



Ministry of Children and Family Development

Standards and Policies for
Outdoor and Wilderness Activities

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This manual has been prepared by the

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Standards and Policies for Outdoor and Wilderness Activities

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“SPOWA”

This is the third edition of the SPOWA manual which re-focuses the safety management goals. In the past, they have been identical to the goals of the “Outward Bound” organization. The new goals better reflect the levels of risk and general approach to outdoor and wilderness activities for youth participants in the Ministry of Children and Family Development wilderness programs, of which there are significantly fewer than in the past.

This version of SPOWA is shorter, more readable and has been written to complement Addendum 3 of COA accreditation. This should facilitate accreditation processes and general use. All of the effective content from the previous SPOWA manual has been retained after screening for policy duplication, obsolescent policies, advances in technology, and behavioural approaches. The content has been vetted by a safety management advisory committee made up of the program supervisors for the three remaining Ministry programs that use SPOWA.

SPOWA ensures that the basics of trip planning are covered sufficiently to enable safe outdoor programming. If plans get altered by an incident, unexpected weather, or unforeseen circumstances then leadership and training can maintain safety until help can be accessed. Something as simple as a twisted ankle while retreating from unexpected inclement weather, can easily turn an outing into an emergency situation. SPOWA’s emphasis on planning, leadership and training can prepare groups for safe, self-reliant wilderness travel.

These policies are also meant to ensure that the people responsible for enabling youth to safely travel into wilderness settings do so with proper planning, preparation and respect for the people and places involved.

Note: The standards and policies contained in this manual have been developed specifically for application by, and the inspection of, designated Ministry outdoor/wilderness programs only. SPOWA does not apply to activities conducted in the normal context of family/community recreation (e.g. camping at a provincial campground with vehicle access, swimming at local public facilities, etc.). Ministry contracted programs or employees contemplating SPOWA type activities are advised to consult the Regional Contract Manager on a case-specific basis.

MANUAL AMENDMENTS

From time to time it may be necessary to add new material to the Manual of Standards and Policies for Outdoor and Wilderness Activities (SPOWA) or amend content from time to time. In order to ensure user confidence in the integrity of manual content, a standard procedure has been developed.

The standard process for amending this manual is as follows:

- Proposed amendments must be submitted in writing to the Director, Youth Justice Policy and Program Support, Ministry of Children and Family Development (MCFD), for amendment consideration.
- If the proposed amendment is considered suitable, draft versions of amendments will be sent to field advisors for review.
- The appropriate Assistant Deputy Minister(s) must approve the final version of amendments.
- An amendment date will indicate the effective date of the new standard or policy.

Master Manual

The master copy of the manual will be kept at the Youth Justice Policy and Program Support office. The master manual is the official reference copy of the manual.

Exemption Process

The exemption process is as follows:

- The contractor must submit a written request for an exemption from the standard/policy. Requests must clearly specify which standard/policy the exemption is for, the period of time for which the exemption is requested and the reasons why the exemption is being sought.
- The contractor must submit the request to the contract manager or, in the case of youth custody centres, the Director will submit the request directly to the Executive Director, Youth Justice and Youth Forensic Psychiatric Services.
- The contract manager will submit the request and an accompanying memo outlining recommendations regarding the exemption request to the Regional Executive Director.

- The Regional Executive Director (or Executive Director, Youth Justice and Youth Forensic Psychiatric Services) will forward the request and recommendations to the Director, Youth Justice Policy and Program Support for review and recommendation.
- The Director, Youth Justice Policy and Program Support will consult with field advisors for review and recommendation.
- The appropriate Assistant Deputy Minister(s), must approve the exemption in writing.
- The exemption will not be considered valid until the contractor/youth custody Director receives the exemption approval in writing.

Note: An exception to the above process can arise in situations where there is a local, temporary circumstance requiring immediate attention. In these situations, the Regional Executive Director (or the Executive Director, Youth Justice and Youth Forensic Psychiatric Services) may authorize a temporary exemption, provided a written copy of the exemption and justification for same is forwarded to the appropriate Assistant Deputy Minister(s) and the Director, Youth Justice Policy and Program Support. This approval must indicate the dates that the exemption will be valid.

STATEMENT OF PHILOSOPHY

Being in the outdoors is healthy and natural. When programs supported by the Ministry of Children and Family Development pursue outdoor activities with youth who are under the supervision of the province, there must be assurance that safety is maintained as the number one priority.

