught off guard. MetService works with the Department of Conservation to provide weather forecasts for New Zealand's national parks including Mt Ruapehu. Also on the Mt Ruapehu webpage the weather and snow report are available both on a daily basis and a predicted weather pattern for 5 days in advance. On Page there is an example of a detailed weather forecast and snow report. With the ever-changing weather conditions on Ruapehu, no two trips are the same. Blue skies and stunning views may greet you one day. The next day you could have the adventure of a lifetime in the 2797m mountains strongest winds, remarkable fog and rapidly moving clouds. It is important to pack gear that is suitable for all weather not just those stated in the predictions.

When it comes to the issue of equipment you need the right clothing for the conditions. When skiing conditions can change suddenly and the climate is a winter one and the terrain is snow you need ski clothing which is manufactured to be functional. It is essential to wear the appropriate clothing in skiing because like in any outdoor activity, you are more susceptible to harmful influences when you are on the slopes. You need specialized clothing specifically made for the purpose of skiing or snow boarding. Skiwear must be able to keep you dry and warm. In general, a three layer system applies to ski clothing - an outer layer, which is resistant to wind, and water, mid-layer that can keep you warm, and thermal underwear. If there is cold weather, make sure that your ski clothing has insulating layers. On the other hand, give more importance to breathability if the weather is dry or warm. Thermals should be good quality and made of polypropylene, polyester, or other synthetic material. This should reduce your chances of hyperthermia dramatically. Wearing thick socks with stretchable material is also important to avoid lumps and blisters.

1

Put on gloves or mittens that are water-resistant, especially if your hands chill after a short time in the slopes. Gloves or mittens should be tight enough so they do not interfere when you are holding your ski poles. However, they should be loose to permit blood circulation on your fingers. Finally you should wear UV-protected goggles or sunglasses which can protect your eyes from wind chill and snow. A better choice would be any model which provides 100% protection from ultraviolet rays. This should reduce your chances of getting sun burnt.

	Grade Boundary: Low Achieved
5.	<p>For Achieved, the student needs to analyse issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves:</p> <ul style="list-style-type: none"> • examining the safety management issues for a selected outdoor activity • considering factors that influence the issues • devising safety management strategies to address the safety management issues. <p>The student has examined the safety management issues (people) for the selected outdoor activity (skiing) and considered factors (food) that influence the issues (1).</p> <p>The student has devised safety management strategies to address the safety management issues (2).</p> <p>For a more secure Achieved, the student would need to examine in more detail the other safety management issues (equipment) for a selected outdoor activity considering factors (clothing, weather) that influence the issues.</p>

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.

1

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.

2

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.

	Grade Boundary: High Not Achieved
6.	<p>For Achieved, the student needs to analyse issues in safety management for outdoor activity to devise safety management strategies.</p> <p>This involves:</p> <ul style="list-style-type: none"> • examining the safety management issues for a selected outdoor activity • considering factors that influence the issues • devising safety management strategies to address the safety management issues. <p>The student has briefly examined the safety management issues (environment) for a selected outdoor activity (skiing), considering some factors that influence the issue (1).</p> <p>The student has devised safety management strategies to address the safety management issues (2).</p> <p>To reach Achieved, the student would need to examine in more detail the safety management issues for a selected outdoor activity considering more factors that influence the issues.</p>

My Ski trip site visit

Environmental issues:

This is a huge issue as we will be spending most of our time in the outdoor environment. The weather can be very changeable up on the mountain and changes in temperature can cause problems like hypothermia if the weather gets too cold. It could also affect visibility so that you may get lost on the mountain. Getting lost and the cold weather could make problem of hypothermia worse. This can last for days and bad visibility usually means snow and wind making it colder still. High winds can make it even colder still with wind chill factor usually a lot lower than normal air temperature. Checking the weather forecast on the mountain website or national weather reports is a good way to address this. And if the weather looks like it is going to be bad then you do not have to ski. Also keeping to trails on the mountain so that if the weather does change you have a clear track of the mountain and there will be staff to help you off. Simple things like not littering will show respect to the land. Since there aren't many bins on the mountain take your rubbish with you and throw it away in the bins whether in the cafe on the mountain or wait till you get back down to throw it away. Also when living in the lodge the water we have is running on tank water so we must make sure we aren't wasting any. Simple things like having short showers will maintain our water level and also help the environment. Remember Take only pictures, leave only footprints.

1

2

Equipment factors:

Making sure you all have the right equipment is essential for this trip as we will be conditions which can change quickly. I will be giving you a gear check list which will include several thermals and polyprops as they are definitely be needed when in the snow. Having water proof ski pants and jacket is essential, if you don't have your own or can't borrow you are able to hire them on the mountain. Everyone will also have to wear helmets when on the mountain as it is a basic item that will keep you safe. You are able to hire helmets, ski jacket and pants, ski/snowboards and ski/snowboard boots at the mountain but you will need to provide warm gloves and socks also a beanie and scarf, goggles or sunglasses will also be handy. You will get professionally checked and fitted into your skis or snowboards if you hire them at the mountain this will keep you safe as your feet are perfectly in place. For skiers we will be using poles which will be handy for getting off the chairlifts and for helping you move around the flat part of the mountain. Equipment for in the lodge is just casual gear that will keep you warm and relaxed.

2

School policies:

Even though in the School Policy Rules it says that you can't take your phone away on EOTC trips I am allowing you to take your cell phone - it will be used to keep in contact with teachers or others on the mountain if you're in an emergency or for some reason need to get hold of a teacher for help. There are strict rules with taking your cell phone, there are to be no texts sent to parents or friends if something goes wrong. I can reassure you that if there is a serious problem the teachers will have it under control and they will notify the school and parents if they need to instead of you students. Also before leaving you must sign the student contract which says students may not consume alcohol or drugs. If this contract is broken you will instantly get sent home and the school, your parents and principle will be informed.

Socio-cultural factors local iwi:

Mt Ruapehu's local Iwi is Ngati Rangī. Mt Ruapehu Iwi's land is very sacred and Maori culture is still very important at this time. Iwi Ngati Rangī was one of the first Iwi's to hand over their land to the Pakeha so with this we must respect the land we tread on to show respect to the Iwi and to the ancient people who founded the land.

Ethical factors:

An ethical question that is raised with this trip is whether it is right to be taking girls out of school for 3 days for a PE camp. I think this is ok as in previous years girls have been away for 5 days instead of 3. So now we will leave on the Monday after school then return Thursday afternoon ready for school the following day on Friday. This is a great idea as the girls will have a chance to go to school at the start of the week to talk to their teachers and ask what will be taught during the week and what work they can do whilst they are away. Also being back on Friday allows the girls to talk to their teachers again about work they have missed or about the work they did whilst they were one camp. There will also be time in the afternoon and night after skiing to do work that is needed to be done. I also think the girls will experience great life skills whilst away as not only will they be skiing but they will be socializing with others they may not normally socialize with, they will be doing chores daily which they also may have not done before and I also think it is a great way to enhance their leadership skills as they will need to come to grips with an environment they are not used to being in.

Philosophical factors (such as those factors that make outdoor education an option for students):

Obviously a skiing trip will be quite expensive as there are several things that need to be paid for, so when planning this trip I will have to keep that in mind. If the trip is too much for majority of the class I would have to re-plan to try to accommodate all the students

Consultation with stakeholders (landowners. iwi):

Before heading away and planning I must talk with the President of the ski club asking permission to let us all stay at the lodge. Conveniently the booking officer is also the president which makes it easier for me to plan. Since the land we will be staying on has been shared with Pakeha from the local Iwi there was no need for me to specifically speak to the Iwi.