High Risk Activities Checklist

This pamphlet is to provide you with safety questions you should ask yourself when participating in high risk activities! Your job is to have fun, be safe and come back alive!

DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY

USAF ACADEMY COLORADO

25 April 2001

MEMORANDUM FOR ALL USAFA PERSONNEL

FROM: HQ USAFA/SE

SUBJECT: Safety Education Information Kit

1. 101 Critical Days of Summer "2001" is fast approaching. It will run from Memorial Day weekend to Labor Day weekend and is the most challenging part of the year for mishap prevention. Many of us will be planning to take part in activities such as: camping, boating, swimming, fishing, barbecuing, rock climbing, working in the yard, etc. Some of us will be driving home to see family and old friends. No one will be thinking of "Murphy's Law." That is if something can go wrong, it will go wrong.

2. So if you are planning an activity or a long trip, use some Operational Risk Management, ORM. Think it through; what are the dangers and have I accounted for everything Murphy's Law can throw at me.

3. Cadets, prior to taking part in any high risk activity review your safety guidance, AFCWI 91-501, and get approval from your AOC. Also, everyone who participates in high risk activities should first employ ORM and the "Your Final Checklist" in this pamphlet.

4. The USAF Academy has not had a fatal mishap in the past three summers, 101 Critical Days of Summer 1998 through 2000. Let's all work together to make the summer of 2001 free of fatalities. Now is when a concerted effort by commanders, supervisors, USRs and assigned personnel must begin to prevent tragic events from occurring.

5. The attached safety kit contains articles that can be posted on safety bulletin boards or used as topics for briefings.

//signed//
WILLIAM A. TURNER, Lt COL, USAF
Director of Safety

YOUR FINAL CHECKLIST

1. Does someone know where you are and how long you will be gone?
2. Do you have all the safety gear/equipment you might need with you?
3. Have you read up on the areas you will be traveling to? (weather, destination surroundings, etc) The internet is a great information highway and you can find road maps, streets, etc. at your fingertips in moments!
4. It is always best to do these activities with a partner.
5. Be conservative, don't attempt something you haven't practiced when you are alone.
6. Never **Drink** alcohol before participating in these Activities! (You need to be **Alert at All Times**)
7. Always have a backup safety plan! You never know when you may need it!
8. Have you identified the hazards of the activities that you are involved in and taken the appropriate measures to eliminate or decrease the hazard potential?

WHITE WATER RAFTING

1. When rafting do you insure all individuals:
   a. Know how to swim?
   b. Have and plan to wear proper lifejackets?
   c. Have and plan to wear proper head protection?

2. What is the experience of the river guide/company you are rafting with?
3. What is your experience level in rafting? How many times have you been rafting before?
4. What class of rivers have you rafted on (i.e. classes 1-5, 1=slow, 5=impassable)?
5. Will there be an emergency medical technician or medically qualified individual in the group?
6. Does the river guide/company provide proper preventative training?
7. Is the river guide/company licensed, insured, and reputable?
8. Do you or anyone going rafting with you have any medical problems limiting heavy physical activity?
9. If you are going on an extended rafting trip, have you arranged to check in with park authorities along the route?

HIGH RISK ACTIVITIES PROGRAM

The intent of this program is to provide commanders, supervisors, safety representatives and participants a guide for increasing the safety mindset in off-duty activities. Many of our normal daily activities, i.e. driving to and from work, moving furniture, mowing the lawn, using a chain saw, etc. are uneventful. However, when proper safeguards are not employed, they do become a risk.

Risk Management Principals are tools that should be used in all activities on or off-duty. The checklist that we have provided are one of many risk management tools that may be used to identify the hazard, assesses risks, analyze control measures, make control decisions, and implement.

Sports & Recreation injuries have the highest percentage of all the mishaps that are reported. To decrease off-duty injuries requires total involvement from all members. Accident's and Incident's don't happen because of your grade or rank. They happen because of your lack of knowledge on the activities at hand.

The information in this pamphlet is provided to increase everyone's safety knowledge. The safety seed is planted, now it is everyone's job to nurture it daily and see what the outcome will be.

