

CIVIL AIR PATROL HIGH ADVENTURE ACTIVITY AUTHORIZATION

Use in conjunction with CAPF 160. Sponsoring and approving units will keep this form and supporting documents on file 2 years.

CAP UNIT INFORMATION

Activity Director / Project Officer:

Sponsoring CAP Unit:

Phone:

Email:

ACTIVITY INFORMATION

Primary Start Date

Alternate Start Date

Estimated Duration

The HAA is a stand-alone event

The HAA is part of a larger activity such as an encampment. If so, please specify:

Location(s) of Activity:

Estimated Number of Cadets Participating:

Type of Activity:

If "Other," please describe:

Prohibited activities include: bungee jumping, hang gliding, hunting, motorbikes, snowmobiles, ATVs, skydiving, paragliding, parasailing, scuba, stunt skiing, ultralights, and zorbing

HOST ORGANIZATION

Host Organization Name:

Point of Contact:

Phone:

Email:

What are the host organization's and/or instructor's qualifications or certifications? Please list briefly.

ADULT STAFF

How many CPP-approved senior members will be on-scene?

1. On-Scene Project Officer

CAPID

Experience

2. On-Scene Deputy

CAPID

Experience

3. On-Scene Safety Officer

CAPID

Experience

OPERATING PLANS *To complete this section, review the Girl Scout Safety Activity Checkpoints Guide*

SAFETY ACTIVITY CHECKPOINTS. Will you operate according to the Girl Scouts' safety checkpoints? If not, please justify your approach.

Yes

No

Have you addressed each of the Girl Scouts' safety checkpoints on the CAPF 160?

Yes

No

If no, please explain below.

Will you be following the Girl Scouts recommendations for safety gear?

Yes

No

If no, please explain below.

ACCESSIBILITY. Can the HAA be modified to accommodate disabled cadets?

Yes

No

If no, please explain below.

PARENTS & GUARDIANS. Is an activity briefing provided to parents? Please attach.

Yes

No

Reminder: Signed CAPF 60-80 is required

SCHEDULE. Please attach a schedule for the HAA portion of your event. Be sure to include time for equipment pre-check, safety walk-through with cadets' briefing, time for a summary conversation or reflection, and time to capture lessons learned about the risk controls.

Attached

Not Attached / Unavailable

ENDORSEMENTS

REQUESTING OFFICIAL.

Date:

REVIEWING OFFICIAL.

Date:

APPROVING OFFICIAL.

Date:

CAPF 160 - DELIBERATE RISK ASSESSMENT WORKSHEET

1. ACTIVITY

Castner Glacier Day Hike

2. DATE (DD/MM/YYYY)

23/03/2024

3. PREPARED BY

a. Name (Last, First, Middle Initial)

Baugh, Jacob E

b. Rank

Capt

c. Duty Title/Position

Commander

d. Unit

PCR-AK-027

e. Email

jacob.baugh@akwg.cap.gov

f. Telephone

(907) 750-1515

g. Signature of Preparer

Jacob Baugh

Digitally signed by Jacob Baugh
Date: 2024.03.12 16:52:05 -08'00'

Five steps of Risk Management:

Identify the hazards => Assess the Risks => Develop Controls & Make Decisions => Implement Controls => Supervise and Evaluate

4. SUB- ACTIVITY, TASK, SOURCE	5. HAZARD / OUTCOME	6. INITIAL RISK	7. CONTROLS	8. HOW TO IMPLEMENT / WHO WILL IMPLEMENT	9. RESIDUAL RISK
Example: Food service, food storage	Example: Food spoilage; food poisoning	Example: Severity = Moderate; Likelihood = Likely. Initial Risk = M See matrix on page 3	Example: Coolers with ice, replenished daily for food storage	Example: Load (number of) coolers, initial purchase (number of packs/bags) ice; purchase ice and conduct daily ice checks and runs to ensure coolers are stocked Who: SM (Name or Role)	Example: Resulting Likelihood = Seldom. Residual Risk = L See matrix on page 3
1 hour drive from Delta to Castner Creek	Vehicle breaks down	M	Complete CAP required vehicle inspection.	How: Inspect vehicle for mechanical readiness Who: Capt Baugh	L
	Vehicle leaves roadway	H	CAP Vehicle will use studded tires. Speed reduction when needed	How: Inspect studded tires. Drive for Who: All Vehicle Drivers	L
3 mile hike to/from glacier	Minor member injuries. Sprains, twists, minor falls	M	Members will remain on established trail and in known "Safe areas"	How: SMs have current 1st aid training and Who: Capt Baugh/2d Lt Adair	L

