

## **Risks associated with ANUMC activities**

### *Mountain Biking*

Risks associated with mountain biking and cycle touring include falling off and/or riding into obstacles such as trees and rocks resulting in abrasions, cuts, sprains, broken bones, concussion and other serious injuries or death. Riding can be physically demanding and completed in remote locations and varying weather conditions, which could lead to dizziness, heat stress, dehydration, sunburn, blisters, insect bites or hypothermia. Travel to and from bike tracks could involve collisions with other vehicles. Unattended bikes and equipment could be stolen.

Participants should ensure that their bike is well maintained and suitable for the terrain which they are riding. Wear a helmet that meets Australian standards while riding, ride within your limits and walk the bike when not confident. Wear bright clothing and use lights at night. Carry bike repair and a first aid kit.

### *Mountaineering*

Broadly, mountaineering risks break down into exposure and trauma. The origins of these risks are either subjective (human error) or objective (environmental, which may be minimized but not eliminated). Exposure risks (generally arising from inadequate clothing, nutrition, hydration and exertion) include, but are not limited to, sunburn, windburn, dehydration, hypothermia, asphyxiation, altitude sickness, pulmonary and cerebral edema, and frostbite. Trauma risks (generally arising from climber falls, or debris falls, including avalanches) involve lacerations, broken bones, fractures, punctures, concussion, rope burn, and bruising. In turn these may result in brain damage, permanent disability or death.

### *Climbing*

Risks include, but are not limited to sunburn, hypothermia, dehydration, bites from snakes, spiders, insects or other animals, rope burn, strangulation or other injuries due to entanglement in climbing equipment, tendinitis or tendinosis, abrasions, cuts, lacerations, exposure to blood transmitted diseases such as hepatitis or HIV, muscle strains, sprains, broken bones, spinal injuries, brain damage, temporary or permanent disability or death.

### *Climbing wall*

Risks include, but are not limited to rope burn, strangulation or other injuries due to entanglement in climbing equipment, tendinitis or tendinosis, abrasions, cuts, lacerations, exposure to blood transmitted diseases such as hepatitis or HIV, muscle strains, sprains, broken bones, spinal injuries, brain damage, temporary or permanent disability or death.

### *Inland and sea kayaking*

Risks include, but are not limited to drowning, physical injuries (including muscle strains, sprains, broken bones, spinal injuries, shoulder dislocations, bruising, abrasions, cuts, lacerations, falls), bites or attacks from sharks, snakes, spiders, insects or other animals, hot weather hazards (including sunburn, heat stress, heat stroke); cold weather hazards (including exposure and hypothermia), becoming lost in a winter wilderness environment and driving in hazardous conditions.

### *Cross Country Skiing*

Risks of cross country skiing include but are not limited to cold weather hazards (including hypothermia and frost injury), falling or colliding while skiing, becoming lost in a winter wilderness environment, failure of equipment, sunburn or snow blindness, avalanches, and driving in hazardous conditions.

### *Bushwalking*

Risks of bushwalking include but are not limited to hot weather hazards (including sunburn, heat stress, heat stroke and bushfires), exposure and hypothermia, fatigue and cramps, dehydration, falling in rough terrain (including areas with cliffs), being struck by falling objects, bites and stings from flora and fauna (e.g. snake bite may lead to severe illness or death), being split from the group and becoming lost/delayed.

### *Snow shoeing*

Risks of snow-shoeing include but are not limited to cold weather hazards (including hypothermia and frost injury), falling, exposure and dehydration, fatigue and cramps, becoming lost in a winter wilderness environment, failure of equipment, sunburn and snow blindness, avalanches, and driving in hazardous conditions.

### *Canyoning*

Risks may include, but are not limited to sunburn, hypothermia, dehydration, drowning, becoming trapped in enclosed spaces, bites from snakes, spiders, insects or other animals, rope burn, strangulation or other injuries due to entanglement in climbing equipment, tendinitis or tendinosis, abrasions, cuts, lacerations, exposure to blood transmitted diseases such as hepatitis or HIV, muscle strains, sprains, broken bones, spinal injuries, brain damage, temporary or permanent disability or death.

### *Rogaining and orienteering*

Risks may include, but are not limited to hot weather hazards (including sunburn, heat stress, heat stroke), cold weather hazards (including exposure and hypothermia), bites and stings from flora and fauna, abrasions, cuts, lacerations, fatigue, mental confusion, cramps, dehydration, falling in rough terrain (including areas with cliffs), being struck by falling objects, muscle strains, sprains, broken bones, spinal injuries, brain damage, temporary or permanent disability or death, becoming lost in remote wilderness conditions, driving in hazardous conditions and participating in an activity which may be many hours from or completely inaccessible for medical assistance.