

Video transcript



Video title: 2.7 Risk in outdoor activity

Learning outcome:

- To define what risk is
- To briefly explore three types of risk

Slide 3

Slide 4

Risk is the potential to lose something of value.

What is considered valuable can be a range of things. It could be physical (such as the ability to move freely after injury); It could be social (such as self confidence through embarrassment or failure); may be financial (such as damage to possessions you might own). Or it could be mental (such as emotional stability when faced with a challenging activity).

Challenging outdoor activities generally have inherent risk associated with them. They provide an unknown element, or challenge to face. Risk creates uncertainty with the possibility of negative outcomes.

There are a range of risk types that were going to look at over the next few slides. These are perceived, absolute and real risk.

Slide 5

Perceived risk is **your** assessment of the risk present in a particular activity.

This interpretation in risk levels varies between individuals because each of us have a different threshold or measure of what is considered risky. This threshold or measure can come about through your personal situation or previous experiences.

For example, a student who has spent their life on or around water, is much more likely to have a lower perceived risk of stand up paddle boarding than someone who has never swum in the sea before. Their previous life experiences cause them to think like this.

Both of these assessments, may then be higher or lower than the real risk of the activity.

Slide 6

The absolute risk is a constant upper limit of risk for a given activity, without any management, safety measures or controls put in place.

I'm going to use bouldering as the example here. If I just rocked up to a rock face to do some climbing, and didn't consider any sort of safety measure at all. What I would be facing is the absolute risk of that activity. This is the constant risk of serious harm that would or could be present if I chose to boulder in this state.

It would be wise however, to consider some form of safety measure before taking part.

Slide 7

Real risk is the absolute risk, adjusted by the inclusion of any management, safety measures, or controls in place.

When we talked bouldering on the previous slide, it's now the risk involved with that activity after you have considered safety measures such as climbing shoes, chalk, safety mats and a spotter.

Sure, there is still risk there. But the real risk is considerably lower than the absolute risk of the activity.

Slide 8

To summarise,

We defined risk, which was the potential to lose something of value. This something could be physical, social, financial, or mental.

Then we considered three types of risk, perceived, absolute, and real risk.

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