PE 405 Wilderness Experience
Risk Management Plan

I. Event:  Adventure trip to Panthertown Valley, NC

II. Dates and Time:  Depart: Date & Time
                      Return: Date & Time

III. Location:  Outdoor – Panthertown Valley (# nights)
                Conditions – Weather (rain or shine)

IV. Participants:  Number: # WCU students enrolled in PE 405
                  Ages:
                  Experience: Varied
                  Special Characteristics: See attached description (if applicable)

V. Leaders:

                  Name: Dr. Dan Grube                  Name:
                  Age: 36                             Age:
                  Certifications: WEA, FA/CPR          Certifications:

VI. Equipment

                  Type and Number: See attached Equipment List

VII. Policies / Procedures:

                  GENERAL POLICIES:

                  Safety First
                  Safety takes precedence over everything. No exceptions.
                  Near misses are a warning.
                  Safety briefings will be implemented for all changes in activity.
                  Footwear is mandatory.

                  Trip Itineraries
                  The instructor shall provide the Department Head with a program risk management plan
                  and a detailed itinerary. Dates, sites for camping, routes for hiking (including distance
                  and estimated elevation changes), and work activities (if any), shall be included.

                  Ride Share
                  Inform students about responsible driving.
                  Meet at location – previously agreed upon time (synchronize watches).
Do not drive over the speed limit.
Do not pick up hitchhikers.
Always wear a seatbelt when in a vehicle, and be sure passengers do the same.

**Staffing Ratios**
Two (2) ‘instructors’ – minimum of one of which could be a student teaching assistant for overnight trips.
Where possible, one (1) instructor of each sex will accompany the class.

**Risk Awareness Forms**
All participants must have accurately filled out forms before departure.

**Co-ed Tenting**
Co-ed tenting will not be allowed

**Qualifications**
Minimum of one (1) Wilderness First Aid and CPR qualified person per group.
Other qualifications that should be encouraged are WFR/OEC/WEA/ACA.

**First Aid Kits**
Forest Service minimum.
Checklists should remain with kits.

**Radios**
Available for split groups.
Students will not be allowed to carry cell phones into the backcountry.
Advise students that electronic equipment frequently malfunctions in the backcountry due to remote locations and the unreliability of electronics.

**Firearms**
Firearms of any kind are not allowed on trips.

**Medical Information**
All student medical information, along with risk awareness forms, should be carried into the field.

**Equipment**
Check all equipment before use and set aside damaged equipment.
Personal gear taken by students should be inspected before trips.

**Food and Water**
Hang all food in the backcountry.
Sterilize all eating utensils, mugs, and bowls before each use.
All water used for consumption shall be treated.

**Alcohol, Tobacco, and Recreational Drugs**
There will be no illegal drugs in any form allowed on outdoor trips.
Minimum Impact Techniques
Participants are expected to follow the 7 Principles of “Leave No Trace” at all times.

Challenge by Choice
For most activities, students will be allowed to choose their level of involvement.

SPECIFIC POLICIES

1. When necessary, permits shall be obtained from the appropriate land agency prior to departure.

2. Group norms will be established and accepted by the group and the instructor prior to departure. Goals and objectives will be referenced throughout the trip.

3. Where possible, all routes will be scouted before students are brought into the field.

4. Each instructor shall carry a program risk management plan into the field. Education about dangerous animals shall take place prior to departure. These may include, but are not limited to, spiders, snakes, ticks, and bears.

5. There will be no food allowed in tents. Kitchen areas will be established away from sleeping areas.

6. Out of respect for other hiking groups, animals in the area, and individual members of the group, students should be discouraged from yelling or singing loudly.

7. Prior to departure or during the course, students will be instructed on some or all of the following categories, depending on the judgment of the instructor:

- Trail Techniques
- Resolving Conflict
- Proper Trail Attire
- Stoves and Cooking
- Boots
- Raingear
- Leave No Trace
- Wool vs. Cotton
- Total Food Planning
- Water Purification Techniques
- Backpacks
- Sleeping Bags/Pads/Tents
- Personal Hygiene
- Map and Compass Reading/Orienteering
- The Ten (10) Essentials
- Energy Control Plans and Climate Control Plans
VIII. Emergency Numbers:

<table>
<thead>
<tr>
<th>Participant Name</th>
<th>Emergency Contact</th>
<th>Daytime Phone</th>
<th>Evening Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Name</td>
<td>#</td>
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IV. Participants: Special Characteristics

Describe any concerns about any participants on the trip.