All groups traveling into more remote areas must be properly led and the participants must be physically, emotionally and mentally prepared. A trip plan/route card that describes the itinerary and relevant safety and emergency plans is accessible to the organization's designated emergency contact in the community. Activities must be properly supervised and take place in suitable locations depending on the skills and readiness of the participants and, in particular, the least-able team member.

There must be a plan for all activities that are to take place. This plan is intended to manage the safety and reduce the risk in advance of conducting the activity. Proper screening of staff and participants is critical and therefore must be supported by all necessary documentation and additional evidence of compliance with best practices planning.

Any activity that has a national governing body that sets best practices, certifications and recommended safety material should be conducted in accordance with recommended practices.

Screening for appropriate participants must consider whether they are willing and able to participate in the program activities successfully. Staff are expected to motivate and lead, treating youth in a positive and respectful manner rather than applying disciplinary measures as punishment.

Properly-sequenced preparation must be an important part of safety planning. Once individuals have developed basic competencies that enable them to be responsible for themselves, they can then begin to learn their roles and responsibilities as part of a capable group. Only these well-functioning groups may venture into remote wilderness where evacuation times are unpredictable in case of an emergency.

The importance of supervision and leadership cannot be over-emphasized. Program staff must be skilled leaders and able to manage the behaviour of the individuals and group during day-to-day training and outdoor activities. The field leader must also be able to lead the group to safety during emergencies when outside support is not immediately available.

While the vast majority of time spent in outdoor activities is safe and enjoyable, the philosophy of outdoor and wilderness programs should be program safety and risk management.

SAFETY MANAGEMENT

The primary focus of this manual is 'safety management'. Safety management is the aspect of program management concerned with maintaining safety. Management functions such as planning, organizing, leading, and monitoring are essential components of a safety management program. Proper planning can recognize hazards that are likely to be encountered during an out trip. Participants can then be trained and equipped to deal with the hazards. During the trip, leaders can exercise their judgement knowing that the group is prepared to handle the hazardous situation. Proper preparation can turn potentially high-risk situations into challenges that can be safely managed.

Safety management does not end with the successful completion of a trip or outdoor activity. Debriefing is required to verify that the planning, organizing, and leading of program activities is being done to the required standard and that the methods of implementing policy are working. It is acknowledged that accidents can happen anywhere at any time. Most, however, can be prevented by good safety management practices that include continual review and improvement.

The safety management objectives of the outdoor and wilderness programs are as follows:

- MAINTAIN A HIGH LEVEL OF SAFETY AT ALL TIMES
- SAFELY MANAGE SITUATIONS WHEN RISK ARISES

The safety management standards and policies contained in this manual support these objectives and represent the working framework of program managers' service delivery. It is the responsibility of program managers to ensure that their operations meet the required standards and that the policies are implemented in such ways as to meet the overall safety management objectives of MCFD.

Organizations are encouraged to provide feedback regarding how this manual or any safety management processes can be improved.

Standards and Policies for Outdoor Programs

Information Package

IP-1

The organization conducting outdoor activity programming must provide an up-to-date information package accessible to the Ministry, participants and their families, and the public. This material should include the following:

- a. The organization's safety management philosophy;
- b. Benefits of outdoor programming;
- c. Acceptable risk levels;
- d. The program's track record should be fully disclosed;
- e. Frequency of accidents per client day; and
- f. Program completion rates.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copy of Information Package and written information given to parents and participants

On-site: Interview with program, clinical, director, personnel, and participants.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Activity Type

AT-1

Outdoor experiential education and therapeutic wilderness programming includes any of the activities listed below. Conduct of these activities requires compliance with generally accepted best practices, and national, provincial, and local safety standards where applicable and available.

