Assessing Risk:

One of the things that is interconnected through building leadership in the last few sessions of E.A.T. is having the ability to be observant.

When a leader is aware of their surroundings, their ability to make proper decisions in any situation is increased. You will be able to assess what the dynamics of a group is like (who’s interacting with who, what kind of conflicts are happening, etc.), you will also know whether you are communicating effectively (Is the group interrupting you? Atmosphere? Are your participants noticing your written agenda?—is it in an obvious place or is it somewhere in a dark corner?) These are the ways in which being able to see the bigger picture can help you ask **yourself** the types of questions listed here.

1. **So how do you assess risk when you are planning for an activity?**

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| --what obstacles are in your surroundings that may cause injury to occur?--what materials are you using that may cause injury to occur?--what content is in the planned activity that may cause dangerous behaviours to occur? (Are you planning a competition between two teams where lifting is involved and you choose the teams to be guys vs. girls? Fairness) |

Preparing for Risk:

So if every activity has a risk element involved, do we not do anything risky and everyone just sit around and meditate for the entire session? That doesn’t sound fun does it?

Having the ability to understand how you assess the risk should allow you to run the activity even when the risk is there.

1. **What are some ways we can prepare ourselves and the participants in advance so that they can engage in fun activities even though there are risk elements involved?**

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| --go over rules about using hazardous materials.--let participants know of dangerous surroundings (e.g. icy, slippery grass on a cold clear winter day.) --set boundaries when participating in activities in outdoor open spaces--manipulate the environment to reduce the amount of risk involved--prepare safety measures so that we can treat any injuries immediately should the unfortunate happens. |

Resolving Injury:

Assess the degree of injury.

Minor Injury:

1. Stop any bleeding that’s occurring by asking the participant to wash out wound.
2. Sterilize the location through an alcohol pad.
3. Put a band-aid on it.
4. Follow up with the individual or the group on why the injury took place and what we can do to try and prevent it from happening again.

Major Injury:

1. Stop any bleeding that’s occurring using all appropriate means. (applying pressure, etc.)
2. Get help from a co-leader and/or nearby supervisor to make space for the injuree.
3. Contact supervisor and they will be in charge of contacting Cedar Cottage about what happened.
4. Await further instructions. (Supervisors will assess the situation and determine whether the parents will need to be called and/or an ambulance is needed).