



DEPARTMENT OF THE AIR FORCE  
PACIFIC AIR FORCES

27 April 2016

MEMORANDUM FOR ALL PACAF AIRMEN

FROM: HQ PACAF/SE

SUBJECT: PACAF High-Risk Activities (HRA) Program

1. Airmen are our most important AF assets. AF core values imply that *every* Airman must take reasonable care to prevent injury or loss of life to both themselves and their Wingmen. Off-duty HRAs are defined in AFI 91-202 as "...activities having a higher potential for personal injury..." and entail commander, supervisor and participant responsibilities. Due to inherently elevated risks, HRAs require particular vigilance. The PACAF HRA program is *mandated* via supplement for PACAF military personnel and PACAF civilian participation is *encouraged*. The PACAF HRA guide is intended to assist application of Deliberate Risk Management (RM) in a "1-g, zero knot" environment before Airmen's participation in off-duty HRAs.
2. Commanders or supervisors will discuss HRA program requirements with unit personnel. Use the AF Form 4391, *High-Risk Activities Worksheet*, to document agreed upon preconditions. The PACAF HRA guide below will assist with AF Form 4391 completion since it incorporates common hazards and known methods to mitigate HRA-specific risks. In HRA briefs, supervisors should ensure individuals plan to take prudent safety precautions (e.g., receive proper training) for each planned HRA. Once completed, file AF Form 4391 and applicable HRA checklist(s) in the participant's personal information file (CC discretion) or leverage electronic methods. Key caveat: individuals must exercise sound judgment and apply risk management practices to preserve life, limb and their ability to perform their duties. Supervisors should advise Airmen injury or disability due to individual misconduct or willful negligence could adversely affect line-of-duty determination and therefore family member benefits.
3. The latest PACAF HRA guide will be posted to PACAF/SE SharePoint and may be supplemented at any level. Consult AF e-pubs for the approved and most recent AF Form 4391.
4. An informed individual will be far better prepared for any curveballs they might encounter during any HRA. PACAF HRA program participation will increase likelihood of enjoyable and safe off-duty outings by minimizing unknown and/or unidentified hazards. The PACAF HRA program boils down to "known" risks vice "no" risks and PACAF Airmen soundly applying both Deliberate and Real-Time RM (RTRM) as well as solid individual Personal RM (PRM) toolkits.

JAMES S. SHIGEKANE, Col, USAF  
Director of Safety



# Attachment 1

## PACAF

### High-Risk Activities (HRA) Guide



## FOREWORD

PACAF military personnel must inform their immediate supervisor of their intent to participate in the following and *similar* activities. Supervisors are required to document the briefing(s) on an AF Form 4391, *High-Risk Activities Worksheet*.

### PACAF High-Risk Activities (HRA) Listing: 24 Activities

<a href="#">All-Terrain Vehicle (ATV)</a>	<a href="#">Parasailing</a>
<a href="#">Auto Racing</a>	<a href="#">Rock Climbing/Rappelling</a>
<a href="#">Bungee Jumping</a>	<a href="#">Rodeo Activities</a>
<a href="#">Civil Light Aircraft Flying</a>	<a href="#">Scuba Diving</a>
<a href="#">Cliff Diving</a>	<a href="#">Ski Jumping (Snow)</a>
<a href="#">Combative Sports</a>	<a href="#">Sky Diving</a>
<a href="#">Free Diving/Extended Breath-Holding</a>	<a href="#">Snowmobiling</a>
<a href="#">Hunting</a>	<a href="#">Snow Skiing/Snowboarding</a>
<a href="#">Jet Skiing/Personal Water Craft (PWC)</a>	<a href="#">Soaring</a>
<a href="#">Motocross/Off-Road Riding</a>	<a href="#">Ultralight Aircraft/Powered Parachute</a>
<a href="#">Motorcycle Racing (Street/Track)</a>	<a href="#">Underwater Exploration/Cave Diving/Spelunking</a>
<a href="#">Mountain Biking (Trails Riding/Racing)</a>	<a href="#">Whitewater Rafting or Kayaking</a>

This PACAF High-Risk Activities (HRA) guide is intended to provide supervisors and individuals information to assist in fulfilling their responsibilities outlined in AFI 91-202, *The US Air Force Mishap Prevention Program*, Attachment 11, to support and document the supervisor's evaluation of an individual's assessment of their suitability to participate in one or more HRA. Supervisors may add to any part of this guide to address mitigation of safety concerns unique to their sections. Supervisors will elevate any concerns to their immediate supervisor(s) (section chiefs, superintendents, etc.) and commander(s) if necessary. Additionally, supervisors can elevate concerns to their respective installation safety office (e.g., Chief of Safety) who has the authority to include additional HRAs in a Wing HRA guide above and beyond the 24 contained in this PACAF HRA guide. Wing HRA guides are encouraged to address location-specific HRAs and will apply to all PACAF military personnel assigned to that installation, unless otherwise noted.

The following resources are provided to assist:

- National contacts for several HRA: e.g., website links as found in the [HRA Resource List](#).
- A Summary of [Risk Management \(RM\) for High-Risk Activities](#): Deliberate RM, real-time RM (RTRM) (with "ABCDs" of RTRM) and personal risk management (PRM) processes reflecting material from AF RM publications (i.e., AFI 90-802 and AFPAM 90-803).
- [HIGH-RISK BRIEFING CHECKLISTS](#) to aid individuals and their supervisors with considerations and preconditions for HRA participation.
- [Step-By-Step Instructions for Use of High-Risk Briefing Checklists and AF Form 4391](#).

## Step-By-Step Instructions for Use of High-Risk Briefing Checklists and AF Form 4391:

1. Review appropriate checklist for applicable high-risk activity (HRA).
2. Complete and document checklist for applicable HRA.
3. Discuss and document preconditions for HRA participation and e-sign AF Form 4391.
4. When complete, attach completed HRA checklist to completed AF Form 4391.  
*Note: Multiple HRA checklists can be attached to a single (i.e., one) AF Form 4391.*
5. Place completed AF Form 4391 in individual's personal information file (PIF) (commander's discretion) or leverage other electronic means to document a PACAF Airman's intent to participate in an HRA (e.g., scan/upload to file plan).

Sample [AF Form 4391](#) (Notes: reference e-pubs for latest approved version; additional comments on back page 2)

HIGH-RISK ACTIVITIES WORKSHEET		DATE	
<b>I. INDIVIDUAL DATA INFORMATION</b>			
GRADE/NAME (Last, First, Middle Initial)	AGE	UNIT/OFFICE SYMBOL	DUTY PHONE
LIST HIGH RISK ACTIVITIES (i.e. Flying civilian aircraft, hang gliding, sky diving, parasailing, whitewater rafting, motorcycle and auto racing, scuba diving, bungee jumping, and other similar activities)			
DATE OF LAST PARTICIPATION (YYYYMMDD) (if applicable)	FREQUENCY OF PARTICIPATION (Weekly, monthly, seasonal, occasional)		
IDENTIFY PREVIOUS EXPERIENCE			
HAZARDS OF THE ACTIVITY (List them)			
IDENTIFY SPECIALIZED TRAINING REQUIRED/COMPLETED FOR THIS ACTIVITY		LOCATION/AREA WHERE ACTIVITY WILL OCCUR (i.e. business, location, name, address & phone number)	
<b>II. INTERACTIVE DISCUSSION</b>			
<p><b>BRIEFING INSTRUCTIONS.</b> Discuss training, experience, use of safety equipment, rules, and precautions with personnel participating in high-risk activities. This risk assessment is not intended to prohibit personnel from participating in high-risk activities, but to ensure they are familiar with the hazards and injury potential of these activities. Ensure personnel wishing to participate in high-risk activities use appropriate safety measures. If these personnel are inadequately trained or inexperienced and (or) a threat to safety and the mission exists, they must be disengaged from participating in the activity. The individual must exercise sound judgment and self-discipline and not put life, limb, or the performance of his or her AF Force duties in jeopardy.</p>			
PRECONDITIONS AGREED UPON DURING BRIEFING (i.e. specific location, special equipment, medical screening)			
DATE (YYYYMMDD)	SIGNATURE OF MEMBER		
DATE (YYYYMMDD)	SIGNATURE OF COMMANDER/DELEGATE		
<b>FOR OFFICIAL USE ONLY</b>			
<p><b>AUTHORITY:</b> 10 U.S.C., Chapter 40; 37 U.S.C., Chapter 9, EO 9397, November 1943  <b>PRINCIPAL PURPOSES:</b> For documentation of occupational safety, fire protection, environmental and health training.  <b>ROUTINE USES:</b> Use to create a record of training and to retrieve record of safety, fire protection, and health training.</p>			