- a. Camping
- b. Water travel (including Canoeing/kayaking/ rafting, river crossing, swimming, etc)
- c. Community service
- d. Snow travel (including skiing, snowshoeing, snowmobiling, etc)
- e. Environmental projects
- f. Group expeditions
- g. Hiking/backpacking
- h. Initiative and problem-solving exercises
- i. Orienteering
- j. Remote travel
- k. Climbing, bouldering, top-roping
- l. Solos
- m. Other activities involving risk for which personnel are appropriately prepared and trained.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of Trip plans and route cards,

On-site: Interview with program, field personnel.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Safety Management Plan/Trip Plan

SMP-1

Before initiating any of the above activities, the organization must have a safety management/trip plan process that considers the following:

- a. **LOCATION:** The location chosen is suitable for the activity.
- b. **LEADERSHIP/SUPERVISION:** Trip leader(s) are familiar with the sites to be used and have direct experience with specific hazards or conditions likely to be encountered.
- c. **PARTICIPANTS:** All participants are mentally, physically and emotionally prepared to successfully complete the activity.
- d. **ENVIRONMENTAL FACTORS:** The organization obtains up-to-date weather and travel conditions for the planned location.
- e. **EQUIPMENT:** All equipment required is available, in good condition and meets national safety standards.
- f. **ACTIVITY LEVEL:** The planned activities are undertaken at a level that is well within the abilities of staff and within the competence and skill levels of the participants.
- g. **EMERGENCY PLANS:** Emergency plans are clear and understood by all participants and staff, and emphasized at a daily safety management briefing.
- h. **ACTIVITY/TRIP PLAN SIGN-OFF:** Activity and trip plans must be signed-off by a person in authority who is able to initiate safety management emergency plans.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copy of internal safety policies, signed off Trip Plans/Route Cards, Debriefing Reports, Training records showing sequencing, quarterly safety management review.

On-site: Interview with program staff, leaders, participants and review trip logs and other documentation.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Supervision and Group Size

SG-1 Standard Operational Procedure will be to maintain a two-leader minimum for groups up to ten participants. The organization must maintain appropriate group size in all safety management plans to ensure the following:

- a. Maintenance of safety;
- b. Reduction of liability and risk; and
- c. Limiting adverse environmental impact.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of Trip Plans/Route Card.

On-site: Interview with program staff, field personnel, review of trip logs.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Leadership

L-1 The organization ensures that group leaders, instructors, or persons assuming responsibility for individual or group supervision of participants meet, at a minimum, the following criteria/competencies:

- a. Twenty-one years of age or over;
- b. Competence in the activity to which they are assigned;
- c. Ability to manage the participants;
- d. Ability to anticipate danger; and
- e. Ability to use good judgment and common sense regarding safety.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of employee training records and evaluations.

On-site: Interview with program staff, field personnel, review of trip logs, and certification records.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

AE-2

The safety management plan must include written eligibility criteria for each outdoor activity considering the following:

- a. Appropriateness of the participant to engage in the activity.
- b. Preparedness to engage in the activity.
- c. Age, skill level and developmental level.
- d. Relationship with key workers
- e. Participant's understanding of challenge-by-choice
- f. All outdoor activities will be conducted in accordance with sound, generally accepted youth care methods.
- g. The organization does not deliberately remove reasonable options or alternatives to participation.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of participant training materials, training sequencing records, and eligibility criteria..

Quarterly Safety Management Review of incidents.

On-site: Interview with program staff, field personnel, participants, review of trip logs, and incident records.

RATINGS INDICATOR:

- 1 Full compliance
- 2 Substantial compliance
- 3 Significant non-compliance
- 4 Consistent non-compliance

Safety Management Review

SMR-1

The organization must use safety review procedures that include proper training and preparation of all groups and participants to ensure their safety by including the following in the safety management plan:

- a. Use of a safety management plan or manual for every type of activity;
- b. Use of a trip plan and route card for every off-site outdoor programming excursion;
- c. Filing of incident reports by the personnel involved for all accidents or events that may have placed personnel or participants at risk, with a copy maintained in the case records of the affected individuals;
- d. Consistent application of safety standards to both participants and supervisors;
- e. Training of supervisors in the organization's safety procedures, drills and rules;
- f. A quarterly incident review by the liaison probation officer;
- g. An Annual Safety Report submitted to the Ministry; and
- h. An annual on-site inspection and an annual off-site inspection by the Office of Inspector, Youth Justice Programs.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of internal safety management manuals, guidelines, policies, rules and orientation materials.

Provide copies of documentation relating to inspections and safety reviews.

Provide copies of quarterly incident reviews and other regular safety review reports.

Provide copies of organization's annual report

On-site: Interview with Liaison Youth Probation Worker, program staff, field personnel, review of trip logs, and certification records.