ADDITIONAL SPACES FOR ITEMS 4 THROUGH 9 PROVIDED ON PAGE 2

10. HIGHEST RESIDUAL RISK LEVEL - (Select the highest risk level value in Column 9, with all controls implemented):



EXTREMELY HIGH



HIGH



MEDIUM



LOW

NOTE: ALL RESIDUAL RISKS ASSESSED AS "H" OR "EH" MUST BE APPROVED BY CAP/CC

11. OVERALL SUPERVISION PLAN AND RECOMMENDED COURSE OF ACTION:

CAP vehicles will be inspected as required prior to departure. Cadet Flight Leadership (Flt/CC, Flt Sgt, Element Leaders) will assist the group in "following the leader". This trail is an easy winter hike, and is very popular, providing for a well established, and easy to follow trail. Activities like this are a standard part of winter life in Interior Alaska, and even the youngest, local, cadets are able to safely and effectively perform in this environment

12. APPROVAL OR DISAPPROVAL OF MISSION OR ACTIVITY

APPROVE



DISAPPROVE



a. Name (Last, First, Middle Initial)

Becker, Cris Y

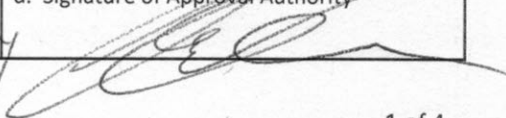
b. Rank

Capt

c. Duty Title/Position

Director of Safety

d. Signature of Approval Authority



- An adult email account supervised by an adult.

Digital Cookie® Platform. Read, understand, and comply with the “Computer and Internet Use” safety activity checkpoints.



Cross Country Skiing

Council Approval: May Be Required

Activity Permitted for: *D B J C S A

Activity Not Recommended For:

*Daisies

About Cross-Country Skiing

Also referred to as Nordic, and XC skiing, cross-country is a form of skiing where skiers rely on their own locomotion to move across snow covered terrain, rather than using ski lifts or other forms of assistance. Unlike downhill skiing, in which the entire boot is attached to the ski, only the toe of the cross-country boot is attached to the ski. *Cross-country skiing is not recommended for Daisies due to the more complex nature of the cross-country ski and the fact that young girls will typically not learn with ski poles - which means it may be far more difficult for an adult volunteer to coral and manage a group of Daisies for this activity. Daisies may find it too labor intensive and not enjoyable which is why it is not recommended. However, while cross country skiing is not recommended for Daisies it is permitted, so councils located in regions where cross-country skiing with young children is common and typical, it is permitted.

Know where to cross-country ski: designated cross-country ski trails are recommended. Connect with your Girl Scout council for site suggestions and approval. Also, [xcski.org](https://www.xcski.org) provides information about cross-country skiing trails.

Learn More:

- [Cross Country Ski Areas Association](https://www.xcski.org)
- [National Ski Patrol](https://www.nationalski patrol.org)
- [XC Ski World](https://www.xc-ski-world.com)

Include Girls with Disabilities

Talk to girls with disabilities and their caregivers. Ask about needs and accommodations. Contact the ski instructor in advance. Ask about accommodating people with disabilities.

Equity

In addition to physical and social-emotional disabilities consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate such as the proper equipment, prior experiences and skills needed to enjoy the activity.

Safety Activity Checkpoints

Standard Safety Guidelines. Refer to the "Standard Safety Guidelines" section (p. 4 – 22) at the top of Safety Activity Checkpoints. These standard safety guidelines apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines always follow the stricter parameters in the activity chapter.

