

Major Hazards of Various OAP Activities

*Note: This is a list of known hazards created by trip leaders and staff. It is by no means comprehensive or exhaustive. Every possible hazard could not be listed here. An attempt has been made to document the major hazards and/or more likely hazards.

GENERAL

- Driving
- Kitchen: Hot water and stove burns
- Propane and white gas management
- Lightning
- Weather/Storms
- Animals/Insects

WHITEWATER RAFTING/KAYAKING

- Drowning
- Wet Exits need to be taught
- Foot entrapment
- Getting stuck (in a hole) under the raft
- Strainers
- Undercuts
- Recirculating features
- Sieves
- Flush drowning
- Pinning
- Hypothermia and cold water exposure
- Sun exposure
- T grips
- Collisions with other people or objects in fast-moving situations
- Entanglement in ropes, fishing line, man-made objects
- Pins and wraps
- Ledge hole

STAND-UP PADDLEBOARDING

- Moonlight paddles – finding launch shore
- Large crossings
- Falling off the board
- Swimming – drowning or hypothermia
- Motor boats and ferries

CANOE

- Head winds
- Swamping
- Swimming (must be managed)
– drowning or hypothermia
- Motor boats

ADVENTURE TRIPS

- Rattlesnakes
- Poison Ivy
- Heat Stroke
- Separation from group
- Cliffs
- Hazardous river/stream crossings
- Falling trees/snags

INDOOR AND OUTDOOR CLIMBING

- Human error
- Gear malfunction
- Old bolts, chains, pitons, or fixed gear
- Inexperience
- Auto-Belay malfunction
- Lead falls
- Rock fall
- Other people being unsafe
- Poor communication
- Improperly stored equipment

MOUNTAIN BIKING

- Falling
- Sprains, strains, or broken bones
- Gear malfunction
- Encounters with wildlife
- Hazardous river/stream crossings
- Dehydration

WINTER/SNOW/ICE

- Cold-weather injuries (hypothermia, frostbite)
- XC SKIING, SKIING, SNOWBOARDING
 - Musculoskeletal injuries from falling (twisted knee, sprained wrist, etc.)
 - Sunburn, dehydration
 - Head injuries
 - Suffocation in tree wells
 - Avalanche hazard
 - Loss of orientation
 - Encounters with other users
 - Variable conditions and weather
- SNOWSHOEING
 - Musculoskeletal injuries from falling (twisted knee, sprained wrist, etc.)
 - Sunburn, dehydration
- SNOW CAMPING
 - Gear loss in snowstorm
 - Snow shelter construction
 - Shelter collapse/malfunction
 - Gear loss in snowstorm
- BACKCOUNTRY SKIING
 - Avalanche danger
 - Musculoskeletal injuries from falling (twisted knee, sprained wrist, etc.)
 - Sunburn, dehydration
 - Navigation error
- ICE CLIMBING
 - Injury from gear (e.g. impaled by ice axe, crampons, ice screws, etc.)
 - Unprotected fall
 - Sunburn
 - Dehydration
 - Ice fall
 - Structural ice collapse or impalement

• MOUNTAINEERING

- Avalanche danger
- Storm conditions
- Sunburn
- Dehydration
- Altitude sickness (AMS/HAPE/HACE)
- Navigation error
- Falling into a crevasse
- Frost bite or hypothermia
- Falling over exposure

HIKING/BACKPACKING

- Musculoskeletal injuries from falling
- Hazardous river/stream crossings
- Wildlife encounters
- Bites and stings
- Hazardous weather conditions
- Remote locations
- No cell service
- Falling trees/snags
- Hypothermia
- Sunburn, dehydration
- Unsanitary conditions
- Blisters
- Carrying heavy loads for long distances
- Loss of navigation/orientation
- Encounters with other users
- Forest fires
- Lightning

HORSE RIDING

- Musculoskeletal injuries from falling
- Head injuries
- Trampling
- Rope burns
- Being kicked

ARCHERY

- Puncture wounds
- Musculoskeletal injuries
- Eye injuries
- Sharp objects

