

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 |
|--|----------------------|---|---|----------------------|
| Activity/Task Hazard Identification | | | | |
| ✓ | 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: | | |
| Workplace Conditions/ Environmental Hazard Identification | | | | |
| ✓ | 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 |