AF Form 4391, 20120321 "PREVIOUS ADDITION WILL BE USED"

## Risk Management (RM) for High-Risk Activities (HRA)

This instructional guide is for use by members to conduct a risk assessment of their HRA. Via this PACAF HRA guide, risks involved can be more readily assessed and appropriate steps can be taken to minimize exposure to risks or mitigate risks in order to make HRA participation as safe as possible. Your Unit Safety Representative (USR) or wing's RM Instructor/Advisor(s) can help, although AF Form 4391 completion is a shared responsibility of the individual and their supervisor. AFI 90-802, *Risk Management (RM)*, and AFPAM 90-803, *Risk Management (RM) Guidelines and Tools*, are additional tools for use in assessing the risk associated with any activity not otherwise covered in an AFI or Technical Order, not just HRAs. AFI 90-802 discusses both Deliberate RM and Real-Time RM (RTRM). This PACAF HRA Guide is intended to address Deliberate RM, but PACAF Airmen should also leverage RTRM especially shortly before planned participation in an HRA. The overall goal here is for Airmen to internalize Personal RM (PRM) and habitually and effectively apply RM processes in order to safely conduct off-duty HRAs. Another RTRM tool is “Check 3 GPS—Gear, Plan, Skills.” Check 3 GPS began with Air Combat Command (ACC) and Air National Guard (ANG), has been beta tested by 18 WG, and was being considered for AF-wide adoption by AF RM Process Managers via AFI 90-802 revision.

### Real-Time RM (RTRM) Process—ABCD Model (per AFI 90-802)

1. **A**—Assess the situation
2. **B**—Balance controls
3. **C**—Communicate
4. **D**—Decide and Debrief the RM decision

### The five-step AF Deliberate RM process for assessing and mitigating risk is:

1. **Identify Hazards:** Use all available information and resources to identify hazards that may be applicable to the HRA. You should use past experience, applicable HRA instructions, lessons learned from previous similar accidents, what-if scenarios, and other expert advice.
2. **Assess the Hazards:** What are the inherent dangers of equipment and consequences of an accident? Do environmental conditions have a positive or negative effect on safety? What is the skill level of those participating? Is there a proficiency/qualification or licensing requirement? Is the individual physically and mentally up to the challenge? Is there a statistical accident frequency established? What safeguards are required for any hazardous material involved? Is supervision necessary and available? These are a few of the questions that should be asked. You may consider more.
3. **Develop Controls & Make Decisions:** Involves the development and selection of specific strategies and controls that reduce or eliminate risk. Avoid or reduce risk, plan or design HRA to minimize hazards. What safety equipment (e.g., personal protective equipment (PPE)) and/or procedures are required? Are there warning devices required? Can procedures and training spread out the risk over time or space? Analyze effectiveness and efficiency of control measures.
4. **Implement Controls:** To participate in the HRA, make implementation rules very clear, i.e., laws, safety rules, etc. Establish clear accountability. Ensure controls are in place prior to participating in the HRA.
5. **Supervise & Evaluate:** Ask questions. Are risk controls in place and effective? Is supervision present? Are HRA procedures being followed in a safe manner? Review with participant: Were all hazards associated with the HRA identified? Are control measures effective? Was the HRA safely completed? Are improvements needed? Any lessons learned? Get feedback.



**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>ALL TERRAIN VEHICLE (ATV)</b>		

Number	Item
1	How long have you been riding?
2	How often do you ride?
3	Will you be wearing the appropriate safety gear (helmet, goggles, boots, long pants, long sleeve shirt, and proper reflective gear if riding at night) (aka, personal protective equipment (PPE))?
4	Are you familiar with the location and terrain where you will be riding?
5	If you plan on riding at night, do you insure the headlight is working properly?
6	Is it considered safe and is it legal to ride an ATV in the areas you normally ride?
7	Have you attended any ATV rider safety courses?
8	Do you perform all required maintenance on the ATV?
9	Before riding, do you perform a road check of the ATV (tires, brakes, lights, cables, fuel lines, etc.)?
10	<p>Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM (RTRM) processes before conducting this HRA?</p> <p><b>For more information consult the <a href="#">HRA Resources List</a>.</b></p> <p><b>Hazards of the Activity:</b></p> <ol style="list-style-type: none"> <li>1. Running out of gas / breaking down in remote location</li> <li>2. Flipping the ATV</li> <li>3. Darkness</li> <li>4. Getting lost</li> <li>5. Riding on/through private property and angering owner</li> <li>6. Riding in low visibility</li> <li>7. Inadequate safety equipment</li> <li>8. Rapidly changing weather conditions</li> <li>9. Peer pressure</li> </ol> <p align="center"><a href="#">(Return to PACAF HRA listing)</a></p>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>AUTO RACING</b>		

Number	Item
1	Have you ever raced automobiles before?
2	Is the race you are participating in a sanctioned Sports Car Club of America (SCCA) event?
3	Prior to racing, is your car inspected by the proper authority?
4	Are you currently a member of the SCCA or have you previously raced with the SCCA?
5	Have you familiarized yourself with the General Competition Rules (commonly referred to as the GCR) which provide the requirements placed on all competitors of the SCCA?
6	Do you have the required battery tiedown installed in the vehicle you will be racing?
7	Is there a three-point seatbelt or harness in the car? Does the car have a roll bar?
8	Will you be wearing a Department of Transportation (DOT)-approved helmet while you are racing?
9	Will fire-resistant clothing be worn?
10	Are you familiar with the track on which you will be racing (terrain, conditions)?
11	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Inadequate safety equipment/personal protective equipment (PPE)
	2. Unknown vehicle discrepancies
	3. Racing: on unfamiliar tracks; in adverse/unfamiliar conditions
	4. Racing while fatigued
	5. Vehicle fires
	6. High-speed collisions
	7. Peer pressure
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>BUNGEE JUMPING</b>		

