EO C525.01 – EXAMINE ELEMENTS OF SAFETY AND RISK MANAGEMENT

1. **Performance**: Examine Elements of Safety and Risk Management
2. **Conditions**:
   a. Given:
      (1) Self study package,
      (2) Supervision, and
      (3) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Classroom or training area suitable to complete the self study package.
3. **Standard**: The cadet shall examine elements of safety and risk management by completing a self study package.
4. **Teaching Points**: Have the cadet complete the self study package, which includes examining:
   a. accident theory, to include:
      (1) danger classification, and
      (2) danger analysis;
   b. general and specialized categories of safety controls,
   c. behaviour and attitude in risk management, to include:
      (1) negative human factors, to include:
         (a) complacency,
         (b) overconfidence,
         (c) distraction,
         (d) differing perception of risk,
         (e) risk homeostasis,
         (f) expectations and peer pressure,
         (g) schedule and goal pressures, and
         (h) fatigue, stress and performance;
      (2) positive human factors, to include:
         (a) situation awareness,
         (b) watchfulness, and
         (c) self-awareness;
   d. risk management plan, to include policies, and

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e. risk management skills, to include:

(1) weather interpretation,

(2) body temperature regulation,

(3) navigation,

(4) survival,

(5) lifesaving and first aid, and

(6) search, rescue, and evacuation.

5. **Time**:

a.	Self Study:	90 min
b.	Total:	90 min

6. **Substantiation**: A self study was chosen for this lesson as it allows the cadet to examine in greater detail elements of safety and risk management at their own learning pace. This encourages the cadet to become more self-reliant and independent by focusing on their own learning instead of learning directed by the instructor.

7. **References**:

a. A1-010 A-CR-CCP-030/PT-001 Director Cadets 4. (2008). *Water safety orders*. Ottawa, ON: Department of National Defence.

b. A2-001 A-CR-CCP-951/PT-002 Director Cadets 3. (2006). *Royal Canadian Army Cadets adventure training safety standards*. Ottawa, ON: Department of National Defence.

c. C2-034 ISBN 978-0-7360-5250-4 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming (2nd ed*.). Windsor, ON: Human Kinetics Publishing Inc.

d. C2-152 ISBN 1-898555-09-5 Ogilvie, K. (1993). *Leading and managing groups in the outdoors: New revised edition*. Cumbria, England: The Institute for Outdoor Learning.

e. C2-250 Leemon, D., & Schimelpfenig, T. (2005). *Risk management for outdoor leaders: A practical guide for managing risk through leadership*. Lander, WY: National Outdoor Leadership School.

f. C2-257 ISBN 0-87322-944-4 Dougherty, N. J. (1998). *Outdoor recreation safety*. Champaign, IL: Human Kinetics.

g. C2-268 Centre for Curriculum, Transfer and Technology & BC Adventure Tourism Programs Articulation Committee. (2003). *Risk management for outdoor programs: A handbook for administrators and instructors*. British Columbia: Naomi Cloutier, Bhudak Consultants Ltd.

8. **Training Aids**: Nil.

9. **Learning Aids**:

a. Self study package, and

b. Pen / pencil.

10. **Test Details**: Nil.

11. **Remarks**: Nil.

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