Safety Training

ST-1

The organization ensures that Safety Management Plans include annual staff training in the following:

- a. Orientation guidelines for conducting a search for a missing participant;
- b. Involvement of law enforcement assistance, when necessary;
- c. Search and rescue protocols;
- d. Medivac protocols; and
- e. Notification procedures for all personnel.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copy of personnel training manual and other orientation material.
Provide reports and records relating to staff training.

On-site: Interview with program staff, field personnel, review staff training records and certification records.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

ST-2 **The organization ensures that the techniques and skills needed for an activity are taught progressively, that less skilled participants are appropriately supported and supervised, and that employee and participant training and evaluations are documented.**

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of participant training records.

On-site: Interview with program staff, field personnel, participants, review of trip logs, and certification records.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

ST-3 **The organization trains personnel and participants on:**

- a. Fire safety; and
- b. The use of and storage of any potentially hazardous material or equipment, such as propane, axes, and knives.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of employee and participant training records.

On-site: Interview with program staff, field personnel, review of tool, hazard and dangerous materials practices.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

ST-4 **The organization ensures that safety training is conducted and the pace of group activities are set by supervisors according to the following factors:**

- a. The capability of the least able or fit member of the group;
- b. Previous illness or injury; and
- c. Prevention of accidents or illness.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to trail procedures, light duty participation, sick days and participant safety training.

On-site: Interview with program staff, field personnel, review of trip logs.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

ST-5 **The organization instructs participants in proper techniques, pacing, fluid intake, footwear, equipment and potential hazards.**

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of participant training records and evaluations.

On-site: Interview with program staff, field personnel, review of trip logs, and training records.

RATINGS INDICATOR: 1 Full Compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

ST-6 **The organization ensures the provision of guidance and leadership to ensure that all participants are treated with fairness, respect and dignity, without the use of negative reinforcement as a method of motivation.**

EVIDENCE OF COMPLIANCE

Pre-site: Provide copy of policies relating to participant treatment and disciplinary guidelines.

On-site: Interview with program staff, participants, field personnel, review of trip logs, and employee evaluation records.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Safe Travel

ST-1 The organization ensures that the health and safety of personnel and participants is protected during travel as follows:

- a. Use of vehicles designed for passengers;
- b. Use of appropriate passenger restraint mechanisms;
- c. Maintenance of appropriate safety equipment such as first-aid kits, emergency repair tools, spare tires, and other equipment required by law;
- d. Use of pre-trip vehicle checks and regular vehicle maintenance as a routine practice;
- e. Advance planning for supervision of participants during travel and during scheduled stops; and
- f. Advance planning for appropriate breaks and rest stops.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to vehicle and travel safety, copies of licensing and inspections.

On-site: Interview with program staff, field personnel, review of vehicle logs and emergency equipment.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Protective Gear and Equipment

G-1 The organization provides and ensures participant use of protective gear and equipment where required. All equipment is adequate for the safe conduct of the activity, including:

- a. Repair kits for equipment;
- b. Personal flotation devices (Type III) for water activities;
- c. Location devices and reflectors for dusk and night activities;
- d. Other protective gear and equipment;

- e. A regular schedule is maintained of pre- and post-activity equipment inspections, routine servicing, preventive maintenance, and repair;
- f. Substandard equipment is rehabilitated or discarded;
- g. Ensurance that all responsible parties document the completion of assigned tasks;
- h. All sports and outdoor equipment, including equipment that belongs to participants or personnel, meets national safety standards;
- i. First aid, emergency response kits, and other emergency supplies and medications needed by participants are under the control of the senior trip leader or other designated group leader at all times; and
- j. The organization prohibits field-testing of new materials or equipment while conducting service activities.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to safety equipment and protective gear. Summarize accident and injury incidents.

On-site: Interview with program staff, field personnel, and review of trip logs.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

G-2 The organization ensures that all participants are equipped with basic gear necessary for out trips including the following:

- Daypack
- Comfortable footwear adequate for the terrain
- Effective sock system
- Inner layer of clothing
- Insulating secondary layer of clothing
- Outer thermal layer
- Raingear
- Hat
- Sunglasses
- Necessary and extra food
- Water bottle
- Emergency Kit
- Flashlight
- Spare clothing

For overnights add:

- Sleeping bag
- Sleeping pad
- Eating utensils
- Unbreakable cup and bowl/plate
- Garbage bag
- Toilet articles
- Shelter
- Extra clothes

Additional Overnight group gear:

- Spare flashlight, batteries, and bulb
- Sunscreen
- Group shelter
- Stove*
- Fuel in safe, marked containers*
- Cooking pots
- Bear-proof food protection system
- Sanitation kit
- First aid kit*
- Water quality kit*
- Repair kit*
- Thermometer*

*Carried by staff only

Emergency Review

ER-1 If emergency procedures are invoked or an unanticipated problem or incident occurs, the organization must proceed as follows:

- a. Promptly inform the Program Director.
- b. Conduct a review as soon as is practical.
- c. Undertake needed corrective action.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to emergencies and copies of emergency reviews.