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SOARING

1. Are you certified to fly sail planes and are you current? Or, are you flying with someone who is certified and current? (If second question is yes, go to question 8)
2. How current are you in sail planes (i.e. hours/sorties in previous 3 months)?
3. If necessary, are you going to take a refresher flight with a certified flight instructor?
4. Where do you plan to go soaring?
5. Are you familiar with the local type of soaring conditions?
6. Are you familiar with the local method of launching?
7. Do you plan on carrying passengers? If so, who are they? Have they ever flown a sail plane before?
8. Are you properly insured for flying activity?
9. Do you perform routine maintenance checks on the sail plane?
10. Do you have current charts?
11. Have you considered weight, balance, density altitude, and performance for this sail plane?
12. What day and what time of the day are you planning to fly?
13. Do you have an emergency number on file with the airport?
14. Are you current in the type of sail plane you plan to fly and is it mechanically up-to-date?

SNOWMOBILING

1. What is your experience with snowmobiles?
2. How far do you ride? Do you take food and water? Do you take tools, extra parts, oil, and gas? Do you do regular inspections of the snowmobile?
3. Do you wear a helmet?
4. Do you dress for the extreme weather conditions and bring extra clothes?
5. Do you know the symptoms of frost bite?
6. Are you riding alone?
7. Are you familiar with the area you plan to ride in (i.e. barbed wire fences, terrain, remoteness of site)?
8. Do you ride on frozen lakes or rivers? note: Beware of cracks and open water
9. Do you know the dangers of riding under bridges (i.e. thin ice)?
10. Do you ride at night? Do you ensure headlights are working properly?
11. Do you let someone know where you will be and how long you will be gone each time you ride?
12. Don't Drink and Drive!

ALL-TERRAIN VEHICLES (ATV)

1. How long have you been riding?
2. What type of ATV will you be riding (3 wheeler, quad, or buggy)?
3. How often do you ride?
4. Do you race?
5. What safety gear will you be wearing (i.e. helmet, goggles, boots, long pants, long sleeve shirt, and proper reflective gear if riding at night)?
6. Where will you be riding? Have you ever ridden this particular route before? How many times? What type of terrain encompasses this route? Are you experienced in this type of terrain?
7. Will you be doing any night riding? Is the route lit at night? When you ride at night, do you insure the headlight is working properly?
8. Is it considered safe and is it legal to ride in the areas you normally ride? Do you know if it is legal to ride an all-terrain vehicle?
9. Have you attended any rider safety courses? If yes, what courses and how long ago?
10. How often do you perform maintenance on the ATV?
11. Before riding, do you perform a road check on the vehicle (i.e. tire, brakes, lights, cables, fuel lines)?

AUTO RACING

1. Have you ever raced automobiles before? Where? When? What type of race (i.e. distance type, stock car, drag)?
2. Is the race you are participating in a Sports Car Club of America (SCCA) sanctioned event?
3. Prior to racing is your car inspected by the proper authority?
4. Are you currently a member of the SCCA or have you previously raced with the SCCA?
5. Have you familiarized yourself with the General Competition Rules (commonly referred to as the GCR) which provide the requirements placed on all competitors of the SCCA?
6. Do you have the required battery tie down installed in the vehicle you will be racing?
7. Is there a three point seat belt or harness in the car? Does the car have a roll bar?
8. Will you be wearing a DOT approved helmet while you are racing?
9. Will fire-resistant clothing be worn?
10. If you are racing a "prepared car" that is not street legal, how will that car be towed to the event?
11. Are you familiar with the track you will be racing on? (terrain, conditions)

SKYDIVING

1. Do you understand the risks involved in the sport of skydiving?
2. Did you receive your initial skydiving training at a United States Parachute Association (USPA) group member skydiving center? If not, where did you receive your training?
3. If you continue in the sport of skydiving, do you plan to join the USPA? Note: for liability reasons to protect yourself and others
4. Do you know anyone in the sport already to give you advice? If not, we recommend you contact a USPA group member skydiving center or local airport for advice. Note: USPA (703)(836-3495)
5. Have you lowered the risks of skydiving by:
   a. Receiving the proper training
   b. Ensuring equipment is in good condition (reserve canopy date)?
   c. Using common sense?

