

HEADQUARTERS GAZETTE

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Provincial Council News -

This month we celebrate St Georges Day because St George is the Patron Saint of Scouting. The life of Saint George is shrouded in legend, so much so that it is quite difficult to untangle fact from fiction. Much of the problem lies in the *Acta Sancti Georgii* (*Acts of Saint George*) written at a very early date and outlawed by Pope Gelasius in AD 496. Meanwhile the Greeks also had a set of *Acts* which were more accurate and quoted by Saint Andrew of Crete.

From them and the writings of Metaphrastes, we can piece together that he was born in Cappadocia of noble, Christian parents and on the death of his father, accompanied his mother to Palestine, her country of origin, where she had land and George was to run the estate. He was martyred at Lydda in Palestine (Nicomedia). He held an important post in the Roman army - the rank of tribune, or perhaps colonel in modern terms - during the reign of the Emperor Diocletian (245-313). Dioclesian was a great persecutor of Christians (from about 302) and when the persecutions began George put aside his office and complained personally to the Emperor of the harshness of his decrees and the dreadful purges of Christians. For his trouble, though, he was thrown into prison and tortured. He would not recant his faith however and the following day he was dragged through the streets and beheaded. It is uncertain whether he also tore down the Emperor's decrees as they were posted in Nicomedia. So he was one of the first to perish. The Emperor's wife, Alexandria was so impressed at the Saint's courage that she became a Christian and so too was put to death for her trouble.

The legends surrounding Saint George are very varied. One of them concerns the famous dragon, with which he is invariably portrayed. According to legend, a pagan town in Libya was being terrorised by a dragon. The locals kept throwing sheep to it to placate it, and when it still remained unsatisfied, they started sacrificing some of the citizenry. Finally the local princess was to be thrown also to the beast, but Good Saint George came along, slaughtered the dragon and rescued the fair princess. At this the townsfolk converted to Christianity.

The origin of the legend, which is very well known, came originally from the way in which the Greek Church honoured George. They venerated him as a soldier saint and told many stories of his bravery and protection in battle. The western Christians, joining with the Byzantine Christians in the Crusades, elaborated and misinterpreted the Greek traditions and devised their own version. The story we know today of Saint George and the dragon dates from the troubadours of the 14th century.

St. George's Day is April 23rd, and on that day all Scouts and Explorers remind themselves of their Promise and of the Scout Law. Not that a member ever forgets either, but on St. George's Day we make a special point of thinking about them. Remember this when April 23rd comes round again.



Camp Recipe Corner

Here's some simple breakfast recipes for your next camp, direct from the dark, dank, and dusty archives of the 1st BC Rover Crew.....

Mountain Man Breakfast

Serves 6-8

Ingredients:

- 1/2 pound of bacon, diced before cooking
- 1 small onion, chopped
- some fresh mushrooms, sliced, if desired
- 32 oz. package frozen hash brown potatoes, allow to thaw.
- 1 dozen fresh eggs
- 1 cup of grated cheddar cheese
- parsley flakes
- Salsa sauce.

Directions for preparation:

Preheat Dutch oven and lid over fire.

Brown the bacon in Dutch oven. Add onions when about done to sauté in grease. Spoon out the bacon and onions, and drain off grease. Wipe out excess grease and place back on hot coals.

Stir in hash brown potatoes and fry until golden brown.

Mix in bacon and onions and mushrooms.

Break eggs into pan or bowl, add some parsley flakes for color, and beat thoroughly. Pour eggs over potatoes, onion, bacon mixture. Cover with hot lid, put 12-14 coals to top, about 10 fresh coals on the bottom,

and cook until eggs are almost solid - about 30-40 minutes depending on heat level.

Sprinkle cheese over top and continue cooking until eggs are set and cheese melts.

Serve with salsa according to taste.

1st Kelowna's Breakfast

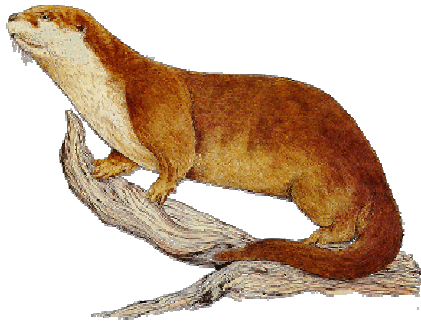
Ingredients:

- 1 box Betty Crocker hash brown mix
- 2 tablespoons oil
- 6 eggs (or equivalent freeze dried)
- 8 slices Canadian bacon

Cooking instructions:

Add oil and then potato mix to skillet. Allow to cook without stirring. When the mix is brown on bottom flip the whole potato mixture. Add bacon and then eggs on top of potatoes. Cover and cook on low heat until the potatoes are brown and the eggs are cooked to your liking.

