

Upper Blue Mountains Bushwalking Club (UBMBC)

Risk Management Guidance

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Outdoor Activities

We expect that activity leaders and participants will take responsibility for their own welfare and safety whilst acknowledging the risk of injury inherent in the outdoor activities. All participants and leaders need to take reasonable care to avoid exposing any person including other participants to unreasonable risk of injury or loss.

UBMBC recognises the importance of a Risk Management Guidance to set out guidelines for informing members of the safety considerations when participating in outdoor activities. Organised trips generally observe the guidelines set out by Bushwalking Australia relating to risk management.

Club Organisation

1. Roles and Responsibilities of the Club executive have been documented and circulated.
2. Expectations for leaders have been documented and circulated (*Guidelines for Leaders*) and listed on the Club website.
3. The Risk Management Guidance is reviewed at committee meetings. Incidents are discussed and if necessary, changes are made to further reduce risk.

Club Trips

1. All Club members are to be informed of the Club's Risk Management Guidance, have access to it, so that they understand the risk controls that have been adopted (normally embedded in other documents, process, policies etc.).
2. New members are to be made aware of the Club's Risk Management Guidance and should acknowledge guidelines for walkers.
3. Club members should understand their roles and responsibilities.
4. Walk and canyon leaders should strive to follow Club policies and procedures, as this forms part of the club culture and character.
5. Trip Leaders inform members of specific risks and hazards associated with their activity, either during trip planning or on the day as dynamic risks arise.

Activities offered by the Upper Blue Mountains Bushwalking Club

Bushwalking, day walks, multi-day walks, camping, canyoning, abseiling and cycling.

Mandatory Acknowledgement of Risk

1. Members are required to accept an *Acknowledgement of Risk and Obligations* form annually.
2. Members who join canyon trips are required to acknowledge a *Canyoning Waiver* annually.
3. New members are required to accept the *Acknowledgement of Risk and Obligations* form.
4. Visitors are required to sign a *Temporary Members* form.

The Nature of Risk Management in the Club Context

1. UBMBC aims to minimise risk to members by identifying certain hazards, assessing ongoing risks, suggesting risk control examples, and reviewing activity procedures.

2. Participants should take note that activities in the bush involve some risks (*Guidelines for Walkers*).
3. Participants should take responsibility for their own welfare and safety.
4. Participants should take reasonable care to avoid exposing any person to risk, injury or loss.
5. Leaders evaluate participant skills and fitness to participate in the activity (*Guidelines for Leaders*).
6. Leaders check that the group has a map, compass, first aid kit, mobile phone and satellite communications device (*Guidelines for Leaders*).

Activity Organization

1. Activities are graded by difficulty, and participants should participate within their abilities to minimise major incidents occurring, for example where external support is required to rescue them.
2. The Club program contains a description of the activities and grading.
3. Leaders are familiar with emergency procedures.
4. Ask leaders for trip details of the activity, they should assess your ability and you should self-assess your own suitability for the particular trip.

Leader's Responsibilities

1. Expectations for leaders are outlined in *Guidelines for Leaders*.

Ordinary Participant Responsibilities, including Visitors

1. Expectations for members participating in a Club activity are outlined in *Guidelines for Walkers and Canyoners*.
2. Visitors are required to complete a *Temporary Member Form*.
3. A guardian or close relative up to, and including, 2nd degree relatives (i.e. siblings, uncles, and aunt) will accompany a junior (under 18 years).
4. All participants should be aware of typical risks associated with the activity, either from online resources, the trip program or the leader.
5. Members and visitors should carry an *emergency contact & medical form* in their *first aid kit*.

The minimum requirement for a person to participate in an activity

Activities are graded and details of the walk are published, and participants are encouraged to make use of other sources of information where available to learn about the trip. Participants should self-assess their abilities to participate in an activity suited to their skill and fitness level but it remains up to the leader to decide who joins the activity. (*Guidelines for Leaders* and *Guidelines for Walkers*)

Skills, Knowledge, and Special Equipment

The skills, knowledge and equipment is set out in the respective trip guides for bushwalking and canyoning, and the list below is an example of expectations for undertaking activities.