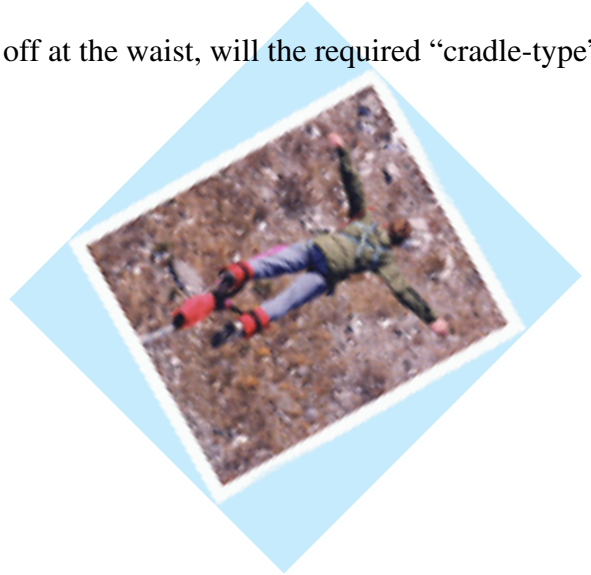
6. Each time you skydive, do you take into account your trip to and from the skydiving activities (i.e. fatigue, road conditions, weather)?
7. If your last jump was not very recent, do you plan to receive refresher training?
8. Each time you skydive, are you sure that the equipment that you are using is compatible and within your experience limitations?
9. Are you certified to repack your chute? What do you look for prior to re-packing your main canopy or downing (i.e. stitching, connectors, rips/tears, lines canopy, reserve canopy pins)?
10. Do you understand the reasons why not to drink 12 hours prior to any skydiving?
11. Do you understand why the use of "non-standard" equipment could possibly cause chute malfunction?

SKI JUMPING (SNOW)

1. What is your experience/training?
2. Do you own your equipment or are you renting/borrowing it?
3. How many grooves do your skis have? (3 minimum, 4 optimum)
4. Do you have a U.S. Ski & Snowboard Association approved helmet?
5. What size jump are you going to ski? (20, 40, 60, 90 meters)
6. Are you aware you will be traveling at approximately 60 mph through the air with nothing between you and terra firma but a couple of boards?
7. What type of inspection is performed on your equipment?

BUNGEE JUMPING

1. Have you ever bungee jumped before?
2. Is the company you will be jumping with or the "jumpmaster" registered with the United States Bungee Association thus ensuring certain rules and safety items are adhered to?
3. Are you familiar with the difference between Bungy (lower velocity, smoother ride) and Bungee (more freefall, higher G-load)?
4. Will you be jumping from a bridge or a crane with a "cage-type" platform?
5. If jumping from a crane, are you aware of the restrictions placed on the angle of the crane, the height of the cage and the distance the cage should be below the crane so that you may recognize an improperly operated "crane-jump" business?
6. If the jump will be accomplished off of a car/pedestrian bridge, do you realize that there are only a few bridges in all of North America that have been approved for bungee jumping and that the organization operating off of a bridge is most likely doing so illegally?
7. Are you familiar with the wind restrictions associated with bungee jumping?
8. Will you be making an ankle jump, or will you be tied off at the waist?
9. If tied off at the waist, will the required "cradle-type" harness be used?

