

No wim or outdoor experience

Risk vs Benefit

Adv. Tourism

etc

Sir Edmund Hillary said "challenge is what makes men. It will be ended when men stop looking for new challenges!" This quote strongly reflects New Zealand, a country known for its outdoor adventures and experience. We are a country of unique geographical environment in which we embrace. Outdoor experience is a huge part of our culture in what we do and 2 major factors which enhance outdoor experience are planning and goal setting. Outdoor experiences provide memorable experiences in which participants challenge themselves to achieve things not done in everyday life. Goal setting is a huge part of this with participants setting goals which when completed provide them with a huge sense of achievement and accomplishment. Planning is also a very important factor in order to manage risk and increase safety.

Outdoor experience is defined by wikipedia as learning which takes place in the outdoors, often journey based experiences which push student participate in a variety of challenges. Challenge is a huge factor in participating in outdoor experience. Participant commonly set goals in which challenge themselves beyond their comfort zone to achieve tasks not completed in everyday life. Goal setting is a way of creating an increased motivation to achieve something and when completed can provide boosted self esteem. Goal setting however can be a negative factor in the outdoors. The outdoor is an incredibly unique environment with many uncontrollable factors. It is an environment many are not used to and this can be a negative thing when goal setting. Goal setting can mean people push themselves to far in unknown environments which can increase risk. It can mean risks can happen through these negative factors involving goal setting. There are also many positive factors. It can allow participants in physical development. As part of our Year 13 PE course we planned a Snow Experience to go skiing at Mt Ruapehu for 5 days. I had very clear goals in which I was set on achieving. I wanted to ski all parts of the mountain and achieve excellence when assessed against national standards.

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I did not achieve my goals. The reason I did not achieve them was factors beyond my control. The weather meant we were unable to ski and therefore I could not achieve this.

Although it was not my fault I didn't achieve my goals and it was uncontrollable factors I was very disappointed. My Hauora was negatively affected in all four dimensions.

Physically I could not experience skiing, socially I could not meet new people while skiing around the mountain and participating in a lesson, spiritually I lost belief in myself through disappointment and mentally I was upset I could not ski and did not achieve the goals I had set out. I felt I was negatively affected by setting goals.

Goal setting can have negative implications if goals are not achieved. They also provide can mean risk if over selected scenario participants ~~are~~ become more focused on achieving the goal than being safe and eliminating risk.

Goal setting can provide the opportunity for participants to peak ~~both~~ in all aspects of Hauora. I believe although there can be negative implications to goal setting, it is a positive factor. It gives the opportunity for participant to peak in all aspects of hauora.

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and gives motivation and challenge. I believe when participating in outdoor experiences it is important in order to feel a sense of achievement and accomplishment. However when goal setting for outdoor experiences it is important to understand risk and that the outdoor environment can expose many uncontrollable factors which could prevent the achievement of goals.

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Planning is another factor of high importance when going on an outdoor experience. The process of planning is critical to ensure the safety of participants and the purpose in order to minimize possible risk. Risk is defined as sources of danger or potential areas of loss or misfortune. Risk management is a process within the planning process where you determine the maximum risk and developing strategies to minimize the risk to an acceptable level. The outdoor environment poses many uncontrollable factors which cannot be fully eliminated. Risk management international mountain expert Hugh Barnard said that the outdoor environment is unpredictable and humans there is no way risk can be eliminated completely. As part of the planning process risks are identified, isolated if possible and eliminated to ensure

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The safety of those involved. Planning encompasses many factors and stages to ensure safety. ~~For our planning in my experience~~ planning for our snow outdoor experience was crucial. we had one student who was not allowed to come due to insufficient planning and if proper planning has not taken place there is increased risk to no safety.

Planning is a highly extensive process. In my own planning I broke it down into many different sections from planning/logistics such as transport, routes, alternatives routes, stops while travelling and various aspects for the trip down. They aspects for when staying in the lodge such as booking accommodation, cooking etc and then factors when on the mountain.

I made sure I got to know the group I was with, their strengths and weaknesses and previous experience. I became aware with mountain safety procedures and emergency procedures. All aspects of planning eliminate risk and ensure the safety of participants.

There can be extremely negative implications ~~for the setting and planning and factors which~~ if planning is not done thoroughly, causing an increase in risk. As part of my plan comprehensive planning process I also developed Risk Management Analysis (RMA). These established causal factors such as

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* Even when risks are eliminated as much as possible uncontrollable factors can cause increased risk beyond human control for example the Elm College disaster where 6 students and 1 teacher died while canyoning in the Manapouri Gorge as part of the Edmund Hillary outdoor pursuit centre.

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people, environment and equipment. It established what could go wrong and the action that would be taken. In establishing these risks I was assessing possible things that could go wrong, therefore minimising risk as much as possible. *

New Zealand has a strong culture of outdoor experience. We are highly regarded for our outdoor experience internationally.

Planning and goal setting are factors which strongly relate to outdoor experience not just in a school education outside the class ~~context~~ context but in a wider New Zealand context. Adventure Tourism is

one of New Zealand's biggest earners with over 900 commercial operators. Overseas NZ adventure tourism is advertised with

glamour and sex appeal, showing young people having the time of their lives with the risk being ~~walked over~~ walked over. This shows how assumption and perceptions within society especially

with tourists can be seen as outdoor experiences being seen as risk free. Goal setting and

planning are two factors which can be related to this wider New Zealand context and puts owners on tourism operators.

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When gaining consent for our outdoor experience the school acknowledges in the consent form that there is risk involved and this increasing idea must be understood by anyone taking part in setting goals for and planning an outdoor experience. The outdoor environment poses many uncontrollable risks, that need to be identified in order to plan safely and to minimise risks as much as possible. This factor ensures the success of outdoor experience and that it is completed with the as much safety awareness as possible. Goal setting is another factor in which allows people to be motivated to challenge themselves in a unique experience however still needs to acknowledge risk and uncontrollable factors of the outdoors involved. There were 29 deaths and 450 serious injury in the last 5 years many of which we can learn from and develop as safe practices as possible when planning and goal setting in the outdoors.