1. Leaders should have appropriate skills and knowledge for their walk and are able to make assessments relating to hazards. Leaders consider appropriate actions to minimise risks, and no leader is expected to identify every hazard, and should be open to trip members asking about or questioning decisions.
2. Leaders enquire about group members who have useful skills or knowledge (e.g. first aid, navigation, local knowledge of the area).
3. Leaders specify equipment required for an activity (e.g. helmets, wetsuit, tent, thermals, ropes, tapes).
4. General equipment paper map, compass and mobile phone to be taken on activities.
5. At the very least, groups should carry a PLB (beacon) device. The better and preferred option is a satellite communications device (e.g. InReach, Spot, Zoleo) which provides messaging to club contacts for important trip updates. As well as for rescue assistance requirements and status.
6. The Club has PLBs for members to borrow.
7. Members carry their own first aid kit, with suggested contents outlined on the Club website.
8. During trip planning the Leader will advise of any trip specific equipment required.
9. Equipment for bushwalking is detailed on the Club website *FAQ What do I need for bushwalking?*
10. Each participant should carry a well stocked first aid kit, as well as essential medication required by the participant, for example EpiPen or allergy medication.

Experience/practice activities and induction of new members

1. The club leaders are volunteers. Leaders develop their own leadership style by observing other leaders and mentoring.
2. New members are encouraged to attend grade 1 or 2 walks when they join the Club.
3. The Club provides navigation experience/practice days.
4. Regular abseil experience/practice days enable new members to learn skills and trip safety procedures, while providing experienced members opportunities to refresh skills.
5. Members are encouraged to gain First Aid qualifications.

Review Process

1. Incidents should be reported to the RMS committee, tabled at committee meetings, discussed and action taken where applicable. The number of incidents should be documented and reviewed annually.
2. Experience/practice or some other action may be necessary to reduce the risk of recurring incidents, e.g. leader training, navigation practice or formal first aid training.
3. The Club's Risk Management Guidance should be checked annually for ongoing relevance and effectiveness.

Communication

There are a number of factors which make communication difficult or verbal communication unreliable, to name a few:

- **Language** **barriers**
Meaning of words to non-native English speakers.
- **Technical** **jargon**
Meaning of words to club members unfamiliar with equipment or procedures.
- **Distance** **&** **Noise**
In some settings it is not possible to accurately communicate verbally.
- **Emergency**
During an incident someone may not respond as you expect to verbal or other communication.
- **Use channels of communication**
Depending in the situation and the agreed methods of communication appropriate for the trip, know, understand and use these communication channels;
 - Whistle blasts
 - Hand signals
 - Direct verbal and UHF radios

Risk Assessment

The risk assessments are organised primarily into these activities:

- Bushwalking & Weather hazards - environmental hazards. These apply to bushwalking activities but also to canyoning activities since canyoning also requires bushwalking to access sites.
- Canyoning/Abseiling-specific risk analysis for additional risks that apply to rope-based Canyoning activities.
- Water-based activities such as river crossing, swimming and jumps and slides into water, which may occur on bush walks and canyons, and to canyoning-specific aquatic activities such as abseiling into water and swimming through flowing water.

Examples of Risks and Responses

The risks & response guidelines outlined below are not intended to be exhaustive. The purpose of this list is a behaviour modifier, read about potential risks and responses, learn from them. Research past incidents and responses and learn from them. Outdoor environments are dynamic.

The matrix or 'heat map' below sets out the method by which various risk events, likely to occur as part of the Club's activities, are rated according to consequence if they occur and their likelihood of occurring, together with their risk rating.

- Look down the columns for the consequence that matches a particular risk event.
- Then look across the rows for the likelihood of the risk event occurring for the particular activity you are considering.
- Where the column and row meet gives you the risk rating.
- The risk rating is a guide to what degree of control action is required.