On-site: Interview with CEO, senior program management.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Emergency Response

ER-1 The organization ensures that first aid, emergency response kits, and other emergency supplies and medications needed by participants are under the control of a senior trip leader or other designated group leader at all times, and that:

- a. At least one member of the leadership or supervisory team is fully capable of rendering emergency first aid and holds a current emergency first aid certificate confirming wilderness first aid training as part of a curriculum exceeding 20 hours;
- b. All supervisors are certified in basic first aid appropriate to the remoteness of the activity; and
- c. All first aid and emergency equipment is replenished after a trip.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to first aid and emergency response. Copies of first aid certificates. Records of first aid equipment checks.

On-site: Interview with program staff, field personnel, review of trip logs and first aid supplies, facilities.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Physical Environment

PE-1

Organizations must comply with existing land-use regulations and respect the environment when gaining access to an area by:

- a. Meeting all applicable national, tribal, regional, and local laws or regulations regarding access to the area;
- b. Documenting these laws and regulations on file;
- c. Providing an accurate representation of the planned activities and the itinerary; and
- d. Following environmental impact mitigation plans.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to environmental practices.

On-site: Review files for documentation and permits.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Elevated Risk Conditions

ER-1

When the operations involve water-based activity, wilderness or winter conditions, the organization ensures that additional care is taken as follows:

- a. Water-based activities such as swimming and paddling require additional care and caution;
- b. Swimming must be supervised by a qualified lifeguard with acceptable current certifications;
- c. The group leader must ensure that all participants and staff in canoeing training or out trips wear a properly secured approved PFD;
- d. The program supervisor must ensure that if a canoe trip extends more than one nautical mile from land, a motorized support boat must be in attendance;
- e. The group leader must ensure that canoes stay within voice and visual range of each other and travel at the rate of the slowest canoe;

- f. Lead and sweep canoes must have at least one leader on board;
- g. Lead and sweep tandem canoes must have a minimum of four currently dated hand-held flares or strobe light on board at all times and must also have a minimum of one smoke signaling flare on board at all times;
- h. Group leaders must plan for enough time to complete canoeing before nightfall;
- i. Canoeing after dark must only occur in an emergency situation or with prior approval through the exemption process.
- j. Properly certified instructors must deliver paddling instruction;
- k. All participants in paddling activities beyond instructional sessions must have passed a skills and basic self-rescue test;
- l. Leaders of paddling out trips must have extensive experience in supervising paddling groups;
- m. Paddling routes involving currents, tides and cold waters must be chosen with special care and consideration for group competence;
- n. Activities taking place in wilderness or remote areas with difficulty of access require additional care, caution and planning; and
- o. Activities conducted under winter conditions require additional equipment, experience and skill.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of policies relating to water, winter and wilderness activities.

On-site: Interview with program staff, field personnel, review of trip logs. Winter inspection.

RATINGS INDICATOR: 1 Full compliance 2 Substantial compliance
 3 Significant non-compliance 4 Consistent non-compliance

Quality Control

QC-1 All outdoor and wilderness programs operated or funded by MCFD that are subject to the policies and procedures outlined in this manual will be subject to annual inspections by the Office of the Inspector, as follows:

- a. Where a program conducts winter and summer operations, an inspection will occur on both operations annually;
- b. Wilderness program inspections will include a review of compliance with SPOWA policy and procedures, health and safety matters, equipment and outdoor practices, and an assessment of the way participants are treated by wilderness program staff;
- c. Within 30 days, the Inspector will provide a written report, including recommendations, to the Assistant Deputy Minister for response; and
- d. The appropriate Executive Director and Youth Justice Policy and Program Support staff will facilitate the program's response to the recommendations, which must be returned to the Inspector within 90 days.