Sprinkle with a few dashes of hot sauce and serve.



Fun along the River Bank

Campfire Blankets

If you don't have a campfire blanket you are missing out on one of the best parts of Scouting. Not only are badges and crests fun to collect and mount but your blanket can become a diary of your Scouting life.

Start your blanket today! The sooner you begin, the better, because this means you can have a more complete history of all you will do as an Otter, Timber Wolf, Explorer, Rover or Leader. Plan it carefully and it can record many wonderful adventures and valued memories.

Some blankets are truly magnificent! Their style doesn't really matter — poncho, cape or coat seems to mean very little. But the collection of badges sewn out in a logical pattern is what does the trick.

For example: if you were an Otter you will have a few mementos from Camps that you will want to sew in place. How about at the bottom on one side? Above them you can put all the souvenirs of your Timber Wolf life. First your investment insignia, followed by all of your proficiency badges and then the reminders of Camps, Cuborees, and all kinds of other outings.

Above the Timber Wolf history you will want to record your time as an Explorer. Think about this carefully because the badges at this level are the most numerous. Plan ahead. Reserve certain rows of your blanket for certain types of badges. You may eventually want all your challenge badges together after you move on to Rovers. You may return many years to an annual Camporee or Winteree and will want to keep those souvenirs side by side in chronological order. As you become a Rover you will add these on in appropriate order, telling the story of your Scouting life.

Having a campfire blanket also leads to trading with other members of your movement. This is great fun but please remember that such business transactions must always be fair and honest and concluded with a sincere handshake. Also remember that such trading is not your sole purpose for going to camps and Jamborees! Don't make a career of badgering but a career of Scouting that the badges represent.

You will also collect the badges of other nations, particularly if you are fortunate enough to attend a World Jamboree or other international event. These too can be grouped by country or continent to give your blanket a very special design.

A campfire blanket is colourful, practical and very enjoyable. Collecting and mounting is only the beginning of the fun. The best part will be the memories recalled further down the road.



Otter Game:

Fill the Basket

Indoors/outdoors

Equipment: A pail or a large basket; as many balls as possible.

The leader has the basket and endeavours to keep it empty, throwing the balls as far away as possible. The Otters do their best to fill the basket. See who wins at the end of five minutes!



The Wolf Den

TRACKING FOR TIMBER WOLVES

Following the tracks of an animal can teach you much about what it eats, where it sleeps, and its daily habits. Your tracking skill may lead you right to the animal itself

Tracking is not limited to following mammals

Insects leave tracks, too. So do reptiles. You can spend an hour of careful tracking and not move more than a few feet. In fact, if you can track a beetle through the jungles of a grassy lawn, you probably have the skill to track larger animals across any terrain.

Tracking is a skill...

...that you can learn only by doing a lot of it. You can learn in your own yard, vacant lots, fields, and forests. The following guidelines will help you get started:

First, find some tracks!

You must find some tracks before you can follow them. Winter snows hold a surprising number of tracks. During other seasons, try the soft soil near ponds and streams. In dry country, scan the dust for prints and look for pebbles and rocks that have been disturbed.

Study a single track

Get down on your hands and knees to study the shape of the track you wish to follow. Fix its details in your mind. You might even measure it and make a sketch of it. That will help you find it later, even when other tracks are mixed in with it. Use a tracking guide to identify the tracks, and the animal that made them.

Track early or late

Tracking is easiest early in the morning and late in the day, when shadows cast in the prints make them more obvious.

Look for more than just the prints

As you follow a trail of tracks, keep your eyes peeled for other evidence of the animal. Bent grass, broken twigs, and displaced pebbles help you see the animal's path. Watch for places where the animal has scratched or rubbed against trees or rocks.

Droppings

Animal droppings or 'scat' give evidence of an animal's diet. Break scat apart with a stick. Hulls of seeds, skins of berries, and bits of leaves suggest the animal is a vegetarian. Small bones, fur, and feathers appear in the scat of meat eaters. Scat tends to dry from the outside in. If it is completely dry, you know the animal passed by some time ago. Moist scat was left more recently. The animal may be near.

Imagine yourself in the place of the animal

If you lose the trail, ask your self where you would go if you were the animal. Look in that direction. Mark the last track with a stick, then explore all around it until you find the trail again.