		<i>Consequence</i>					<i>Level of Risk</i>	
		Minor	Important	Serious	Major	Catastrophic	Score	Risk Assessment
<i>Likelihood</i>		1	2	3	4	5		
Eliminated	0	0	0	0	0	0	1-2	Low
Unlikely	1	1	2	3	4	5		
Possible	2	2	4	6	8	10	3-7	Medium
Likely	3	3	6	9	12	15		
Almost Certain	4	4	8	12	16	20	8-12	High
Certain	5	5	10	15	20	25		
							13+	Extreme

*NOTE: Items rated 8 to 25 (residual risk) = do not proceed regardless of controls.
 Items rated 3 to 7 (residual risk) = proceed with controls in place.
RED = High Risk Level; **YELLOW**= Medium; **GREEN** = Low

Risk Categories

The risks are grouped in categories:

- Activities – day and extended outdoor activities, social activities.
- People – injuries, skills, behaviour, social, communication, decision making, children/visitors/members/leaders.

- Equipment – equipment used on activities by members or provided by leaders.
- Assets - finances, processes/procedures, owned equipment.

Several risks can be assessed at an activity level and at a Club Level. For example, a Club may have around 10 incidents a year across over 160 activities involving over 2000 people, of which maybe 3-5 incidents are actual injuries or near injuries.

Several activity risks have been assessed both at Club (organisational) and an individual Activity level. Hence:

- **Likelihood** of an injury to at least one Club member during a year is **Almost Certain**.
- **Likelihood** of an injury to a Club member on a walk is **Unlikely**.

Risk Management Basics

Reduce, Control or Mitigate Risk

- **Control the risk:** reduce the Likelihood and/or Consequences
- **Avoid the risk:** e.g., don't go there...
- **Accept a level of risk:** decide what to do if it occurs despite the controls that are in place (see Contingencies). We may not cannot eliminate a risk, but can control it.
- **Contingencies:** describe what to do if the risk eventuates
- Managing a risk can require controls **and** contingencies
- If the current controls are not enough to reduce the risk to an acceptable level, then new or more effective controls may be needed.

Risk Management Table: Examples

All Trip Participants

These example hazards and risk mitigation strategies are *guidelines and* may be applicable to all club trips; Bushwalking and Canyoning.

The *control measures* provide options which may or may not be applicable at the time, other options may be available at the time of the risk event.

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Bushfire	Being caught in fire	<ul style="list-style-type: none"> * Check 'Hazards Near Me' app & RFS Hazard Reduction fire schedule - cancel activity if there is a bushfire burning or scheduled in close proximity to walking route. * Cancel/postpone activity if bushfire danger rating reaches the maximum level (catastrophic) and reconsider plans if fire danger rating reaches second-highest level (extreme). * If smoke is sighted or smelled during the walk, enact an emergency management plan, such as: contact authorities if possible and take their advice, otherwise shelter at a suitable protected site or evacuate the area, as appropriate. 	2x5=10	1x5=5
	Smoke inhalation	<ul style="list-style-type: none"> * If necessary wear damp woollen or cotton clothing as a mask over your nose and mouth. 	2x4=8	1x4=4
Cliff Edges	Fall from heights	<ul style="list-style-type: none"> * Brief participants adequately on cliff-side safety * Take care at edges, and when possible connect to a safety line * Helmets could reduce risk of injury 	2x5=10	1x5=5
Cold/Exposure to Cold Water	Dehydration	<ul style="list-style-type: none"> * Stay hydrated even in code conditions * Plan ahead for drinking water options for planned route * Carry water filter and/or cache water on exit trail for return walk * Stock electrolytes in first aid kit 	1x4=4	1x4=4

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
	Hypothermia	<ul style="list-style-type: none"> * Minimise cold water exposure when feeling very cold * Check on participant condition * Use first aid emergency blanket supplies, emergency shelter, Thermos of hot water and/or means to heat water * Keep moving to keep warm * Wear appropriate clothing, participants to have rain jackets * Wear appropriate gear (wetsuits) and clothing (thermals, windproof jackets, wool/neoprene socks, beanies) as required 	2x5=10	1x5=5
	Wet emergency gear	<ul style="list-style-type: none"> * Make use of dry bag to keep emergency gear dry 	2x3=6	1x3=3
Fatigue	Inability to ascend walk out route	<ul style="list-style-type: none"> * Take breaks * Adapt pace * Consume high energy food and drink before exit walk 	2x3=6	1x3=3
	Water immersion or injury during	<ul style="list-style-type: none"> * Do not enter the river system when prolonged rain over previous days or 'significant' rains forecast during the trip, due to saturated water table and flash food risk. * Provide advice on how to manage/avoid obstacles and slippery surfaces * Assess participant swimming ability and physical condition for planned route * Take sufficient breaks based on participant condition and progress * Participants not to venture beyond the sight of the leader. * Use flotation for activities involving sustained swimming, especially in cold water 	2x5=10	1x5=5
Heavy loads	Fatigue and strains	<ul style="list-style-type: none"> * Share weight according to ability among participants * Fit packs fitted correctly and use proper lifting techniques 	2x3=6	1x3=3