Any questions about the role of the Office of the Inspector and wilderness program inspections should be directed to the Director, Youth Justice Policy and Program Support or the Inspector, Youth Justice Programs.

EVIDENCE OF COMPLIANCE

Pre-site: Provide copies of records showing action taken on inspection recommendations.

On-site: Interview with program staff, field personnel, participants, review of documentation

RATINGS INDICATOR: 1 Full Compliance, 2 Substantial % of cases complies
 3 Significant non-compliance 4 Consistent non-compliance

Resources

Avalanche Information-PEP

http://www.pep.bc.ca/hazard_preparedness/Avalanche_Information.html

Avalanche Terrain Rating-Parks Canada

http://www.pc.gc.ca/pn-np/bc/glacier/visit/visit7a1_E.asp

Drinking Water

http://www.ec.gc.ca/water/e_main.html

Equipment Checklist for Backcountry Travel

http://www.pc.gc.ca/pn-np/ab/banff/visit/visit7a6_E.asp

Ice Safety-Transport Canada

<http://www.boatsmartcanada.com/article.asp?id=002570&tid=014>

Lifejackets/PFDs

<http://www.boatsmartcanada.com/article.asp?id=002514&tid=014>

National Forest Fire Report

http://www.nrcan-rncan.gc.ca/cfs-scf/science/prodserv/firereport/firereport_e.php

B.C. Fire Reports

<http://www.for.gov.bc.ca/protect/>

Parks Canada Enhanced Avalanche Awareness Program

http://www.pc.gc.ca/apps/cp-nr/release_e.asp?bgid=675&andor1=bg

Safe Food Practices-Canadian Food Inspection Agency

<http://www.inspection.gc.ca/english/fssa/concen/tipcon/picnice.shtml>

Preparedness Canada

<http://www.ngdc.noaa.gov/seg/hazard/resource/soc/emrgedu3.html>

Skating Safety on Ponds and Lakes

http://www.pc.gc.ca/pn-np/ab/banff/activ/activ26_E.asp

Trip Plan-Search and Rescue B.C.

http://www.adventuresmart.ca/downloads/TripPlan_r1.pdf

Red Cross Water Safety

<http://www.redcross.ca/article.asp?id=000881&tid=024>

Swimming and Lifesaving-Lifesaving Society

<http://www.lifesaving.org/courses/rescue.htm>

Outdoor Safety Planning

http://www.pep.bc.ca/hazard_preparedness/outdoor.pdf

Outdoor Safety-U.S. Forest Service

<http://www.fs.fed.us/recreation/safety/safety.shtml>

Lightning Safety

<http://www.lightningsafety.noaa.gov/outdoors.htm>

Outdoor Action-Princeton University

<http://www.princeton.edu/~oa/index.shtml>

Challenge Course Inspections

<http://www.pa.org/chcourses/maintenance.php>

Paddling Safety

<http://www.tourismvictoria.com/Content/EN/226.asp>

Paddling Safety-American Canoe Association

<http://www.americancanoe.org/safety/safety.lasso>

Paddle Canada(formerly CRCA)

<http://www.paddlingcanada.com/main.php>

Boating Safety-Canadian Coast Guard

<http://www.tc.gc.ca/BoatingSafety/menu.htm>

Sea Kayak Safety Advisory-U.S. Coast Guard
<http://www.uscg.mil/d1/units/msoport/SafetyAlerts/96-04%20Sea%20Kayak%20Safety.pdf>

Weather-Environment Canada
http://www.weatheroffice.ec.gc.ca/canada_e.html

Marine Weather-Canadian Coast Guard
http://weatheroffice.ec.gc.ca/marine/index_e.html

Federation of Mountain Clubs of B.C.
<http://www.mountainclubs.bc.ca/FMCBC/Pages/Home.aspx>

Recreational Canoeing Association of B.C.
<http://www.bccanoe.com/>

Alpine Club of Canada
<http://www.alpineclubofcanada.ca/>

B.C. Recreation Sites
<http://www.tsa.gov.bc.ca/publicrec/>

Wilderness Medicine
<http://www.wildmed.ca/>

Association for Experiential Education
<http://www.aee.org/customer/pages.php?pageid=28>

Adventure Therapy
<http://www.wilderdom.com/adventuretherapy.html>

Adventure Therapy Bibliography
<http://reviewing.co.uk/research/adventure-therapy-bibliography.htm>

Ministry for Child and Family Development-Youth Justice
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