Notice important landmarks as you proceed

Don't become so interested in following a trail that you get lost. Be alert to your surroundings. Notice and remember landmarks that will guide you back to your starting point.

Don't disturb human artifacts

Over the centuries, humans have left traces of their passing. You may be fortunate enough to discover an arrowhead, broken pottery, or other artifacts of earlier cultures. If so, let them lie where you find them. Note the location very well and draw a map so you can find the spot again. Then alert local authorities. They will know if archaeologists should examine the site. The position in which artifacts are found can tell scientists a great deal about the people who made and used them. That's why it is important not to disturb them.

Collecting Tracks

Perhaps you've heard the old saying about low-impact hiking: "Take only photographs, leave only footprints." By making plaster casts, you can bring home some footprints, too.

When you find a track you want to preserve, mix up some plaster of paris. (You can get the plaster at a drugstore. The label will have mixing instructions.) Turn a cardboard strip into a collar by notching the ends together. Place the collar around the track and pour in the mix. Let it harden - 10 to 15 minutes in warm weather. Remove it and brush off the dirt. On the back of the cast, write the date and the location where you found the track. You can also cast plaster molds of tracks in the snow. In addition to plaster of paris, you'll need a mist bottle such as those used with window cleaner. Spray the track with a fine mist of water and wait a few moments while it freezes. Mix the plaster using cold water (warm plaster will melt the print). Put a collar around the track and pour in plaster. Allow it time to harden.

By themselves, casts of prints are fine souvenirs of your adventures. You can also press them into damp sand to recreate the original prints - a valuable study aid for improving the tracking skills of everyone in your patrol.

Fun With Tracking

You can practice tracking just about anywhere. At home, try sneaking up on the family dog, the cat, and your brothers and sisters. In camp, sit very quietly near a trail and see how many Timber Wolves pass by without noticing you. Would you like to play some tracking and stalking games with your Six? Here is one that have been popular with Timber Wolves for many years:

Cross-Country Runner

The Timber Wolf who is the runner has a 1-minute head start. Every few steps he drops a few kernels of corn. The others in the Six follow the kernel trail and try to catch up with the runner before they reach a finish line about a Kilometre away.



Timber Wolf Game:

The Elephant Hunt

Equipment: soccer ball; chalk

Two chalk lines are drawn about three metres apart in the centre of the room. This is elephant country. All the Sixers are hunters and the Cubs are elephants. The hunters are ranged on either side of the lines and must not enter elephant country. The hunters catch the elephants by hitting them below the knees, with the soccer ball. Any Cubs who are caught become hunters until there is only one elephant left as the winner.



Some Words of Wisdom from Robert Baden-Powell:

"The uniform makes for brotherhood, since when universally adopted it covers up all differences of class and country."

"There is no teaching to compare with example."

"The patrol system leads each boy to see that he has some individual responsibility for the good of his patrol."

"An individual step in character training is to put responsibility on the individual."



Backpacker's Corner

Tips for Safe Camping in Bear Country

Well, it's spring and the Bears in "them thar hills" are waking up, so let's refresh our safety points for camping in their territory.

If you are going camping in bear country, you need to be extra cautious and knowledgeable. Preparation is the key to a safe camping trip and the following suggestions will help.

- **Check out the campsite before you set up.** Are there any signs that bears have been visiting this site? Previous campers may have been less vigilant in keeping their site clean, reducing food smells and cleaning up their garbage. The last thing you want to do is set up camp in an area that has become attractive for bears. If there are any signs of bears rummaging through fire pits, you can assume that bears have become attracted to this site. Your best bet, even if you are tired, is to simply move on.
- **Don't cook near your tent site.** To avoid food smells near your tent, you should cook several hundred metres downwind from your campsite. You should also avoid cooking more food than you will eat and be sure to clean your dishes right away. If you must dispose of food waste, be sure to do this well away from the campsite. Don't forget to clean yourself if you feel that you may have gained some food smell as well. A change of clothes is not a bad idea either.
- **Properly hang your food out of reach of bears.** There are many ways to hang your food to keep it safe from bears. More and more backcountry campsites are providing hanging poles just for this purpose. Make sure you have at least 15 m (50 ft) of good rope to get your food high enough. If there is no hanging pole, you may use two ropes. Run one rope between two tall trees, and then hang your food from this first rope, leaving it suspended between the two trees. In alpine areas, there may be no tall trees to enable you to hang your food. In this case, you may have to place it in several layers of zip lock bags (to reduce food smells), and simply leave it on the ground several hundred metres from your camp site.
- **Don't forget, porcupines like to get at your supplies as well,** but not your food. They munch anything with salt (read 'sweat') on it. This means your hiking boots and pack straps can make for tasty treats. In areas where porcupines are prevalent, you'll likely want to hang your entire pack out of reach, and keep your boots in the tent.