Number	Item
1	Have you ever bungee jumped before?
2	Is the company you will be jumping with or the “jumpmaster” registered with the United States Bungee Association (USBA) thus ensuring certain rules and safety items are adhered to?
3	Are you familiar with the difference between Bungy (lower velocity, smoother ride) and Bungee (more free fall, higher-g load)?
4	Will you be jumping from a bridge or a crane with a “cage-type” platform?
5	If jumping from a crane, are you aware of the restrictions placed on the angle of the crane, the height of the cage and distance the cage should be below the crane so that you may recognize an improperly operated “crane-jump” business?
6	If the jump will be accomplished off of a car/pedestrian bridge, do you realize that there are only a few bridges in all of North America that have been approved for bungee jumping and that the organization operating off of a “non-approved” bridge is most likely doing so illegally?
7	Are you familiar with the wind restrictions associated with bungee jumping?
8	Will you be making an ankle jump, or will you be tied off at the waist?
9	If tied off at the waist, will the required “cradle-type” harness be used?
10	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<p><b>For more information consult the <a href="#">HRA Resources List</a>.</b></p> <p><b>Hazards of the Activity:</b></p> <ol style="list-style-type: none"> <li>1. Inadequate/unsafe equipment</li> <li>2. Unfamiliar with jumping procedures</li> <li>3. Inadequate stretching (pulling a muscle, whiplash, etc.)</li> <li>4. Inadequate/non-existent ground cushion/arresting device (air bag, pool, etc.)</li> <li>5. Open platforms at altitude</li> </ol> <p align="center"><a href="#">(Return to PACAF HRA listing)</a></p>



**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>CIVIL LIGHT AIRCRAFT FLYING</b>		

Number	Item
1	Do you hold both a Federal Aviation Administration (FAA) pilot license and current FAA medical?
2	Do you understand flight requirements of Federal Aviation Regulations (FAR) part 61 and part 91 as they apply to you?
3	Have you been checked out to fly your aircraft by a certified flight instructor (CFI) who is experienced in that airplane in the phases of flight in which you intend to participate, and do you know the aircraft's limitations (e.g., new aircraft, high-performance or tailwheel endorsements required by FAR part 61)?
4	Have you successfully completed a biennial flight review, received a new or additional FAA rating, or completed any full phase of the FAA Wings Program within the past two years?
5	Have you flown often in the area in which you are planning to fly?
6	When planning a cross-country flight, do you consider weight and balance, fuel consumption, landmarks and familiar/unfamiliar terrain, effects of density altitude, etc.?
7	Does the aircraft you intend to fly have an airworthiness certificate and current annual inspection?
8	If planning to fly formation, do you understand all formation flying must be briefed and agreed upon by all pilots involved?
9	Before flying in mountainous terrain have you completed a mountain flying course (density alt, wave turb)?
10	Do you realize that there is never anything going on at home or work that justifies the compromise of flight safety, or that requires you to push past your personal limits in marginal or deteriorating flying conditions/weather?
11	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Lack of proficiency/training
	2. Passengers unfamiliar with safe flight operating procedures (e.g, sterile cockpit below 10K ft)
	3. Unplanned instrument conditions (IMC) while flying under visual flight rules (VFR)
	4. Incapacitating illness/airsickness
	5. Flying in unfamiliar terrain, airspace, or weather conditions
	6. Fatigue
	7. <i>Get-there-itis</i> /pressing
	<a href="#">(Return to PACAF HRA listing)</a>

PACAF HIGH-RISK BRIEFING CHECKLIST		Page 1 of 1 Pages
Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>CLIFF DIVING</b>		
Number	Item	
1	How would you rate your cliff diving experience?	
2	When diving, consider the following: <ol style="list-style-type: none"> <li>a. While this is an equipment-free extreme sport and can be both fun and thrilling, it can be very dangerous. If you don't know the proper procedures, your first dive could also be your last.</li> <li>b. Only dive at a cliff with a significant amount of water underneath it (safe).</li> <li>c. Dress appropriately.</li> <li>d. Always have a dive partner close by in case of an emergency.</li> </ol>	
3	Are you always familiar with dangers in your dive zone (hidden rocks, branches, limbs, etc.)?	
4	If you are diving in an unfamiliar area, is a guide accompanying you?	
5	Do you check the cliff for dangerous obstacles before diving?	
6	Did you know that a jump from 20 feet (6 meters) above water will cause you to hit the water at 25 mph (40 kph)?	
7	If you need to propel yourself off the cliff using your knees as a propulsion unit, are your knees in a good condition to make a great jump?	
8	Do you ensure there is a cellular phone/marine phone available to use in an emergency?	
9	Do you know the proper landing technique to avoid a fractured back? Land perpendicular to the water, stretch your legs and arms out, and arch your back.	
10	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?  <b>For more information consult the <a href="#">HRA Resources List</a>.</b>  <b>Hazards of the Activity:</b> <ol style="list-style-type: none"> <li>1. Diving in areas/locations beyond your abilities</li> <li>2. Not staying within an appropriate distance of a buddy</li> <li>3. Too tired to swim to shore</li> <li>4. Diving in shallow waters</li> <li>5. Diving into waters with swim conditions beyond one's ability (e.g., high currents, riptides)</li> <li>6. Diving alone</li> <li>7. Fatigue</li> </ol> <p style="text-align: center;"><a href="#">(Return to PACAF HRA listing)</a></p>	

Title/Subject/Activity/Functional Area

**COMBATIVE SPORTS (Mixed Martial Arts (MMA), Boxing, Jujitsu, Judo, etc.) (Part 1 of 2)**

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**Combative Sports Information**

A combative sport is a competitive contact sport in which participants voluntarily engage in full contact to score points, to cause an opponent to submit, or to disable an opponent in a contest, match, or exhibition.

Examples of combative sports are boxing, kick boxing, jujitsu, judo, wrestling, martial arts, mixed martial arts (MMA) or any form of competition in which a blow is struck which may reasonably be expected to inflict injury.

Due to the inherent risks associated with these types of sports and the high potential for injury, participants must take extra precautions to help minimize risk and reduce the probability of injury. Participants in combative sports must ensure they comply with the following precautions before participating in combative sports:

- **Wear Adequate and Proper Personal Protective Equipment (PPE):** i.e., head, hand, foot, and mouth protection (as required).
- **Obtain Proper Training:** Adequate training for skill level.
- **Gain and Maintain Proper Conditioning:** Fatigue and injury have a strong relationship. A well-conditioned fighter is less likely to suffer an injury.
- **Competitive Combative Sports:** Ensure competition is approved by appropriate sanctioning organizations. Appropriate sanctioning organizations set the rules for all aspects of the matches and verify the credentials of all participants. Say **NO** to “Fight Club.”

[\(Return to PACAF HRA listing\)](#)

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>COMBATIVE SPORTS (MMA, Boxing, Jujitsu, Judo, etc.) (Part 2 of 2)</b>		

Number	Item
1	What combative sports do you participate in (list here as well as on AF Form 4391)?
2	Have your reviewed the “ <a href="#">Combative Sports Information</a> ” in the PACAF HRA guide above?
3	When participating in combative sports do you: <ul style="list-style-type: none"> <li>a. Know basic and advanced techniques?</li> <li>b. Wear proper hand/foot protection (e.g., gloves)?</li> <li>c. Wear proper mouth protection?</li> <li>d. Wear proper head protection?</li> </ul>
4	How would you rate your experience level?
5	Will you be competing at a level above your previous experience/skill?
6	Will there be Emergency Medical Technicians (EMTs) or other medically qualified individuals available?
7	Does the gym/company provide proper training?
8	Is the gym/company licensed, insured, and reputable?
9	Do you have the mental/physical conditioning to participate?
10	Do you have any medical problems limiting physical activity?
11	Do you perform a personal protective equipment (PPE) function check prior to the activity?
12	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Inadequate safety equipment
	2. Inadequate training
	3. Inadequate physical/mental conditioning
	4. Fighting above skill level
	5. Fighting more skilled opponents: i.e., <i>mismatched skill levels</i>
	6. Inadequate nutrition/hydration
	7. Fatigue
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>FREE DIVING/EXTENDED BREATH-HOLDING (Part 1 of 2)</b>		

Item

**Shallow Water Blackout (SWB) Information**

Water-related activities are available on or in the vicinity of all PACAF installations. Prior to venturing into the base pool or Pacific Ocean—regardless of depth of water—it’s prudent to increase awareness of SWB. But what is SWB? Sources indicate SWB is the “...#1 cause of swimming-related deaths.”\*

SWB is a largely unknown and potentially fatal condition that occurs when an insufficient amount of carbon dioxide (CO<sub>2</sub>) is available to activate the body’s natural impulse to breathe. SWB is caused primarily by a lack of oxygen (O<sub>2</sub>) reaching the brain. Swimmers and free divers who practice prolonged underwater breath-holding are particularly at risk to SWB given increased exposure and overconfidence. By hyperventilating prior to submersion, an individual blows off an excessive amount of CO<sub>2</sub> and can, in the process, surrender his or her breathing reflex. High CO<sub>2</sub> vice low O<sub>2</sub> drives the breathing reflex. Consciousness is lost when the brain’s O<sub>2</sub> level runs too low. One holding their breath for extended periods may never actually feel the need to breathe, and may even feel euphoric before blacking out.