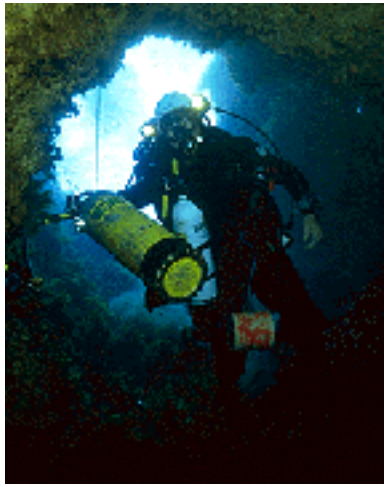


CIVILIAN LIGHT AIRCRAFT FLIGHT

1. Do you hold a Federal Aviation Administration (FAA) pilot license and current FAA medical?
2. Do you understand the flight requirements of federal aviation regulation (FAR) part 61 and part 91 as they apply to you?
3. Have you been checked out to fly your aircraft by a certified flight instructor (CFI) who is experienced in that airplane and in the phases of flight that you intend to participate? Do you know the aircraft's limitations (i.e. new aircraft, high performance aircraft or tail wheel aircraft checkout required by FAR part 61)?
4. Do you receive refresher training in your aircraft by a CFI (biannual flight review is required)?
5. What agency regulates civilian flying?
6. How many times have you flown in the area you're planning to fly in?
7. When planning a cross-country flight do you consider weight and balance, fuel consumption, landmarks and familiar/unfamiliar terrain, effects of density altitude, etc.?
8. Do you understand the importance of a detailed preflight aircraft examination to include physical inspections and maintenance records review?
9. Are you required to sign off a statement after you have conducted such an inspection?
10. Do you file written file plans?
11. Have you been trained in emergency flight procedures?
12. When was the last time you conducted such training?
13. Do you intend to do aerobatics? Do you have the proper checkout and waiver?
14. Do you plan to fly in formation? Do you understand that all formation flying must be briefed and agreed to by all pilots involved?
15. If you intend to fly in mountainous terrain or participate in aerobatics, have you had a checkout for this type of flight?
16. Do you understand you must get sufficient rest before flying?
17. Do you fly at night, in weather, or both? If you don't have an instrument rating, do you understand there can be serious difficulties?

SCUBA DIVING

1. How long have you been a certified diver and in what kinds of waters are you experienced? Or are you diving with a certified diver experienced in the waters you will be diving in?
2. When diving do you:
   a. Budget your dive time to ascend before your pressure gauge decreases to 500 pounds per sq. inch?
   b. Test all equipment and mark dive area with a dive flag prior to entry?
   c. Always have a diver partner and two regulators in case one fails during all dives?
   d. Avoid decompression sickness by ascending at a rate of 1 foot per second?



3. Are your tanks filled by a certified specialist?
4. Are you familiar with dangers in your dive zone (i.e. creatures, caverns, surges, etc.)?
5. Have your tanks been certified and inspected?
6. If you are diving in unfamiliar area, are you normally accompanied by a guide?
7. After a dive, do you wait 24 hours before flying?

RODEO/BULL-RIDING

1. What events do you plan to enter?
2. What is your background/ training?
3. Is your equipment owned or borrowed?
4. Do you perform routine maintenance checks prior to the riding event to ensure the proper condition of the equipment?
5. Are you aware of the potential hazards for injury?
6. Is the sponsor of the event reputable, sanctioned by the Professional Rodeo Cowboy Association or other professional rodeo association?
7. Are you properly insured for this type of activity?

BUCKING EVENTS

1. Do you have a flak vest? Do you plan to wear a helmet?
2. Is your saddle, bareback rig, and/or bull rope in good working order?
3. Do you have a knowledgeable, experienced chute man?
4. Are there qualified bullfighters/pick-up men?

ROPING EVENTS AND STEER WRESTLING

1. Is your horse owned or borrowed? Is it properly trained?
2. Is your tack in good shape?
3. Do you have a knowledgeable, experienced hazer?

CIVIL HELICOPTER FLYING

1. How long have you been flying helicopters?
2. How many hours do you have?
3. Do you own or rent the helicopter you fly?
4. When you fly, do you ensure that you are current in the helicopter, and that you have a current medical?
5. Are you thoroughly familiar with the helicopters you fly before you fly them alone?
6. If you rent, do you ensure the aircraft has an appropriate airworthiness certificate on board?
7. When you fly cross-country, do you take into consideration weather, destination surroundings, pressure altitude affects, etc.?
8. When you fly with passengers, do you comply with the federal aviation regulations regarding proficiency (i.e. takeoff & landing requirements)?

DIRT BIKING

1. What experience, if any, do you have on motorcycles?
   a. What type?
   b. How long?
   c. What kind of terrain?
2. What type of helmet and eye protection do you wear (ref AFI 91-207)?
3. What kind of safety equipment do you wear (ref AFI 91-207)?
4. Do you ride with a partner?
5. Do you carry a small tool kit when you ride?
6. Do you ride at a level beyond your abilities?
7. Prior to riding what do you look for in your inspection on your bike (i.e. gas, chain, suspensions)?
8. Do you let someone know where you will be and how long you will be gone each time you ride?