- **Menstrual Blood.** While there is no definitive evidence that bears will seek out women who may be menstruating, it is something to consider if camping in bear country. As a basic precaution, women should wear tampons rather than external pads.
- **Check out the site for terrain attractants.** Bears move through their range throughout the season, and knowing a little about their habits can help you choose a better campsite. Avoid placing your tent right beside (or on) any game trails. Also, since bears will use trees as cover when approaching an area, an open site may be safer than a well-treed location. If you are in a forested area, try to select a site with a good climbing tree near the tent.
- **In grizzly country, couples may want to use a four person tent.** Since garbage addicted grizzlies have been known to bite at objects brushing up against tent walls just to see whether it is edible, it is nice to have some space between you and the outside of the tent. A large tent may weigh a bit more, but it can give you a bit more peace of mind.



Patrol Leaders Corner

Tips for being a great Patrol Leader

1. **Keep your word.** Don't make promises you cannot keep.
2. **Be Fair to All.** A good leader shows no favourites. Do not allow friendships to keep you from being fair to all members of your patrol. Find out who likes to do what, and assign duties to patrol members by what they like to do best.
3. **Be a Good Communicator.** You do not need a loud voice to be a good leader, but you must be willing to step out in front with an effective 'Let's go for it!' A good leader knows how to get and give information so that everyone understands what is going on. No one can read your mind.
4. **Be Flexible.** Not everything goes as planned. Be prepared to shift to 'Plan B' when 'Plan A' doesn't work.

5. **Be Organised.** The time you spend planning will be repaid many times over. Take notes; keep records.
6. **Delegate.** Some leaders assume that a job will not get done if they don't do it themselves. Wrong! Most people like to be challenged with a new task. Get your patrol to try things they have never done before. Do not try to do everything yourself. Sharing jobs and fun is a much more rewarding way.
7. **Set an Example.** The most important thing you can do is 'Lead by Example'. Whatever you do, your patrol members are likely to do the same. A cheerful attitude can keep everyone's spirits up. "Laugh, and the world laughs with you...."
8. **Be Consistent.** Nothing is more confusing to a young Scout than a leader who stands on his/her feet one day, and on his/her head the next. If your patrol knows what to expect from you, they will be more likely to respond positively to your leadership.
9. **Give Praise.** The best way to get credit is to give it away. Often a "Nice job" remark is all the praise necessary to make a Scout feel he/she is contribution to the efforts of the patrol.
10. **Ask for Help.** Never be embarrassed to ask for help. You have many resources at your disposal. When confronted with a situation you don't know how to handle, ask someone with more experience for some advice and guidance. They too will learn much from you.



More Words of Wisdom from Robert Baden-Powell:

"The real way to gain happiness is to give it to others"

"We must change children from the 'what can I get' to the 'what can I give' attitude."

"It is risky to order a child NOT to do something. It immediately opens to him the adventure of doing it."

"A week of camp life is worth six months of theoretical teaching in the Scout hall."

"When a child finds someone who takes an interest in him, he responds and follows."



Troop Corner

On the trail

An adventure pre - supposes some element of risk, and it is the leader's main responsibility is to ensure that this risk is fully appreciated and reduced to a known and acceptable minimum. A crucial part of minimizing the risk is the proper training of both the leader and the members of the section. The responsibility of the leader extends to such things as equipment, safety, and the individual strengths and weaknesses of the party/group. It is important that the party / group have confidence in the leader. Confidence is built by knowledge and experience and to enable the leader to gain this experience we present here a number of points/ factors that the leader should understand and take note of so as to ensure a safe and memorable experience into the wilderness.

Preparation

We have outline in previous chapters such considerations as equipment and navigation skills, the preparation of a route card etc. All these factors are part of your preparation into the countryside and taking all these points on board we will now add in a few more. These considerations should be included into your final preparations for a trip:-

Every trip will need a safe ratio of experienced adults to young people. The recommended ratio is one leader to every five to six young people.

Before you set out on a trip obtain as much information about the area that you can.