SWB can affect anyone breath-holding underwater, even a physically fit swimmer. Individuals that engage in competitive or recreational swimming, special tactics, snorkeling, spear fishing, free diving, cave diving, or underwater exploration without breathing apparatus must learn and protect themselves from the adverse effects of SWB. Beginners to expert swimmers can all succumb to SWB. When breath-holding underwater, all must learn to heed the signs of SWB to surface safely. SWB often occurs with little to no warning of onset. Hypoxia and a detached mental state can lead one to feel euphoric and falsely believe it’s safe to continue to hold one’s breath. Unlike a “typical” drowning with a 6-8 minute window, there’s about a 2.5-minute window associated with a SWB drowning before brain damage and death. With SWB the brain is particularly oxygen deprived, and warm pool water can exacerbate O<sub>2</sub> deprivation and hasten brain death.

SWB can occur in any pool, lake, ocean or body of water when an individual holds their breath, regardless of water depth. Even with lifeguards on duty, there is still great risk because—unlike what’s portrayed on TV—drownings are often subtle and extremely hard to detect above the water’s surface.

SWB is a real threat but the dangers of breath-holding underwater are not widely known and understood. Safety training for swimmers, free divers, snorkelers, and spear fisherman rarely includes discussion of SWB. Most individuals do not understand how to prevent SWB or how to survive if it happens to them. Even then, training does not inherently provide SWB immunity; **free divers are particularly at risk.**

Here are some suggested precautions to minimize the probability of succumbing to SWB:

- **DO NOT PRACTICE prolonged breath-holding.** American Red Cross, YMCA, and USN MWR discourage hypoxic training and prolonged (e.g., > 30 sec) underwater breath-holding.
- **Never swim alone.**
- Underwater breath-holding should never be encouraged, but if practiced the rule of thumb for safety is: **One Breath-Hold, One Time, One Lap, ONLY.**
- **Never intentionally hyperventilate.**
- Repetitive breath-holding increases risk of SWB. If breath-holding underwater, a buddy must be next to you tapping you on your shoulder so you can signal that you are OK. Your buddy’s total focus needs to be on you and your safety. Your buddy should never breath-hold with you. **Do not rely on lifeguards.** SWB is extremely difficult to detect above water.
- For free diving and spearfishing safety guidelines/courses, visit [www.DiveWise.org](http://www.DiveWise.org), [www.immersionfreediving.com](http://www.immersionfreediving.com), and <http://www.usfreediving.org/general-apnea-safety.htm>.
- \*For more information on SWB please reference: [\\*http://shallowwaterblackoutprevention.org/](http://shallowwaterblackoutprevention.org/).

[\(Return to PACAF HRA listing\)](#)

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>FREE DIVING/EXTENDED BREATH-HOLDING (Part 2 of 2)</b>		

Number	Item
1	Have you previously safely free dived or safely practiced extended breath-holding?
2	Have you completed an approved training course, if applicable?
3	Have you reviewed the “Shallow Water Blackout (SWB) Information” (Part 1 above)?
4	When diving do you: <ul style="list-style-type: none"> <li>a. Ensure you have the proper equipment for the environment, duration, type and temperature of your free diving outing?</li> <li>b. Provide adequate time for proper warm up and adaptation to the environment?</li> <li>c. Always equalize properly while free diving?</li> </ul>
5	Do you increase depth and time of dives cautiously and in conservative increments?
6	Do you dive alone?
7	Do you practice proper buddy-dive procedures?
8	Are you familiar with dangers in your dive zone (creatures, caverns, surges, etc.)?
9	For extended breath-holding, are you aware the rule of thumb for safety is: <b>One Breath-Hold, One Time, One Lap, ONLY?</b>
10	When practicing extended breath-holding, do you swim with a training partner?
11	Are you aware that repetitive breath-holding increases the risk of shallow water blackout (SWB)?
12	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	<ul style="list-style-type: none"> <li>1. Shallow water blackout (SWB)</li> <li>2. Inadequate training</li> <li>3. Hyperventilating</li> <li>4. Pushing your limits</li> <li>5. Diving without a buddy/training partner</li> <li>6. Failure to equalize</li> </ul>
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>HUNTING</b>		

Number	Item
1	How long have you been hunting?
2	Are you familiar with the local area hunting rules, licensing requirements, and bag limits?
3	Do you know what firearms are allowed for the type of animals/birds you are hunting?
4	Do you keep your rifles/shotguns/firearms properly cleaned and maintained?
5	Do you keep your equipment (boats, deer stands, etc.) in good condition?
6	Have you attended a Firearm Safety course (e.g., always treat a firearm as if it is loaded)?
7	If hunting in a group, does everyone know and follow the appropriate safety rules and laws?
8	If hunting out of state or in an area unfamiliar to you, do you know the applicable laws and regulations?
9	Will you be using an aircraft to get into remote hunting sites (several mishaps have occurred when hunters overload their aircraft with big game)?
10	Do you wear brightly colored clothing, especially if hunting in heavily wooded areas?
11	Do you carry a firstaid kit?
12	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<p><b>For more information consult the <a href="#">HRA Resources List</a>.</b></p> <p><b>Hazards of the Activity:</b></p> <ol style="list-style-type: none"> <li>1. Climbing a tree stand or elevated hunting stand with a loaded firearm</li> <li>2. Climbing over a fence with a loaded firearm</li> <li>3. Hunting without a blaze orange or other highly visible vest/jacket/cap</li> <li>4. Duck hunting from a boat and firing while standing</li> <li>5. Cleaning a loaded firearm</li> <li>6. Hunting alone</li> <li>7. Inadequate clothing for weather conditions</li> <li>8. Getting lost</li> <li>9. “Friendly” fire</li> </ol> <p align="center"><a href="#">(Return to PACAF HRA listing)</a></p>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>JET SKIING/PERSONAL WATER CRAFT (PWC)</b>		

Number	Item
1	Are you aware of the boating laws of the state in which you operate your jet ski/PWC?
2	Do you inspect your trailer for working lights, inflated tires, adjusted bearings, a working hitch mechanism, etc.?
3	Is the hitch the right size for the ball you are using?
4	Prior to riding, do you inspect the jet ski/PWC for broken parts, cracks in the hull, leaking fuel lines, etc.?
5	Do you wear an approved life preserver?
6	When/if you pull skiers, do you have a spotter onboard the jet ski/PWC?
7	While riding, do you keep a safe distance from swimmers?
8	Do you abstain from alcohol while riding a jet ski/PWC?
9	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Riding on a crowded or busy lake
	2. Inadequate life vests
	3. Underwater obstacles
	4. If pulling skiers/knee boarders, using worn-out ropes/other equipment
	5. Running out of gas or breaking down in middle of a lake
	<a href="#">(Return to PACAF HRA listing)</a>



