

## SAFETY BRIEFINGS

- A. The General Safety Briefing will take place at the beginning of each course or program day. The briefing will include an explanation of “Challenge by Choice” and address each of the following areas:
1. Physical Safety  
Participants should be advised of their responsibility to:
    - a. Monitor their own physical limitations and needs, as well as assist others with the same.
    - b. Follow all safety procedures; keep yourself and others physically safe. No horse playing.
    - c. Remove all sharp objects from pockets, all potentially dangerous jewelry, gum or hard candy that may cause a choking hazard, and secure or remove eyeglasses.
    - d. Take care of self by drinking water, using sun screen and taking a break if needed.
    - e. Insure that all students are wearing appropriate footwear.
  2. Environmental Considerations  
Participants should be made aware of weather and site-specific environmental hazards and how best care for themselves. Include references to:
    - a. Exposure to elements (sun, rain, snow, wind, heat, cold, lightning, altitude, etc.)
    - b. Hydration
    - c. “Staying found”/ What to do when lost
    - d. Awareness of uneven terrain, rock cliffs, bodies of water, to respect animals and all creatures of this earth.
  3. Emotional Safety  
Define emotional safety and advise participants of their responsibility to maintain this for themselves or others. Consider facilitating agreements to:
    - a. A “Full Value Commitment.”
    - b. Refrain from put-downs (of self or others), sarcastic humor, threats or harassment of any kind.
    - c. Commitment to providing positive support to one other through the program.
    - d. Comfort Zones and Challenge by choice.
- B. Activity briefings will take place prior to every activity. Activity Briefings will provide answers to the following questions:
1. What are we doing?
    - a. Provide a clear description of the physical challenge presented by the activity.
  2. Why are we doing it?
    - a. Discuss the objective or purpose for attempting the activity
    - b. Include metaphoric integration when appropriate.
  3. How can we do it safely?
    - a. Describe the inherent risks involved with the activity and how to best manage them.
    - b. Teach any skills clients need in order to safely attempt the activity, including spotting, belaying, using any technical equipment, etc.