Check all equipment before you start. This should include the checking of the contents of individual rucksacks, that everyone is wearing boots and has proper raingear. It may sound cruel but if any of the party / group do not pass this vital test before each trip then they should be sent home. Improper or inappropriate gear will lead to problems, problems you can do without while leading a party / group in open countryside if things get difficult.

Make sure that your route card is left with a responsible person who will after a agreed time contact the emergency services if you have not returned to base or been contacted by you to explain a delay. Parents should be aware that delays can happen and that if the group is delayed it can be related to a lot of different factors such as difficult terrain, weather, missing the bus, and that all delays are not due to an accident in the group. Explain that you will be acting as a responsible leader on such trips and you will not disregard safety in a rush to get out of a delaying situation. However, this is not an excuse for bad planning.

See that you have a first aid kit, adequate for the trip planned, including some emergency rations ready to be brought on the trip.

Check the weather and know its effect in your selected area (micro climates - see later). Listen to the detailed weather forecast on radio or dial the weather forecast service.

Check times of buses, trains etc.

Safety should be uppermost in your mind. Don't take unnecessary risks. If you think you will require extra equipment then ensure you have it with you. It is a good idea to have a walking rope with you as well as a survival bag and a sleeping bag. Exposure is a very real emergency you may have to deal with it and a survival bag and sleeping bag are invaluable in its treatment. A walking rope is useful if you have to cross a creek or even as an aid in descending loose scree or slippery grass or rocks. This extra safety equipment can be shared among the leaders in the group. Insist on every Patrol having their own survival bag, compass and map, and individual survival kits and personal first aid kits.

Plan for an emergency and identify escape routes from any part of your proposed route. These escape route should be indicated on your route card so that the contact person is aware of your plans in case of difficulties

Take note of the health of your party/group. Is any one sick or has a cold. Has anybody got an injury such as a blister on his or her foot or a sports injury such as a bruised knee etc? Does any member of your party/group need special medical attention such as diabetics, or asthmatics etc. You should also be aware of the capabilities of your group. There will be strong, medium and below average walkers and this cannot be judged by assessing their build or apparent strength. No - one likes to admit to being below average or unfit but they must be persuaded to be truthful. In a stress situation the below average person is more likely to be the first casualties. Take time in your training period to develop walking skills and increase fitness of group in safety near home.

Lastly, before you depart you should brief your party/group as to where you are going and what you intend to do during the activity. This briefing should be given to the entire Troop not only the Patrol Leaders.

Walking the trail

Walking is a natural skill and anyone who can walk can hike. But hiking often involves long distances and rough terrain, and therefore added stress. Here are a few suggestions on how to make you walk more enjoyable.

You should walk with your toes pointing forward, not to the sides. An inward or outward orientation of the foot causes an unnatural torque, or twist, on your ankles.

On level terrain, try to hold your torso (upper body) as vertical as possible. A fully erect posture distributes body weight efficiently and is especially important when carrying a pack.

On up-hills, your initial tendency is to lean too far forward. This causes strain, and you will tire more quickly. So lean forward only slightly. Don't over compensate for the uphill slope.

Down-hills are even more tricky. On down-hills, your knees act as brakes, absorbing the forces of gravity and momentum. Downhill grades are hard on the knees and leaning backwards only makes things worse. It can also cause your feet to lurch right out from under you. If your knees begin to ache, bend slightly forward. This seems awkward, but with practice you will get the hand of it. Another thing about down-hills; If your boots are too small, or laced tightly, your toes will ram into the front of the boot. This is painful and can even cause the loss of a toenail if unchecked. So, when choosing new boots, stand on your toes. If the boots hurt then, they'll hurt on down-hills too.

Never jump or leap while carrying your rucksack. With the extra weight on your legs as you land it can result in injury, as well as the hazards of falling off balance.

Care should be taken when hiking over rocky or uneven ground. Place your feet deliberately from step to step this will prevent stumbling.

For steep up-hills, take your time and travel at a steady pace. You should travel up the hill by a method of transversing from side to side in a zig-zag fashion rather than a direct assault.

Some hikers find a walking stick or staff is useful. When crossing rivers the stick can act as a third leg that helps you keep your balance. It can also assist you in descending steep slopes.

Leading a group

Setting the pace

The pace of the group should be that of the slowest member. This statement is very well in theory but in practice with young people there is always a tendency for a race to develop between some members of the group. Your job therefore as leader is to set and enforce a reasonable pace that everyone is comfortable with. A comfortable pace will allow everyone to talk freely. If there is a lot of huffing and puffing then the pace is too fast. Discourage members of the group running forward or allowing others to lag behind. On uphill sections your pace should be slow and calculated bringing the whole group up the hill together. It should not be necessary for the leader to be out front setting the pace, although this may be necessary if the group are walking too fast.