**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>MOTOCROSS/OFF-ROAD RIDING</b>		

Number	Item
1	How would you rate your experience with motocross and off-road riding?
2	Do you wear a helmet and eye protection (full face with goggles preferred)?
3	Do you wear other recommended safety equipment (high ankle boots, leather gloves, long sleeve shirt, pants, pads, etc.)?
4	Do you ride with a partner?
5	Do you carry a small toolkit when you ride?
6	Do you ride at a level within your abilities?
7	Do you perform an inspection on your bike prior to riding?
8	Do you let someone know where you will be and how long you will be gone each time you ride?
9	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Riding without proper safety equipment/personal protective equipment (PPE)
	2. Unsafe bike/equipment
	3. Riding: on unfamiliar track; in adverse/unfamiliar conditions
	4. Lack of firstaid kit/help accessible
	5. Worn tires
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>MOTORCYCLE RACING</b> (Street/Track)		

Number	Item
1	What is your experience level?
2	Have you attended and successfully completed a Motorcycle Safety Foundation (MSF) course?
3	Is the race sanctioned by nationally recognized motorcycle racing organization?
4	Do you have a competition license?
5	Do you wear the appropriate personal protective equipment (PPE): <ul style="list-style-type: none"> <li>a. Department of Transportation (DOT)-approved helmet?</li> <li>b. Shatterproof goggles or full face shield?</li> <li>c. Leather suit?</li> <li>d. Leather boots?</li> <li>e. Leather gloves?</li> <li>f. Back/shoulder protection?</li> </ul>
6	Is your motorcycle in good mechanical condition?
7	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	<ul style="list-style-type: none"> <li>1. Not wearing proper safety equipment/PPE</li> <li>2. Not performing a pre-race bike/equipment check</li> <li>3. Racing on unfamiliar tracks/conditions</li> <li>4. Racing while fatigued</li> <li>5. High-speed collisions</li> </ul>
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>MOUNTAIN BIKING (Trails Riding/Racing)</b>		

Number	Item
1	How would you rate your experience with mountain biking activities?
2	Do you wear a helmet and eye protection (i.e., personal protective equipment (PPE))?
3	Do you wear other recommended safety equipment (e.g., high ankle boots, leather gloves, pads)?
4	Do you ride with a partner?
5	Do you carry a small toolkit when you ride?
6	Do you ride at a level within your abilities?
7	Do you perform an inspection on your bike prior to riding?
8	Do you let someone know where you will be and how long you will be gone each time you ride?
9	Do you wear brightly colored clothing, especially if biking in heavily wooded areas?
10	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Riding without proper safety equipment/PPE
	2. Unsafe bike/equipment
	3. Riding on unfamiliar track and/or in unfamiliar conditions
	4. Lack of firstaid kit/help accessible
	5. Adverse weather conditions
	6. Collision with other bikers
	7. Hypothermia/Hyperthermia/Dehydration
	8. Fall from bike
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>PARASAILING</b>		

Number	Item
1	Have you ever parasailed before?
2	Have you researched the reputation of the company with whom you will be parasailing?
3	Does the US Coast Guard (USCG) license the operator of the towing boat?
4	Have you asked for the company’s operating and inspection procedures for their equipment (they should be inspecting ropes, parasails and canopies every 250 tows)?
5	Each time you parasail, do you ask when the equipment in use was put into service? Do not use it if it has gone past its service life.
6	Each time you parasail, do you personally inspect your canopy (for tears), harnesses (to make sure all hooks and latches work), and rope and yoke (for proper operation)?
7	The company you sail with should replace ropes every 6-12 months and make sure that they are ½-inch tight twisted dacron ropes with a minimum 3,500-lbs. tensile strength. The eye at the end of each rope should be 6-8 inches.
8	Does the company issue head protection, life preservers, gloves, and lace-up boots? If not, do not fly with them.
9	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Parasailing with uncertified company
	2. Parasailing with improper/worn-out equipment
	3. Not fully understanding launch/recovery procedures
	4. Severe weather/high winds and gusts
	5. Impact from other boats
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

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Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>ROCK CLIMBING/RAPPELLING</b>		

Number	Item
1	Do you own or borrow/rent equipment? Do not borrow equipment from other than a professional school.
2	Is the equipment replaced on a timely basis (every four (4) years)?
3	Do you do a maintenance check of all equipment prior to each climb or rappel?
4	Have you accomplished formal training for climbing/rappelling? How much training and by whom?
5	Are you familiar with the location where you will be climbing or rappelling?
6	How often do you go climbing or rappelling?
7	Is a log kept of usage of the climbing surface for normal deterioration of the rock and record of falls (site management)?
8	Will there be at least one other person climbing or rappelling with you? If not, do you routinely advise others exactly where and when you will be climbing or rappelling and when to expect your return?
9	Do you carry an adequately equipped firstaid kit? Do you carry a radio/cell phone (fully charged)?
10	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Climbing on unfamiliar route/rock face
	2. Not checking all equipment prior to climb/inadequate equipment for the climb
	3. Climbing with novice partner/buddy
	4. Adverse weather
	5. Not having proper firstaid training/equipment in case of accident
	6. Rock slides
	7. Accident when climbing solo/alone
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>RODEO ACTIVITIES</b>		

Number	Item
1	How long have you been participating in rodeos?
2	Have you ever had any form of rodeo training?
3	Is your equipment owned or borrowed?
4	Do you perform routine maintenance checks prior to riding event to ensure proper condition of equipment?
5	Is the sponsor of the event reputable (sanctioned by the Professional Rodeo Cowboys of America or other professional rodeo association)?
6	Are you properly insured for this type of activity?
	<b><u>Bucking Events</u></b>
7	Do you have a flak vest and do you plan to wear a helmet?
8	Are your saddle, bareback rig, and/or bull rope all in good working order?
9	Do you have a knowledgeable, experienced chute man?
10	Are there qualified bullfighters/pick-up men?
	<b><u>Roping Events and Steer Wrestling</u></b>
11	Is your horse owned or borrowed?
12	Is your horse properly trained?
13	Is your tack in good shape?
14	Do you have a knowledgeable, experienced hazer?
15	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Participating in uncertified rodeo activities
	2. Riding with worn-out/improper equipment
	3. Riding while hurt/injured
	4. Not having the appropriate firstaid gear readily available
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SCUBA DIVING</b>		

Number	Item
1	Are you trained/certified? How would you rate your diving experience?
2	When diving do you: <ul style="list-style-type: none"> <li>a. Budget your dive time to ascend before your pressure gauge decreases to 500 lbs/sq in (psi)?</li> <li>b. Test all equipment and mark dive area with a dive flag prior to entry?</li> <li>c. Always have a dive partner and two regulators in case one fails during all dives?</li> <li>d. Avoid decompression sickness (DCS) by ascending at a rate of no faster than 1 ft per sec (fps)?</li> </ul>
3	Are you familiar with dangers in your dive zone (creatures, caves, caverns, surges, etc.)? <ul style="list-style-type: none"> <li>a. If cave diving (spelunking), complete the underwater exploration checklist in this HRA guide.</li> <li>b. If cave diving, are you familiar with the top five rules of cave diving: training, guide line, depth rules, air (gas) management, and lights.</li> </ul>
4	If you are diving in an unfamiliar area, does a guide normally accompany you?
5	Do you allow 24 hours between diving and flying, or flying and diving?
6	If you are diving on a commercial dive boat, do you ensure they have oxygen on board and know how to use it?
7	When you dive from a private boat, do you ensure someone on board is trained in advanced firstaid?
8	Do you ensure there is a cellular phone/marine phone available to use in an emergency?
9	Do you ensure compressed air is obtained from a reliable source?
10	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	<ul style="list-style-type: none"> <li>1. Scuba diving in areas/locations beyond your abilities</li> <li>2. Not calculating Maximum Dive Time using certified charts/diving computer</li> <li>3. Not staying within an appropriate distance of a buddy</li> <li>4. Using worn-out or unsafe equipment</li> <li>5. Losing track of time or depth due to surroundings</li> <li>6. Left behind by dive boat</li> </ul>
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

