



**Activity Description:**

Commando Course

**Location:**

Mill Valley Commando Course



- Use: **A** Activity must be operated by Baptist Camping Victoria qualified staff.  
**B** In-house training by Baptist Camping Victoria staff required before using this equipment.  
**C** No training required, but all Safe Operating Procedures must be read and followed by all users.  
**D** 'Use Rating' does not apply/is not required.

Activity Use Rating: **A/B/C**  
 (See Guide Below)

*(Refer to RISK MANAGEMENT MODEL over Page)*

	Initial Matrix Level	Specify Hazard/s	Actions Taken/Control measures to reduce this risk	Revised Matrix Level
<b>Activity/Task Hazard Identification</b>				
✓	M	Object imbedded in ground	Activity area is to be checked prior to commencement of the day's activities, ensuring that the soft-fall area on each element is suitably spread, even and soft.	L
✓	H	Hit by moving element / Participant, caught in element	Encourage awareness of surroundings and activity, as well as team involvement, each member looking out for the other members of their group, and holding each other accountable	L
		N/A		
✓	L	Lifting and returning element, lifting body through element, spotting a Participant	Encourage correct lifting techniques	L
✓	H	Ant bite, Snakes, Wasps	Check high risk areas prior to commencing the activity, and caution the participants about these areas on the course, aware of surroundings	L
✓	H	Tripping between elements, falling from elements, slipping on tyres	Utilising the spotter system, two people spotting the participant on the element, and looking after their teammates, encouraging technique, rather than just speed	L
		Other Factors:		
<b>Workplace Conditions/ Environmental Hazard Identification</b>				
✓	M	Hyperthermia, heat exhaustion, over exertion	Encourage regular breaks, utilising shade	L
✓	M	heat exhaustion, over exertion	Provide shelter, and encourage regular breaks and drinking water	L
✓	L	Increased tripping risk in low light	Activity only to be conducted in the daytime	L
✓	L	Dust blown up from high winds	Check weather forecasts prior to and during Activity times	L
✓	M	Sunburn	Encourage Sun smart attire for all activities	L
✓	L	Access blocked to Commando Course	Ensure adequate access to Activity Area	L
		N/A		
		N/A		
		N/A		
		N/A		
		N/A		
✓		Animals in course	Check Activity area for animals prior to activity beginning, and monitor throughout	

# RISK MATRIX

## Work Health and Safety (WHS) Act 2011

This WHS Act 2011 is used by Baptist Camping Victoria on Risk Management Assessment Forms

		CONSEQUENCE				
		MINOR	MODERATE	MAJOR	CRITICAL	CATASTROPHIC
LIKELIHOOD	RARE	LOW	LOW	LOW	LOW	LOW
	UNLIKELY	LOW	LOW	MEDIUM	MEDIUM	MEDIUM
	POSSIBLE	LOW	MEDIUM	MEDIUM	HIGH	HIGH
	LIKELY	MEDIUM	MEDIUM	HIGH	HIGH	EXTREME
	AMOST CERTAIN	MEDIUM	MEDIUM	HIGH	EXTREME	EXTREME

CONSEQUENCE	MINOR	MODERATE	MAJOR	CRITICAL	CATASTROPHIC
OH&S DESCRIPTION	Injury in the Workplace (first aid may be required)	Minor injury requiring professional medical attention, or lost time from the workplace	Injury requiring hospitalisation	Major injury requiring prolonged hospitalisation and rehabilitation	Injury causing significant permanent disability or death

LIKELIHOOD	DESCRIPTION
AMOST CERTAIN	Is expected to occur, almost inevitable
LIKELY	Will occur in most circumstances, not surprised if it happens
POSSIBLE	Possible or likely to occur in some circumstances
UNLIKELY	Could occur in some circumstances, surprised if it happens
RARE	May occur only in rare or exceptional circumstances, but would be highly unexpected