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Jumps, slides	Impact injuries	<ul style="list-style-type: none"> * Limit jumps to maximum of 8m height * Brief participants on safe jumping technique * Brief participants on safe landing zone * Offer alternative to jump, e.g. downclimb with spotting, abseil or lower * Access landing zone from the water for submerged hazards before jumps 	2x4=8	1x4=4
	Impacting objects on/below water surface	<ul style="list-style-type: none"> * Access landing zone from the water for submerged hazards before jumps 	2x5=10	1x5=5
Rockfall	Head trauma, serious Injury or Slipping due to unstable/loose rock	<ul style="list-style-type: none"> * Helmets reduce risks from: <ul style="list-style-type: none"> - falling objects from above - slipping on rocks in creeks * Brief participants on how to avoid dislodging a loose rocks * Remove obstacles if possible, e.g. loose rock close to cliff edge, move rock away from edge * Brief participants on rock fall 'calls' and how to avoid dislodging a loose rock * Brief participants on where to walk/wait on slopes/cliffs to minimise impact from dislodged objects from above * Assess area before proceeding with participants 	2x5=10	1x5=5
Sharp edges	Rope being cut	<ul style="list-style-type: none"> * Rig ropes away from sharp edge when possible * Use rope protection * Avoid abseil line that will result in pendulum swinging of abseiler * Change rub point after every 2-4 abseilers by releasing some rope 	2x5=10	1x5=5
slippery surfaces	Slips, trips and falls	<ul style="list-style-type: none"> * Brief participants on safely traversing terrain and negotiating obstacles * Provide good briefing and mentoring on negotiating obstacles * Use traverse lines where possible * Spot participants on difficult sections * Teach 'test twice, step once' principle * Wear appropriate footwear 	3x3=9	2x3=6

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE)	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Sun/ heat	Dehydration / Heat stroke	<ul style="list-style-type: none"> * Communicate regarding their personal comfort levels * Carry / get adequate amounts of drinking water, water filter and/or cache water on exit trail for return walk * Stock electrolytes in your first aid kit * Stay hydrated * Drink sufficient ensure water with electrolytes * Seek shelter out of sun and apply first aid * Wear sunscreen and appropriate clothing 	2x4=8	1x4=4
Thunderstorms / Severe Rain	Flooding	<ul style="list-style-type: none"> * Observe weather leading up to activity, do not proceed in flood-prone area in heavy rain * Have an evacuation plan for unexpected weather 	2x4=8	1x4=4
	Lighting strike	<ul style="list-style-type: none"> * Do not proceed if thunderstorms are imminent, or seek shelter if already underway 	1x5=5	1x5=5
Trail obscured (e.g. by dense vegetation)	Becoming lost	<ul style="list-style-type: none"> * Carry both paper map and compass and electronic navigational aids to assist with route finding. * Prepare route map before activity (see Activity Plan) * Carry emergency communication equipment (Communicator Device or PLB) 	2x4=8	1x4=4
	Participants becoming separated from group and being lost	<ul style="list-style-type: none"> * Remain in visual contact of your group, call out, use whistle, remain where your are if they become separated unless route clear (on map or navigation device) * Follow protocol for whistle signals * Check everyone is present from time to time * If in dense vegetation appoint a tail/sweeper and issue them a whistle and/or UHF radio 	2x5=10	1x5=5