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Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SKI JUMPING (SNOW)</b>		

Number	Item
1	How would you rate your ski jumping experience?
2	Do you own your equipment or are you renting/borrowing it?
3	How many grooves do your skis have (3 minimum, 4 optimum)?
4	Do you have and wear a United States Skiing Association-approved helmet?
5	What size jump are you going to ski (20 meter, 40, 60, 90)? Note: 90 meter is Olympic caliber.
6	Is your equipment properly inspected and maintained?
7	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Jumping a hill/height above your skill level
	2. Jumping without proper training
	3. Jumping without proper equipment
	4. Jumping without firstaid assistance nearby
	5. Jumping alone
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SKY DIVING</b>		

Number	Item
1	Did you receive your initial skydiving training through the United States Parachute Association (USPA) or a jump school approved by the USPA?
2	Do you know anyone in the sport already to give you advice? If not, recommend you to contact a USPA group member Skydiving Center or local airport for advice (USPA (703) 836-3495 or on the internet <a href="http://www.uspa.org">www.uspa.org</a> ).
3	Have you lowered the risks of skydiving by: <ul style="list-style-type: none"> <li>a. Receiving the proper training?</li> <li>b. Ensuring equipment is in good condition (current reserve canopy inspection)?</li> <li>c. Using common sense?</li> <li>d. Is your reserve chute equipped with an automatic activation device (AAD)?</li> </ul>
4	Do you perform a function check prior to every jump (battery check automatic)?
5	Do you review emergency procedures every 30 days and prior to each jump for each pilot chute deployment system you own?
6	Each time you skydive, do you take into account your trip to and from the skydiving activities (fatigue, road conditions, weather)?
7	If your last jump was not very recent, do you plan to receive recurrent training?
8	Each time you skydive, are you sure that the equipment that you are using is compatible and within experience limitations?
9	Do you perform a thorough inspection prior to repacking your main canopy or downing (stitching, connectors, rips/tears, lines, canopy, reserve canopy pins)? Do you abstain from alcohol consumption at least 12 hours prior to any skydiving and while skydiving?
10	Supervisor's Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	<ul style="list-style-type: none"> <li>1. Inadequate training / proficiency for type of jump</li> <li>2. Improper rig packing</li> <li>3. Overdue chute/reserve repacking</li> <li>4. Nonfunctional automatic activation device (AAD)</li> <li>5. Uncertified/nonreputable organizations</li> <li>6. Shifting / gusty winds</li> </ul>
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SNOWMOBILING</b>		

Number	Item
1	How would you rate your snowmobiling experience?
2	Do you perform regular maintenance inspections?
3	Do you wear a helmet?
4	Do you dress for the extreme weather conditions?
5	Do you know the symptoms of frostbite?
6	Are you riding with someone else?
7	Are you familiar with the area in which you plan to ride (barbed wire fences, terrain, and remoteness of the site)?
8	Do you ride on frozen lakes or rivers (beware of cracks and open water)?
9	Do you know the dangers of riding under bridges (e.g., thin ice)?
10	Will you be riding at night?
11	Do you let someone know where you will be and how long you will be gone each time you ride?
12	Do you abstain from alcohol consumption while operating a snowmobile?
13	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Inadequate safety equipment/personal protective equipment (PPE)
	2. Unseen hazards at night / improper/inadequate lighting
	3. Traffic on/near roads
	4. Riding on private property and angering owner
	5. Riding on unfamiliar terrain
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SNOW SKIING/SNOWBOARDING</b>		

Number	Item
1	Have you skied or snowboarded before?
2	Have you taken lessons from a certified instructor?
3	If yes, have you taken refresher lessons in the past 5 years?
4	Do you check with the local ski patrol for conditions and study a map of the area in which you will be skiing or snowboarding?
5	Do you ski or snowboard alone?
6	Do you follow posted signs and rules?
7	Have you had your bindings checked by a professional on a regular basis?
8	Do you ski or snowboard beyond your means or on closed trails and/or in out-of-bounds areas?
9	Do you wear recommended personal protective equipment (PPE) for snowboarding, i.e., wrist guards and helmet? Is the PPE in good condition?
10	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Failure of skiers/snowboarders to ski/snowboard within their abilities
	2. Unable to stop or avoid other people or objects
	3. Existing and changing snow conditions and weather (e.g., avalanche potential, etc.)
	4. Variations in terrain
	5. Skiing/snowboarding while under the influence of alcohol
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>SOARING</b>		

Number	Item
1	Are you Federal Administration Association (FAA)-certified to fly sailplanes and are you current? Or, are you flying with someone who is certified and current?
2	If necessary, are you going to take a refresher flight with a certified flight instructor glider (CFIG)?
3	Are you familiar with the local type of soaring conditions and procedures (wave, ridge, thermal)?
4	Are you familiar with the local method of launching (tow plane, wench, etc.)?
5	If you plan on carrying passengers, will you give them a thorough preflight briefing?
6	Are you properly insured for soaring flying activity?
7	Do you perform routine maintenance checks on the sailplane?
8	Do you have current charts (e.g., visual flight rules (VFR) sectional)? Use a radio?
9	Have you considered weight & balance, density altitude, and performance for this sailplane?
10	Do you have an emergency number on file with the airport?
11	Are you current in the type of sailplane you plan to fly and is it mechanically sound (up-to-date inspections)?
12	Are you adept at and aware of see-and-avoid requirements to avoid midair collision (glasses, contacts)?
13	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Lack of proficiency/training
	2. Passengers unfamiliar with safe flight operating procedures
	3. Incapacitating airsickness
	4. Soaring in unfamiliar terrain, airspace, or weather conditions
	5. Unfamiliar launch/tow methods
	6. Inaction when faced with downdrafts (i.e., lack of proaction to find “lift”)
	7. Forced landing in severe weather conditions/on uneven terrain
	8. Midair collision (towplane, other traffic)
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**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>ULTRALIGHT AIRCRAFT / POWERED PARACHUTE</b>		

Number	Item
1	Have you ever flown an ultralight/powerd parachute before?
2	Do you have any physical conditions (neck or back injuries) that may exclude you from this type activity?
3	Does the Powered Parachute Instructor have a Basic Flight Instructor (BFI) certification?
4	Have you asked for the company’s operating and inspection procedures for their equipment (they should be inspecting ropes/strings, cables and linkages, airframe assembly, and canopies every 10 flights)?
5	Each time you receive flight training, do you make note of weather conditions and check wind activity (powered parachutes are not capable of flying safely in winds greater than 15 mph/13 knots)?
6	Does the company you fly with provide a safe area for takeoff and landing that is free of obstacles such as power lines, tall trees or rough terrain?
7	Do you wear a helmet and safety belt?
8	If planning to fly solo, have you received the proper instruction and will you follow the required procedures?
9	Are you adept at and aware of see-and-avoid requirements to avoid midair collision (glasses, contacts)?
10	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<p><b>For more information consult the <a href="#">HRA Resources List</a>.</b></p> <p><b>Hazards of the Activity:</b></p> <ol style="list-style-type: none"> <li>1. Lack of proficiency/training</li> <li>2. Flying in unfamiliar terrain, airspace, or weather conditions</li> <li>3. Midair collision with other aircraft</li> <li>4. Broken or worn equipment</li> <li>5. Gusty or shifting winds</li> <li>6. Forced landings in severe weather conditions/uneven terrain</li> </ol> <p align="center"><a href="#">(Return to PACAF HRA listing)</a></p>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>UNDERWATER EXPLORATION / CAVE DIVING / SPELUNKING</b> (Caves, caverns, reefs, wreckage, etc.)		

