

Potential Known Risks (from: *Youth Safe Outdoors: Offsite Experience Safety for BC Schools*)

**Copy the appropriate section and paste it into the POTENTIAL KNOWN RISKS section of the OFF- SITE ACTIVITIES
CONSENT OF PARENT/GUARDIAN AND ACKNOWLEDGEMENT OF RISK FORM**

The following activities are included in this document:

Alpine (Downhill) Skiing/Snowboarding
Archery
Aquatics (Swimming, Diving in Indoor Pools)
Aquatics (Water Parks)
Camping
Canoeing
Climbing Activities (Artificial Wall Climbing)
Cross Country Running
Cross Country Skiing
Curling
Cycling Activities (Road Cycling/Mountain Biking/BMX)
Fishing
Golf
Gymnastics
Hiking/Backpacking
Horseback Riding
Ice Skating (Indoor rink)
Ice Skating (Outdoors)
Orienteering
Snowshoeing
Tobogganing/Sledding
Walking
Wide Games

(At the end of this document there is a list of other activities that are found on the Youth Safe Outdoors CD)

Alpine (Downhill) Skiing/Snowboarding
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling or colliding with another person or with a fixed object (e.g., tree, lift tower);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Injury due to equipment malfunction or entanglement with equipment (e.g., lift apparatus);
- Hypothermia, frostbite or other cold injuries due to insufficient clothing;
- Injuries related to being caught in an avalanche if in mountainous terrain (especially if going out of resort area); and
- Other risks normally associated with participation in the activity and environment.

Archery
Potential Known Risks

- Injuries related to trips and falls;
- Injuries related to collisions with other students;
- Injuries related to collisions with immovable objects;
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Psychological injury due to anxiety or embarrassment;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions);
- Other risks normally associated with participation in the activity and environment;
- Bow string slapping against arm.

Aquatics (Swimming, Diving in Indoor Pools)

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Injuries related to slips, trips and falls or collisions with movable (e.g., other swimmers) or immovable (e.g., pool wall) objects;
- Injuries related to equipment malfunction or becoming tangled in apparatus (e.g., buoy line);
- Psychological injury due to anxiety or embarrassment (e.g., re: body size or shape);
- Drowning or near drowning;
- Head or spinal injury related to diving into shallow water; and
- Other risks normally associated with participation in the activity and environment.

Aquatics (Water Parks)

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group split up;
- Injuries related to slips, trips and falls or collisions
- Psychological injury due to anxiety or embarrassment (e.g., re: body size or shape);
- Allergic reactions to natural substances in the outdoor environment (e.g., bee or wasp stings);
- Drowning or near drowning; and
- Other risks normally associated with participation in the activity and environment.

Camping

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Illness related to poor hygiene, failure to adequately purify water or failure to sanitize dishes;
- Burns or scalds related to use of fires, camp stoves and/or the handling of hot food or liquid;
- Cuts related to the use of knives, axes or saws;
- Hypothermia due to insufficient clothing;
- Allergic reactions to natural or food related substances; and
- Other risks normally associated with participation in the activity and environment.

Canoeing

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to slips, trips and falls;
- Injuries related to collisions with movable (e.g., other boats or paddles) or immovable (e.g., rock) objects;
- Injuries related to capsizing of craft or falling out of craft;
- Injuries related to equipment malfunction or becoming tangled in apparatus (e.g., foot snag in cord to bailer);
- Hypothermia/hyperthermia due to insufficient clothing and/or hydration;
- Allergic reactions to natural substances in the outdoor environment (e.g., bee or wasp stings);
- Motion sickness when on large wavy bodies of water (lakes, ocean);
- Drowning or near drowning; and
- Other risks normally associated with participation in the activity and environment.

Climbing Activities (Artificial Wall Climbing)

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Falling while climbing, or being lowered;
- Injuries related to slips, trips and falls;
- Injuries related to collisions with movable (e.g., other students) or immovable (e.g., wall) objects;
- Injuries related to equipment malfunction or becoming tangled in apparatus;
- Psychological injury due to anxiety or embarrassment;
- Other risks normally associated with participation in the activity and environment.

Cross Country Running

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost;
- Injuries related to slips, trips and falls;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions);
- Hypothermia due to insufficient clothing;
- Hyperthermia (e.g., heat exhaustion, heat stroke) due to insufficient hydration, overdressing and/or overexertion in a hot environment;
- Allergic reactions to natural toxins in the environment;
- Suffering an injury while alone on a route/trail; and
- Other risks normally associated with participation in the activity and environment.

Cross Country Skiing (Not backcountry skiing)

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling or colliding with another person or with a fixed object (e.g., tree);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Injury or delays due to significant equipment malfunction;
- Hypothermia, frostbite or other cold injuries due to insufficient clothing;
- Other risks normally associated with participation in the activity and environment.

Curling

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling;
- Injuries related to colliding with another person in the group or with a fixed object;
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Hypothermia, frostbite or other cold injuries due to insufficient clothing; and
- Other risks normally associated with participation in the activity and environment.