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Unstable surfaces	Strains and sprains	<ul style="list-style-type: none"> * Conduct briefings on terrain and how to manage obstacles * Use appropriate footwear and safety equipment (bandages stabilising) or emergency communicators * As obstacles emerge, communicate within the group 	2x3=6	1x3=3
Unstable terrain	Slips, trips and falls	<ul style="list-style-type: none"> * Brief participants on safely traversing terrain * Use traverse lines * Spot participants on difficult sections * Teach “test twice, step once” principle * Wear appropriate footwear 	2x4=8	1x4=4
Water hazards, e.g. strainers, water aeration, submerged rocks, debris, foot traps	Foot entrapment	<ul style="list-style-type: none"> * Brief participants on safety swimming techniques to avoid foot entrapment * Consider advice on best options * Use of floatation. * Make use of safety line/throw rope to secure or pull entrapped team member in strainer or aerated water. * Stay calm, use whistle, call out 	2x5=10	1x5=5
	Water immersion or injury during	<ul style="list-style-type: none"> * Do not enter the river system when prolonged rain over past days or 'significant' rains forecast during trip, due to saturated water table and flash food risk. * Stay calm, use whistle, call out * Consider advice on best options through hazard * Assess duration of swimming activity relative to participants physical condition * Take breaks from swimming * Monitor water levels and expected precipitation * Use floatation for activities involving sustained swimming, especially in cold water, such as air-filled drybags in your backpack 	2x5=10	1x5=10
Wildlife encounters	Large mammals (kangaroos, pigs, deer, etc.)	<ul style="list-style-type: none"> * Stay calm, move slowly away, seek shelter on higher ground or climb a tree if necessary 	2x4=8	1x4=4

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
	Venomous bites/stings (snakes, spiders, ants, wasps, etc.)	<ul style="list-style-type: none"> * Attend First Aid and Snake Bite training before you need it * Carry a first aid kit which includes 2x snake bandages (elasticated) * If allergic to bee or other insect stings carry a prescribed EpiPen 	2x5=10	1x5=5
Wind	Debris in waterways	<ul style="list-style-type: none"> * Consider advice on best options through hazard * Determine safest route, over, under or around * Stay out of waterways in the event of extreme precipitation * Going over may be safer than under, consider options 	2x5=10	1x5=5
	High winds causing trees to drop branches or fall over	<ul style="list-style-type: none"> * Do not proceed under large trees in extreme winds * Seek shelter or seek safe route if winds prevail 	2x5=10	1x5=5

Canyoning Trips

These example hazards and risk mitigation controls are guidelines and may be more applicable to canyoning participants and those doing rope-work.

The *control measures* provide options which may or may not be applicable at the time, other options may be available at the time of the risk event.

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE)	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Abseiler losing control	Fall from heights	<ul style="list-style-type: none"> * Use self-belay prusik * Top belay abseiler * Bottom belay abseiler 	2x5=10	1x5=5
Abseiler not balanced	Inversion during abseil	<ul style="list-style-type: none"> * If risk of inversion is high, suspend pack from harness or zipline/throw them to bottom of pitch (into water) * Discuss options with group * Use an extended rappel device to reduce risk of inversion 	2x5=10	1x5=5
Anchors not appropriate	Anchors failing	<ul style="list-style-type: none"> * Check condition and attachment of all bolts, fixed ropes, slings, maillon's, and natural anchors before use * Back up or replace anchor components as required, be safety focused 	2x5=10	1x5=5
Attachment points failing	Fall from heights	<ul style="list-style-type: none"> * Perform abseil safety checks, including <ul style="list-style-type: none"> - carabiners locked - descender attached correctly - knots are properly tied - harness fitted correctly 	2x5=10	1x5=5
Harness not secured	Abseiling falling out of harness	<ul style="list-style-type: none"> * Perform abseil safety checks, including <ul style="list-style-type: none"> - harness fitted correctly - harness buckles done up correctly - No loose / baggy clothing under harness 	2x5=10	1x5=5