Number	Item
	Note: Underwater exploration applies to swimming with or without scuba gear in underwater environments where there is a possibility of entrapment or restricted egress, meaning the swimmer/diver cannot swim vertically to surface or exit the underwater environment (e.g., caves, caverns, reefs, wreckage, etc.). This can also be referred to as cave diving or underwater spelunking.
1	Have you previously swam safely underwater to explore caves, caverns, reefs, wreckage, etc.?
2	If not using scuba gear, have you reviewed the “Shallow Water Blackout (SWB) Information” under freediving/extended breath-holding in this HRA guide?
3	Are you aware that repetitive breath-holding increases the risk of shallow water blackout (SWB)?
4	Have you completed training in cave diving (spelunking) or training applicable to your type of underwater exploration, if applicable?
5	Are you aware of the hazards in and around the area(s) where you will be exploring underwater (creatures, reefs, small openings, environmental conditions, etc.)?
6	When swimming underwater in caves or in similar type areas, do you: <ul style="list-style-type: none"> <li>a. Use a guideline to assist in egressing out of the cave?</li> <li>b. Ensure you have the proper equipment (e.g., mask, fins, flashlights, snorkel)?</li> </ul>
7	Are you aware that diving to excessive depths can contribute to excessive gas consumption and decompression?
8	Do you swim and explore underwater alone?
9	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	1. Shallow water blackout (SWB)
	2. Low visibility
	3. Buddy system breakdown
	4. Strong currents
	5. Difficulty egressing
	6. Exceeding swimming/breath-holding limits
	7. Failure to use proper equipment
	<a href="#">(Return to PACAF HRA listing)</a>

**PACAF HIGH-RISK BRIEFING CHECKLIST**

Title/Subject/Activity/Functional Area	Supervisor Name/Signature	Participant Name/Signature
<b>WHITEWATER RAFTING or KAYAKING</b>		

Number	Item
1	When rafting/kayaking do you insure all individuals: <ul style="list-style-type: none"> <li>a. know how to swim?</li> <li>b. wear proper lifejackets?</li> <li>c. wear proper head protection?</li> </ul>
2	How would you rate your rafting/kayaking experience?
3	Will you be rafting/kayaking at a class level above your previous experience?
4	Will there be an Emergency Medical Technician (EMT) or other medically qualified individual(s) in the group?
5	Does the guide/rafting/kayaking company provide proper training?
6	Is the river guide/company licensed, insured, and reputable?
7	Do you or anyone going rafting/kayaking with you have any medical problems limiting heavy physical activity?
8	If you are going on an extended rafting/kayaking trip, have you arranged to check in with park authorities along the route?
9	Supervisor’s Subjective Rating: Has the individual applied Deliberate RM processes towards this HRA? Does the individual have other risk factors adversely impacting safe engagement in this HRA? Does the individual plan to apply real-time RM processes before conducting this HRA?
	<b>For more information consult the <a href="#">HRA Resources List</a>.</b>
	<b>Hazards of the Activity:</b>
	<ul style="list-style-type: none"> <li>1. Riding rapids above skill level</li> <li>2. Seasonal changes in water level/speed</li> <li>3. Inadequate safety equipment</li> <li>4. Untrained rafters</li> <li>5. Rapid weather changes</li> <li>6. Underwater obstacles</li> <li>7. Undertows</li> </ul>
	<a href="#">(Return to PACAF HRA listing)</a>

## HIGH-RISK ACTIVITIES (HRA) RESOURCE LIST

(Return to PACAF HRA listing)

<p><b>ALL-TERRAIN VEHICLE (ATV) Use</b></p> <p><b>ATV Safety Institute</b>                  2 Jenner St Ste 150                  Irvine CA 92618                  (949) 727-3727                  (800) 887-2887 (Training Courses)  <a href="http://www.atvsafety.org">http://www.atvsafety.org</a></p>	<p><b>CLIFF DIVING</b></p> <p><a href="http://www.wikihow.com/Dive-Off-a-Cliff">http://www.wikihow.com/Dive-Off-a-Cliff</a></p> <p><b>World High Diving Federation</b>  <a href="http://www.whdf.com/">http://www.whdf.com/</a></p>
<p><b>AUTO RACING</b></p> <p><b>American Hot Rod Association</b>                  N 111 Hayford Rd                  Spokane WA 99204                  (509) 244-2372  <a href="http://www.ahramotorsports.com/">http://www.ahramotorsports.com/</a></p> <p><b>National Hot Rod Association</b>                  2035 Financial Way                  Glendora CA 91740                  (626) 914-4761  <a href="http://www.nhra.com/">http://www.nhra.com/</a></p>	<p><b>COMBATIVE SPORTS</b>                  (Mixed Martial Arts (MMA), Boxing, Jujitsu, Judo)</p> <p><b>World Boxing Council (WBC)</b>  <a href="http://wbcboxing.com/wbceng/">http://wbcboxing.com/wbceng/</a></p> <p><b>International Mixed Martial Arts Federation</b>  <a href="http://www.immaf.org/">http://www.immaf.org/</a></p> <p><b>Association of Boxing Commissions</b>  <a href="http://www.abcboxing.com">http://www.abcboxing.com</a></p>
<p><b>BUNGEE JUMPING</b></p> <p><a href="http://www.ehow.com/way_5139908_safety-tips-bungee-jumping.html">http://www.ehow.com/way_5139908_safety-tips-bungee-jumping.html</a></p> <p><a href="http://www.bungeezone.com/orgs/bersa.shtml">http://www.bungeezone.com/orgs/bersa.shtml</a></p>	<p><b>FREE DIVING / EXTENDING BREATH-HOLDING</b></p> <p><b>AIDA International</b>                  Swiss Post Box: 100864                  Zürcherstrasse 161                  CH - 8010 Zürich                  SWITZERLAND  <a href="https://www.aidainternational.org/">https://www.aidainternational.org/</a></p> <p><a href="http://www.DiveWise.org">www.DiveWise.org</a>  <a href="http://www.immersionfreediving.com">www.immersionfreediving.com</a>  <a href="http://www.usfreediving.org/general-apnea-safety.htm">http://www.usfreediving.org/general-apnea-safety.htm</a>  <a href="http://shallowwaterblackoutprevention.org/">http://shallowwaterblackoutprevention.org/</a></p>
<p><b>CIVIL LIGHT AIRCRAFT FLYING</b></p> <p><b>Aircraft Owners and Pilots Association (AOPA)</b>                  421 Aviation Way                  Frederick MD 21701                  (301) 695-2000  <a href="http://www.aopa.org/">http://www.aopa.org/</a></p> <p><b>American Helicopter Society (AHS)</b>  <a href="http://www.vtol.org">www.vtol.org</a></p> <p><b>Federal Aviation Administration (FAA)</b>  <a href="https://www.faasafety.gov/">https://www.faasafety.gov/</a>  <a href="https://www.faasafety.gov/gslac/onlineresources.aspx?masterId=1">https://www.faasafety.gov/gslac/onlineresources.aspx?masterId=1</a></p>	<p><b>HUNTING</b></p> <p><b>U.S. Fish &amp; Wildlife Service</b>                  1849 C Street NW                  Washington DC 20240  <a href="http://www.fws.gov/">http://www.fws.gov/</a></p>