Cycling Activities (Road Cycling/Mountain Biking/BMX)
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling off the bike;
- Injuries related to colliding with another cyclist in the group;
- Injuries related to being struck by a vehicle;
- Injuries related to the physical demands of the activity and/or lack of cycling skill;
- Delays due to significant equipment malfunction;
- Hypothermia due to insufficient clothing;
- Allergic reactions to natural toxins in the environment (e.g., bee or wasp sting);
- Other risks normally associated with participation in the activity and environment.

Fishing
Potential Known Risks

- Injuries related to trips and falls;
- Injuries related to collisions with other students;
- Injuries related to equipment malfunction or becoming tangled in apparatus (e.g., fishing line);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions);
- Allergic reactions to natural substances in the outdoor environment (e.g., bee or wasp stings);
- Drowning or near drowning;
- Other risks normally associated with participation in the activity and environment.

Golf
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Injuries related to trips and falls;
- Injuries related to collisions with other students;
- Injuries related to collisions with movable or immovable objects;
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Psychological injury due to anxiety or embarrassment;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions).

Gymnastics
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group splits up;
- Injuries related to slips, trips and falls;
- Injuries related to collisions with movable or immovable objects;
- Injuries related to equipment malfunction or becoming tangled in apparatus
- Psychological injury due to anxiety or embarrassment (e.g. re: body size or shape);
- Allergic reactions to natural substances in the outdoor environment (e.g. bee or wasp stings);
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains, acute or overuse injuries/conditions);
- Other risks normally associated with participation in the activity and environment.

Hiking/Backpacking
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Foot injuries (e.g., blisters, sprains) or leg/knee injuries;
- With backpacking, injuries related to lifting, carrying or putting down the pack;
- Hypothermia due to insufficient clothing;
- Allergic reactions to natural or food related substances; and
- Other risks normally associated with participation in the activity and environment.

Horseback Riding
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling or being thrown off the horse or a horse falling with its rider;
- Injuries related to colliding with another rider in the group or with a fixed object (e.g., fence);
- Injuries related to being struck by a vehicle (if riding on/along or crossing roads);
- Injuries related to being dragged by a horse due to entrapment in a stirrup or rein;
- Injuries related to a horse kicking, biting or crushing;
- Injuries related to poorly fitting or improperly adjusted equipment or equipment malfunction;
- Hypothermia/hyperthermia due to insufficient clothing and/or hydration;
- Allergic reactions to natural toxins in the environment (e.g., bee or wasp sting); and
- Other risks normally associated with participation in the activity and environment.

Ice Skating (Indoor rink)
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling or colliding with another person in the group or with a fixed object (e.g., boards);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Other risks normally associated with participation in the activity and environment.

Ice Skating (Outdoors)
Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling or colliding with another person in the group or with a fixed object (e.g., boards);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Hypothermia, frostbite or other cold injuries due to insufficient clothing; and
- Other risks normally associated with participation in the activity and environment.

Orienteering

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost;
- Injuries related to trips and falls;
- Foot, knee or other leg injuries (e.g., blisters, sprains, strains);
- Hypothermia due to insufficient clothing;
- Allergic reactions to natural toxins in the environment; and
- Other risks normally associated with participation in the activity and environment.

Snowshoeing

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling;
- Injuries related to colliding with another person or with a fixed object (e.g., tree);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Injury or delays due to significant equipment malfunction;
- Injuries related to being caught in an avalanche (e.g., if in mountainous backcountry terrain);
- Hypothermia, frostbite or other cold injuries due to insufficient clothing; and
- Other risks normally associated with participation in the activity and environment.

Tobogganing/Sledding

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group split up;
- Injuries related to slips, trips and falls (while on foot);
- Injuries related to falling off the sliding apparatus;
- Injuries related to collisions with movable (e.g., other sliders or sliding equipment) or immovable (e.g., tree, fence) objects;
- Injuries related to equipment malfunction or becoming tangled in apparatus (e.g., toboggan pull rope);
- Hypothermia, frostbite or other cold injuries due to insufficient clothing; and
- Other risks normally associated with participation in the activity and environment.

Walking

Potential Known Risks

- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Foot injuries (e.g., blisters, sprains) or leg/knee injuries;
- Allergic reactions to natural substances (e.g., bee or wasp stings); and
- Other risks normally associated with participation in the activity and environment.

Wide Games

Potential Known Risks

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Injuries related to collisions with other students;
- Injuries related to collisions with immovable objects (e.g., trees);
- Hypothermia due to insufficient clothing;
- Allergic reactions to natural substances (e.g., bee or wasp stings); and
- Other risks normally associated with participation in the activity and environment.

See the Youth Safe Outdoors disk for potential known risks for the following activities:

Backcountry skiing (see Cross Country Skiing)
Kayaking (see Paddlesports)
Initiative Tasks and Trust Activities
Open Water Swimming (see Aquatics)
Outdoor climbing activities (see Climbing activities)
Powerboats and Sailboats
Rafting
Ropes Courses/ Challenge Courses
Sailing
SCUBA diving
Small wheel activities
Snorkeling
Solos
Voyageur Canoeing