COVID-19 Guidelines. Review the "Coronavirus Safety in Girl Scouts" section under the "Standard Safety Guidelines" (p. 4 – 22) section and be certain to consult your council's specific COVID-19 guidance which can be accessed under the same section. When applicable, always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

Verify instructor knowledge and experience. Instruction is given by an adult with experience teaching and/or supervising cross-country skiing for the ages involved, or has documented experience, according to your council's guidelines.

Select a safe cross-country skiing site. Girls are encouraged to plan trip details and include adequate rest periods with opportunities to replenish fluids and eat high-energy foods (such as fruits and nuts). The nature of the terrain, potential hazards (such as an avalanche or frozen lake), mileage, and approximate cross-country skiing time should be known to all group members. When a latrine is not available, individual cat holes located at least 200 feet away from water sources should be used to dispose of human waste.

Map the course. The route should be marked on a map.

Designate a meeting spot. Before skiing, designate a meeting place where girls can contact a supervising adult.

Recover from a fall. The act of hoisting back up while wearing skis can be a cumbersome process. Have girls learn how to get back up on their skis.

Prepare for emergencies. Ensure the presence of a waterproof first aid kit and a first aider with a current certificate in first aid, including adult and child CPR or CPR/AED, who is prepared to handle cases of frostbite, cold exposure, hypothermia, sprains, fractures, and altitude sickness. Emergency transportation should be available. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first aider with wilderness first aid. Girls must be trained in winter survival (such as snow-cave building, whiteouts, and avalanche avoidance), as needed. Search-and-rescue procedures are written out in advance and arrangements are made for medical emergencies and evacuation procedures.

Follow cross-country ski-safety standards. Ski area rules are explained and observed:

- Girls should ski under control to avoid other skiers and objects.
- Girls must yield the right-of-way to those already on the trail. They step to the side to let the faster skier pass. A descending skier has the right of way.
- A faster skier should indicate her desire to pass by calling “track, please.”
- Girls do not ski close to the edge of an embankment or a cliff.
- Girls must not walk on ski trails.

Safety and Required Gear

- Skis
- Ski poles
- Boots
- Water-resistant gloves or mittens
- Heavy insulating socks
- A winter hat.
- Thermal underwear or long johns (as necessary)
- Sunglasses or ski goggles to protect eyes from glare.
- A water bottle.
- High-energy food (such as fruits and nuts)
- A daypack to carry personal belongings.



Downhill Skiing and Snowboarding

Council Approval: Required

Activity Permitted For: D B J C S A



DELTA COMPOSITE SQUADRON
ALASKA WING, CIVIL AIR PATROL
AUXILIARY OF THE UNITED STATES AIR FORCE
P.O. BOX 8 Delta Junction, AK 99737



12 March 2024

SUBJECT: Castner Glacier Winter Hike

TO: CADET PARENTS

FROM: Delta Composite Squadron Commander

The Delta Composite Squadron will be hosting a winter hiking opportunity for Cadets, Cadet Parents/Families and Senior Members to the ice cave at Castner Glacier, approximately 1 hour South of Delta Junction, on the Richardson Highway. Target Dates for this activity are Saturday, March 23rd, with a weather delay backup on Saturday, March 30th. This hike is approximately 1.5 miles out-and-back, for a total distance of around 3 miles, with the far end reaching the beautiful ice cave in the base of Castner Glacier. Parents, siblings, other family members and pets are welcome to attend.

Castner Glacier is a popular location for winter hiking, and as such, we plan to depart Delta Junction by 8 AM, arriving at the trailhead by 9 AM. Civil Air Patrol will provide transportation for members, as needed, in the Corporate Vehicle. Non-member family members will be required to drive their own vehicles, or carpool among themselves.

As noted above, this will be an outside hike, and we will be outside for approximately 3 hours. All CAP members will be required to wear appropriate winter clothing needed to operate in temperatures down to 0F for this length of time, and non-CAP Members are highly encouraged to dress in the same manner. Members that arrive at the departure point without proper winter clothing (Insulated boots, snow pants, winter coat, hat, and gloves/mittens) will be sent home.

We look forward to having you and your cadet(s) join us on this adventure!

Jacob Baugh, Capt, CAP
Commander
Delta Composite Squadron