MOUNTAIN CLIMBING/RAPPELLING

1. Do you own, borrow, or rent equipment? Do you borrow equipment other than from a professional school?
2. Is the equipment replaced on a timely basis? (Every 4 years)
3. Is the maintenance check completed of all equipment prior to each climb or rappel?
4. Have you accomplished formal training for climbing/rappelling? How much training and by whom?
5. What previous experience do you have in climbing or rappelling?
6. Where have you climbed previously? Where in the local area will you be climbing/rappelling?
7. How long has it been since you have been climbing/rappelling?
8. Is a log kept of usage of the climbing surface for normal deterioration of the rock and the record of falls? (see site management)
9. Will there be at least one other person climbing/rappelling with you?
10. Do you carry an adequate equipped first-aid kit?

MOTORCYCLE RIDING

1. What is your experience level?
2. Have you attended the Motorcycle Safety Foundation course which is required for all military members?
3. Have you complied with your state's motorcycle licensing and registration requirements?
4. Do you have all the Personal Protective Equipment required by AFI 91-207?
- Helmet
- Face shield or impact resistant goggles

- Brightly covered vest or jacket during the day and reflective gear at night
- Long sleeve shirt, long pants, and gloves
- Sturdy footwear
5. Are you aware that the protective equipment listed in statement 4 above is required for on and off base riding (for all military personnel), and applies to operator and passenger alike?
6. Are you planning on racing or participating in any events?

EXPERIMENTAL AIRCRAFT

1. What is your experience in flying experimental aircraft?
2. Are you insured for this type of flying?
3. Does the pilot of the aircraft have a current Federal Aviation Administration (FAA) license and medical exam?
4. Does the pilot have a biannual check for single engine/multi engine land rating?
5. What is your experience in doing aerobatic flying?
6. Are you aware that if you perform aerobatics they can be done no lower than 1500 AGL unless the pilot has an appropriate waiver and that parachutes are required?

7. Are you aware of what constitutes aerobatics according to FAA?
8. Are you aware that formation flight must be prebriefed and agreed to by all pilots involved?
9. Are you familiar with the pre and post stall characteristic of this aircraft? Does this aircraft have a stall warning system?
10. Be conservative, don’t attempt something you haven’t practiced in dual training with an FAA instructor.

HOT AIR BALLOONING

1. Are the company and pilot you plan to fly with accredited?
2. Does the pilot hold a commercial balloon pilot's license?
3. Does the craft have an airworthiness certificate and current annual inspection?
4. Hot Air Ballooning is regulated by the FAA and the balloonist must comply with all rules and regulations set therein. Are you familiar with them?
5. Have you considered terrain, weather, and population of both take-off and landing zones?
6. How far are you ballooning? Do you have contingency plans for problems that may arise?

HUNTING

1. How long have you been hunting?
2. Are you familiar with the local area hunting rules, licensing requirements, and bag limits? If you intend to hunt in Colorado, you must attend a hunter safety course before you can obtain a license.
3. What type of animals/birds do you hunt? Do you know what firearms are allowed for the type of animals/birds you are hunting?
4. Do you own your own rifle/shotgun? If so, how do you properly maintain them? If not, how do you know they're safe to use?
5. Do you load your own ammunition? If so, what precautions do you take to ensure the loading area is safe?
6. Where do you typically hunt (i.e. private land, own land)?
7. Do you hunt in groups? If so, what is the typical size of the hunting party? If not, inform someone when and where you are going?

8. If hunting waterfowl, is your boat (if used) in good condition? If hunting deer and using a tree stand, is it in good condition?
9. If you plan on hunting outside the local area, will you use a hunting guide? If not, how familiar are you with the hunting area? Do you know what the hunting rules are if hunting in another state?
10. Will you be using an aircraft to get into remote hunting sites? (Several mishaps have occurred when hunters overload their aircraft with big game).
11. Do you wear brightly colored clothing--especially if hunting in heavily wooded area? Clothing should also be adequate for hunting environment. Do not carry loaded rifles/shotguns in the vehicle compartment. Do you carry a first aid kit?