Site hazards	Site Specific Risks Related To Hazards	Control Measures (Eliminate, Substitute, Isolate, Minimise (e.g., redesign, create procedures, require training), Personal Protective Equipment (PPE))	Initial Risk: Likely vs Consequence = Risk Rating	Residual Risk: Likely vs Consequence = Risk Rating
Loose items jamming in descender	Getting stuck on abseil	<ul style="list-style-type: none"> * Perform abseil safety checks, including <ul style="list-style-type: none"> - tie up loose hair - tucking in clothing - packing away other loose items * Use top belay to enable quick lift of participant to free descender * Use releasable abseil system to lower stuck abseiler 	2x4=8	1x4=4
Ropes do not reach bottom	Abseiling off end of rope	<ul style="list-style-type: none"> * Sight ropes on bottom before abseiling starts. * If bottom is not visible (e.g. due to vegetation), consider options; <ul style="list-style-type: none"> - tie large knot in end of rope 0.5m from the end of the rope - use top belay system - self belay for first abseiler * Rig releasable abseil rope * Prepare good communication between top and abseiler. This is especially critical where it will be hard to hear each other. * Follow protocol for CB Radios or Voice calls * Follow protocol for whistle signals 	2x5=10	1x5=5
Ropes or sling damage/fatigue	Failure of abseil rope or belay system	<ul style="list-style-type: none"> * Check ropes and slings for damage before and after activities * Clean, dry and store ropes and slings according to manufacturer's instructions, and away from sunlight and chemicals * Replace ropes and slings at or before scheduled service life 	2x5=10	1x5=5

Supporting club members use of the Risk Management Guidance (RMG)

There are several areas where participants may require assistance:

1. **Understanding the Concept of Risk Management:**
 - **Knowledge Transfer:** Provide sessions to help all understand the basics of risk management, including identifying, assessing, and responding to potential risks. This might be formal online training or short guidance videos.
2. **Developing the structure:**
 - **Guidance on Structure:** Assistance in developing the structure of the RMG, explaining what elements could be included, such as risk identification, risk assessment methodologies, risk mitigation strategies, and monitoring procedures.
 - **Templates and Examples:** Offering templates or examples of relevant risk management strategies, such as the Incident Reporting Form and Risk Management Matrix.
3. **Implementation:**
 - **Tools and Resources:** Providing tools or technology that can help in the implementation and monitoring of risks. This might include risk assessment tools, communication platforms or technology such as GPS, PLBs, Satellite communicators, training or reviews of past incidents.
 - **Expert Advice:** Availability of experts or consultants who can offer advice or review the plans to ensure they are comprehensive and practical.
4. **Regular Updates and Reviews:**
 - **Review Sessions:** Organizing review sessions where plans can be updated and adapted in response to new risks or changes in the club's activities or environment.
 - **Feedback Mechanisms:** Setting up systems for members to provide feedback on the effectiveness of the RMP and suggest improvements.
5. **Crisis Management Practice Days:**
 - **Simulations and Drills:** Conducting simulations or drills to practice the response to hypothetical risk scenarios, helping members feel prepared for potential real-life situations. The *Remote First Aid course*, for example, provides such a simulation.
 - **Communication Strategies:** Guidance on how to communicate effectively during a crisis, including internal communication among club members and external communication with the public and media.
6. **Legal and Compliance Advice:**
 - **Legal Guidance:** Ensuring that members are aware of any legal requirements or compliance issues related to risk management specific to their activities or sectors. Trip members should consider the adverse risk implications when not following the reasonable directions and guidance provided by trip leaders, which may put other members at risk or in breach of club rules. UBMBC is associated with Bushwalking NSW, and there are expectations of compliance with outdoor activity rules, (set out in respective trip documents), and safety guidelines to minimise major incidents.
 - **Insurance Information:** Information on appropriate insurance coverage that is afforded members of the club when risk mitigation strategies are followed.
7. **Emotional and Psychological Support:**

- **Support Networks:** Establishing support networks for members who are involved in managing serious risks or dealing with the aftermath of a crisis.
- **Stress Management Resources:** Providing resources for managing stress and maintaining mental health in high-pressure situations.

By offering these types of support, clubs can ensure that their members are not only well-prepared to develop and implement effective Risk Management Guidance, but also equipped to handle unforeseen situations effectively and confidently.

For Effective Incident Reporting please refer to the *UBMBC Incident Management Process*.

Incident Investigation Process

Incident investigation process for canyoning and bushwalking. Make use of the following comprehensive steps and practices derived from industry standards and expert advice.

See document *UBMBC Incident Investigation Guidelines*.

Change Control

This may be removed from released documents

Document Changes	Revision	Who	Date
Final	1	Risk Sub-Committee	24/09/2024

Reviewer Comments	Revision	Who	Date
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