



COMMANDO COURSE SPECIFIC RISKS

Along with Overall General Activity Risks

Group Run Activity

Updated: 12 February 2024

Reviewed: 23 January 2026



Risk	Outcome if risk occurred	Existing Risk Control Actions	Residual Risk Assessment			Group Leader Required Risk Control Actions
			Likelihood	Consequence	Risk Rating	
People Dangers						
Lack of Supervision and proper Instruction	Injury	Adult leader with experience in the activity (preferable but not essential) Activity Instruction Notes are provided prior to camp Best Group size: 12-16 participants per group, can have multiple groups rotating through the eight elements or teams	2	4	M	Provide adequate supervision and leader for the activity Suitable First Aid Kit Activity Leader to be familiar with teaching notes, activity elements and expected safety procedures Please make sure the weaver activity is done correctly to reduce risk of injury
Falls/Slips	Injury Rope Burn	Activity Instruction Notes outlining safe procedures	2	4	M	Teach and ensure safe procedures as outlined on Activity Instruction Notes
Behavioural Issues • Don't follow the rules • Lack of control	Injury Disappearance	Activity Instruction Notes provided with suggested procedures and safety rules for running the activity.	2	2	L	Outline safety procedures as in the teacher's notes before participation in the activity. Regular head count
Attire	Cuts, bruises	Long shorts/Trousers, t-shirt/Sweat shirt, Sturdy enclosed shoes. Hair tied back securely. No jewellery or watches.	2	2	L	Check attire of participants before the activity begins and participants fill their water bottles prior to leaving the building
Contagious Illnesses	Covid-19 Flu	Hand sanitiser provided at main building	2	3	M	Group leader to have participants sanitise their hands before leaving building for the activity. Limit social contact if appropriate
Equipment Dangers						
Broken/Damaged Equipment	Injury	Regular checking and maintenance of elements	2	2	L	Correct instruction so equipment does not get damaged Group Leader to check the area around the activity prior to beginning to ensure there are no hazards that could cause injury to participants. Report any concerns
Rough timber/Sharp edges on elements	Splinters, cuts	Regular checking and maintenance of elements	2	1	VL	Check area prior to commencing activity If unsafe go to next element Report any concerns or if you felt activity was unsafe

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