

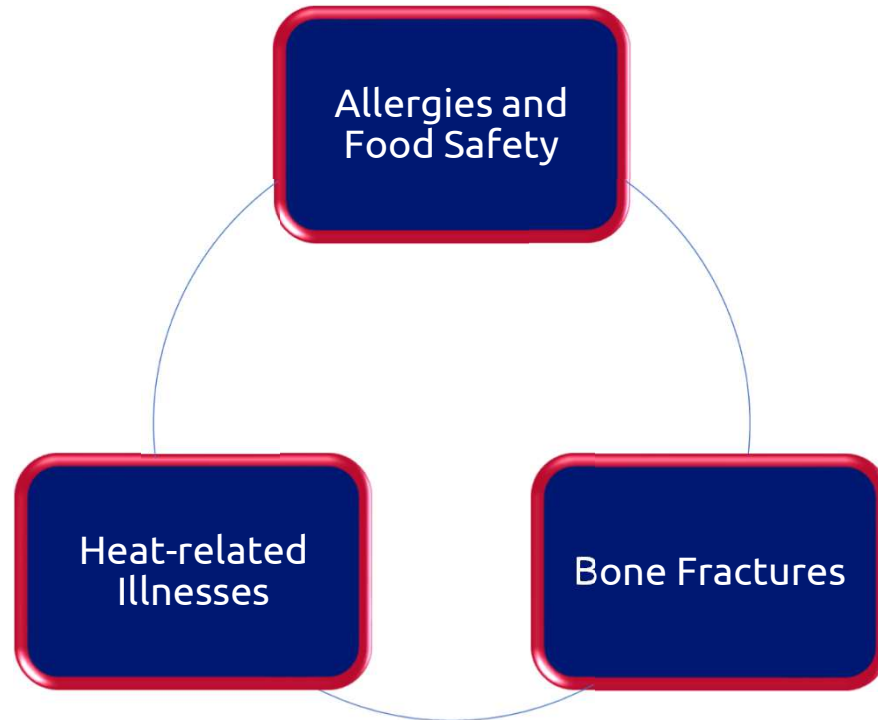


# 2025 Safety Focus Areas Activities and Encampments





## Required Topics & Top Areas for Improvement





# #1. Allergies and Food Safety

## Known pre-existing conditions

- Food allergies / dietary restrictions can be life-threatening without proper handling – **EXTREMELY HIGH INITIAL RISK**
- Activity Directors, Encampment Commanders, and Safety Officers are responsible for planning for known allergies

## Risk Management Planning

- It is IMPERATIVE food safety be included in the risk management plan, including effective mitigation and supervision
- Food vendors MUST be made aware of known allergies and MUST be able to accommodate
- CAPF 160(I): CAP Member Health History – MUST be reviewed and included in risk management planning

## Real-time Risk Management

- NEVER ignore information provided by participants about their allergies or other pre-existing conditions
- NEVER ignore feedback provided by a participant about possible food-related hazards





## Allergies and Food Safety Mitigations

- Have a list of attendees with food allergies and what their preferences are
- Label the food items with their ingredients and allergens
- Separate table for allergen-free food
- Avoid cross-contamination by using separate utensils, dishes, and gloves
- Wash your hands and surfaces frequently and thoroughly
- Be aware of the common food allergens, such as peanuts, tree nuts, milk, eggs, wheat, soy, fish, shellfish, and sesame
- Have an emergency plan in case someone has an allergic reaction
- Know the signs and symptoms of anaphylaxis, such as hives, swelling, difficulty breathing, nausea, vomiting, dizziness, or loss of consciousness
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## #2. Bone Fractures

### Uneven Surfaces

- Walking/running
- Slow down and keep “Eyes on the path”
- Evaluate surfaces, mark hazards

### Certain Sports

- Frequent falls, collisions, or twists (e.g., Sharks and Minnows)
- Inadequate protective equipment (shoes, pads, etc.)
- Risky or aggressive behavior