Keeping the group together

In traversing the countryside the leader needs to be able to keep the group together this can be done in a number of ways.

Setting a manageable pace (see above) and avoid crowding or stringing out the group

Every group should have a person who acts as the 'rear man'. His job is to bring up the rear and advise the leader if the group is becoming strung out. The 'rear man' should be ideally a fellow leader or a senior and more experienced member of the group. The 'rear man' is literally that they should be the last person in the group they never let anyone fall behind them.

The group should wait after obstacles to re - form the group before setting off.

The leader should take an active interest in their surroundings and should be able to point out interesting features and points of interest. You may also want to check map reading skills or show members of the groups how to read a map. These are methods which can be used to bring the group together, rest the group and add more interest into the hike.

Encourage your Patrol Leaders and Patrols to lead different legs of the hike. The Patrol Leaders acting as leader of the group during that leg of the journey.

If you have a problem with members pushing ahead too quickly it is a good idea to put them to the back of the group to assist with the stragglers.

The leader of the group should find a central position in the group so that it is possible to control and monitor the group from the front and rear.

Crossing rivers, bogs and marshes

While on the trail you will cross many types of terrain. Rivers, bogs, and marshes have their own particular hazards. Care should be taken while crossing them. Avoid jumping from boulder to boulder while crossing rivers. Jump from tuff to tuff while crossing bogs. Stay clear of wet, boggy, peaty ground in the troughs of bogs. Skirt around this type of ground rather than following your bearing to the letter. Avoid crossing stretches of bright green moss on marshes. As you cross you will notice that it moves, it is flowing on water. If you are unfortunate to find yourself sinking into a bog 'swim' with a breast stroke to firm ground - don't try to jump. Spreading your body over the surface distributes your weight.

It is a good idea to cross these obstacles in single file. The person in front finding the safest route across.





SCOUTERS FIVE

Risk Management

- Has everyone in your unit participated in the "Youth Protection Training"?
- Does your unit have "Two deep Leadership"?
- Has there been "Safety Inspections" of your meeting room, boats, canoes, and camp equipment?
- Is "Discipline" maintained in your unit?
- Do you have the latest edition of the "Code of Ethics and Safe Practices"?

This is just a small example of the many things as Leaders we need to know and practice in order to be safe and manage our risks. The Provincial Council is charged with identifying trends and hazards that affect the personal well-being of individuals with regard to injuries, child abuse, etc., and our financial assets.

Safety Shall Outweigh All Other Considerations

Risk Management is a simple three step process. First is identifying activities that could result in injury, damage to property, financial loss or even loss of goodwill toward Scouting. Next is to analyze the benefits versus the risk and the possibility or probability of injury or damage. Third is to decide whether to avoid the activity or hazard, or to reduce the chance of loss with safety and loss prevention. Most of all, it is simply good judgement and common sense.

Our mission is not to detract from or limit activities, but to prepare Leaders to conduct Scouting activities in a safe and prudent manner in accordance with the Association Guidelines.

Risk Management is more than preventing injuries or avoiding liability because of accidents – it's more than a first-aid kit or an insurance policy. Effective risk management requires a basic understanding of some legal principles, a risk management process, the commitment of adult volunteers to that process and a good dose of common sense.

As adult volunteers, we are entrusted to exercise “a duty of care” for our youth members and each other. This means we **MUST** assess our activities, equipment and facilities for possible dangers, and take action to reduce the chances of those dangers affecting our members. Failure to assess or take action means that we have been negligent in our “duty of care” and could be held as negligent if an injury occurs.

A risk can be defined as the chance of physical injury, property damage, or financial or other loss. So, simply put, risk management involves three tasks:

1. Identifying risks (asking “What are the risks in my facility or program?”).
2. Measuring risks (asking “How great are these risks?”).
3. Controlling risks (asking “What can I do about them?”).

Your risk management planning process should include:

1. An inventory of possible risks (facilities, equipment, personnel, program, event, activity, participants).
2. Identify possible measures to control these risks (severity & frequency).
3. Evaluate risk control measures in light of magnitude of risk, standard of care, resources you have (retain, reduce, transfer or eliminate the risk).
4. Select appropriate mix of risk control measures.
5. Put measures into effect.
6. Continue to monitor your risk.