<p><b>JET SKIING / PERSONAL WATER CRAFT</b></p> <p><b>International Jet Sports Boating Association</b>  330 Purissima Street  Suite C  Half Moon Bay CA 94019  (714) 751-8695  <a href="http://www.ijbsba.com/">http://www.ijbsba.com/</a></p> <p><a href="http://www.boatus.org/courses/">http://www.boatus.org/courses/</a>  <a href="http://www.pwcsafetyschool.com/">http://www.pwcsafetyschool.com/</a></p> <p><b>Personal Watercraft Industry Association</b>  <a href="http://www.pwia.org/">http://www.pwia.org/</a></p>	<p><b>ROCK CLIMBING / RAPPELLING</b></p> <p><b>The Colorado Mountain Club</b>  710 10th St Ste 200  Golden CO 80401  (303) 279-3080  <a href="http://www.cmc.org/cmc/index.html">http://www.cmc.org/cmc/index.html</a></p> <p><b>The American Safe Climbing Association</b>  <a href="http://www.safeclimbing.org/">http://www.safeclimbing.org/</a></p> <p><a href="http://www.lakedistrictletsgo.co.uk/activities/climbing/climbing_safety.html">http://www.lakedistrictletsgo.co.uk/activities/climbing/climbing_safety.html</a></p>
<p><b>MOTOCROSS/OFF-ROAD RIDING</b></p> <p><a href="https://www.your-adrenaline-fix.com/dirt-bike-safety.html">https://www.your-adrenaline-fix.com/dirt-bike-safety.html</a></p> <p><a href="http://motocrosshideout.com/2013/01/30/top-7-motocross-safety-tips-for-riding-on-the-track/">http://motocrosshideout.com/2013/01/30/top-7-motocross-safety-tips-for-riding-on-the-track/</a></p>	<p><b>RODEO ACTIVITIES</b></p> <p><b>Professional Rodeo Cowboys Association</b>  <a href="http://www.prorodeo.com">www.prorodeo.com</a></p> <p><a href="http://www.ca.uky.edu/agc/pubs/4af/4af05ma/4af05ma.htm">http://www.ca.uky.edu/agc/pubs/4af/4af05ma/4af05ma.htm</a></p>
<p><b>MOTORCYCLE RACING (Street/Track)</b></p> <p><b>American Motorcyclist Association</b>  13515 Yarmouth Dr  Pickerington, OH 43147  (614) 856-1900  (800) 262-5646  <a href="http://www.americanmotorcyclist.com/">http://www.americanmotorcyclist.com/</a></p>	<p><b>SCUBA DIVING</b></p> <p><b>Professional Association of Diving Instructors</b>  30151 Tomas  Rancho Santa Margarita CA 92688  (800) 729-7234  (949) 858-7234  <a href="http://www.padi.com/scuba/">http://www.padi.com/scuba/</a></p>
<p><b>MOUNTAIN BIKING (Trails Racing)</b></p> <p><b>International Mountain Bicycling Association</b>  207 Canyon –Suite 301  Boulder, CO 80302  (888) 442-4622  <a href="http://www.imba.com">http://www.imba.com</a></p>	<p><b>SKI JUMPING (SNOW)</b></p> <p><a href="http://www.SkiJumpingUSA.com">http://www.SkiJumpingUSA.com</a></p>
<p><b>PARASAILING</b></p> <p><a href="http://www.ehow.com/how_8987_outfit-yourself-parasailing.html">http://www.ehow.com/how_8987_outfit-yourself-parasailing.html</a></p> <p><b>U.S. Hang Gliding &amp; Paragliding Association</b>  P.O. Box 1330  Colorado Springs CO 80901  (800) 616-6888  <a href="http://www.usgpa.aero/">http://www.usgpa.aero/</a>  <a href="http://www.hanggliding.org/wiki/Hang_Gliding_Safety_Tips">http://www.hanggliding.org/wiki/Hang_Gliding_Safety_Tips</a></p>	<p><b>SKY DIVING</b></p> <p><b>U.S. Parachute Association</b>  5401 Southpoint Centre Blvd  Fredericksburg VA 22407  (540) 604-9740  <a href="http://www.uspa.org/">http://www.uspa.org/</a></p>

<p><b>SNOWMOBILING</b></p> <p><a href="http://www.snowmobilers.org/saferider/homepage/page_00.html">http://www.snowmobilers.org/saferider/homepage/page_00.html</a></p> <p><a href="http://www.snowmobile.org/snowmobilesafety.asp">http://www.snowmobile.org/snowmobilesafety.asp</a></p>	<p><b>ULTRALIGHT AIRCRAFT / POWERED PARACHUTE</b></p> <p><b>United States Ultralight Association</b>  P.O. Box 3501  Gettysburg PA 17325  (717) 339-0200  <a href="http://www.usua.org/Instructors/safetyandtraining.html">http://www.usua.org/Instructors/safetyandtraining.html</a></p> <p><a href="http://www.ultralightnews.com/features/">http://www.ultralightnews.com/features/</a></p>
<p><b>SNOW SKIING / SNOWBOARDING</b></p> <p><b>National Ski Patrol System</b>  Ski Patrol Bldg Ste 100  133 S Van Gordon St  Lakewood CO 80228  (303) 988-1111  <a href="http://www.nsp.org">www.nsp.org</a></p> <p><b>Professional Ski Instructors of America</b>  133 S Van Gordon St Ste 101  Lakewood CO 80228  (303) 987-9390  <a href="http://www.thenowpros.org">www.thenowpros.org</a></p> <p><b>International Society for Skiing Safety</b>  <a href="http://www.ski-injury.com/prevention.htm">http://www.ski-injury.com/prevention.htm</a></p> <p><b>National Ski Areas Association</b>  <a href="http://www.nsaa.org/nsaa/safety/ski_and_snowboarding_tips.asp">http://www.nsaa.org/nsaa/safety/ski_and_snowboarding_tips.asp</a></p>	<p><b>UNDERWATER EXPLORATION / CAVE DIVING / SPELUNKING</b></p> <p><a href="http://www.military.com/military-fitness/fitness-test-prep/dangers-of-underwater-swimming">http://www.military.com/military-fitness/fitness-test-prep/dangers-of-underwater-swimming</a></p> <p><a href="http://www.shallowwaterblackoutprevention.org/">http://www.shallowwaterblackoutprevention.org/</a></p> <p><a href="https://nsscds.org/">https://nsscds.org/</a></p>
<p><b>SOARING</b></p> <p><b>Soaring Society of America</b>  P.O. Box 2100  Hobbs NM 88241  (575) 392-1177  <a href="http://www.ssa.org/">http://www.ssa.org/</a></p>	<p><b>WHITEWATER RAFTING or KAYAKING</b></p> <p><b>American Whitewater</b>  P.O. Box 1540  Cullowhee NC 28723  (866) 262-8429  <a href="http://www.americanwhitewater.org/">http://www.americanwhitewater.org/</a></p> <p><a href="http://www.americanwhitewater.org/content/Safety/vie w/">http://www.americanwhitewater.org/content/Safety/vie w/</a></p>

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