### Footwear

- Impact, compression, and puncture are the most common types of foot injury.
- Adequate ankle/foot support for surface, type of activity
- Proper tread, sole (slippery conditions)

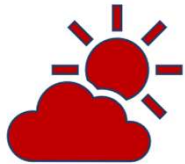




## Bone Fracture Mitigations

- Assess the risks and benefits of each activity and choose the ones that are appropriate for the age, skill level, and physical condition of the participants.
- Provide adequate equipment, protective gear, and clothing that fits well and are suitable for the activity and the environment.
- Teach and enforce the rules and safety procedures of the activity and monitor the participants.
- Ensure that the participants are properly warmed up, stretched, hydrated, and rested before, during, and after the activity.
- Avoid scheduling activities during extreme weather conditions or when the participants are tired, sick, or injured.
- Seek medical attention promptly if a participant shows signs of a bone fracture, such as pain, swelling, bruising, deformity, or difficulty moving the affected area.





## #3. Heat-Related Illness

### Dehydration

- Create awareness of effects of dehydration
- Water provision/availability
- Regular breaks and reminders to hydrate
- Pre-existing conditions, medications can exacerbate effects
- Clothing and equipment should match conditions

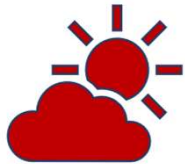
### Loss of Consciousness

- Inadequate hydration/nutrition
- Standing for long periods
- Pre-existing conditions, medications (blood pressure, diabetes, etc.)
- Can result in serious injuries (concussion, other head wounds)

### Other things to consider

- Schedule outdoor / high-exertion activities in the cooler parts of the day
- Encourage participants to speak up sooner if they experience early signs of illness





## Heat-Related Illness Mitigations

- Monitor the weather and adjust the activity accordingly
- Check the temperature, humidity and heat index before and during the activity and modify the intensity, duration, frequency, and rest breaks as needed..
- Educate the youth and their parents or guardians about heat illness. Encourage them to report any signs of heat illness to an adult immediately.
- Provide adequate hydration and cooling facilities: Ensure that there is enough potable water available for the youth to drink before, during and after the activity.
- Provide access to ice packs, fans, misters, wet towels or other cooling devices in case of overheating.
- Have an emergency plan in place: Know how to recognize and treat heat illness and have a first aid kit ready.
- Have a phone or radio to contact emergency services if needed. Know the location of the nearest hospital or clinic.
- Have a transportation plan for moving the youth to a cooler place or a medical facility if necessary.





## Recommended Additional Topics





## Activity Safety Risk Management

### Planning

- Include all sub-activities in risk assessment (sports, food service, transportation, etc.)
- Conduct assessment throughout planning process (vs. all at the end)
- Assign roles to mitigation supervision

### Staffing

- Safety officer requirements – acquire a trained safety officer at the beginning of the process
- The activity SE should have either previously served as an activity SE or possess a Technician level in the Safety Specialty track.
- Ensure adequate adult participation to address mitigation supervision responsibility

### Real-time Risk Management

- Daily briefings on safety hazards, expectations of participants
- Go/No-Go thresholds based on adequate mitigation/supervision needs

### After-Action Reviews

- What worked?
- What happened that wasn't expected?
- How did the unexpected get addressed?





## Activity Go/No go Decision-making

- Can the risk be mitigated to the lowest acceptable level, especially when things don't go as expected? If not, what modifications are necessary to ensure adequate risk management?
- Are there enough participants to support adequate risk mitigation? If not, what modifications are necessary, so members are not exposed to unnecessary risk?
- Are the right resources available to support the activity (food service, health services, etc.)? If not, are there other options available? "Doing the best we can with what we have" may be exposing members to unnecessary - and unacceptable - risk.





### Pre-existing Conditions



- Common sense goes a long way toward preventing most personal injuries.
- Be sure to consider any pre-existing conditions and exercise good safety judgment by knowing what you're capable of and staying within the bounds of your limitations.

