COMNAVREGSW INSTRUCTION 5100.13

From: Commander, Navy Region Southwest

Subj: RECREATION AND OFF-DUTY SAFETY (RODS) PROGRAM

Ref: (a) OPNAVINST 5100.25 Series
(b) OPNAVINST 3500.39B

Encl: (1) High-Risk Activity Checklists

1. Purpose. This instruction establishes the Recreation and Off Duty Safety (RODS) program and assigns responsibilities for developing, issuing, implementing and enforcing program requirements at Navy Region Southwest (NRSW) installations.

2. Background. Recreational and off-duty high-risk activities have historically taken the lives of many of our Sailors. Reference (a) was developed and issued to provide proactive/intervention methods for leaders to take in an effort to prevent the unnecessary loss of life to our Sailors during off-duty hours. Reference (b) reissued policy for Operational Risk Management (ORM) as an integral part of the decision-making process for personnel on or off-duty.

3. Discussion

   a. General. Losing our Sailors to unnecessary off-duty mishaps is not acceptable.

   b. A leader’s knowledge and concern of Sailors’ off-duty recreational activities are a must in order to:

      (1) Provide positive leadership (mentorship).

      (2) Demonstrate full support for the Navy’s drug and alcohol program that reinforces, both on and off-duty behavior, positive individual and social activity as related to recreational activities.

4. Responsibilities

   a. Commander, Navy Region Southwest shall:
(1) Designate in writing, by name or position, a Regional RODS Program Manager (PM) having responsibility over program elements.

(2) Ensure the Regional RODS PM attends or hosts local RODS-related training, safety conferences, workshops and seminars to remain knowledgeable of ongoing and emerging RODS issues. Also ensure the Regional RODS Program Manager remains current with applicable courses and workshops offered by the Naval Occupational Safety and Health and Environmental Training (NAVOSHENVTRACEN), Parks and Recreation Service, National Recreation and Parks Association (NRPA), National Playground Safety Institute (NPSI), U.S. Coast Guard (USCG) Auxiliaries, Safe Community Coalitions and advisories of home-related hazards available from the U.S. Consumer Product Safety Commission (CPSC) at http://www.cpsc.gov/.

b. NRSW RODS Program Manager

(1) Develop, issue, implement and enforce program requirements at NRSW installations.

(2) Coordinate, manage and provide resources for an effective RODS program at NRSW installations and tenant commands.

(3) In conjunction with the installation safety staff, provide military personnel with quarterly seasonal briefs.

(4) Provide RODS program continuity binders to installation level RODS program coordinators, command/department-level RODS program coordinators, MRW RODS program coordinators and RODS continuity binders for supervisors.

c. Commanders, Commanding Officers and Officers-in-Charge shall:

(1) Establish or adopt the host RODS program and assign responsibilities for developing, issuing, implementing and enforcing RODS program regulations.

(2) Designate in writing, by name or position, a RODS Program Coordinator to carry the responsibilities in reference (a) and this instruction.

(3) Ensure all Sailors receive RODS training at command indoctrination.

(4) Ensure RODS inspection results, issues and mishap data are incorporated into the installation quarterly OSH Council Meetings.
d. **Host RODS Program Coordinators** shall:

(1) Manage the RODS program within their AOR.

(2) Comply with the requirements of reference (a) and this instruction.

(3) Maintain the RODS program coordinator continuity binder issued by the RODS PM.

(4) Conduct annual inspections of recreational facilities and equipment. The inspections should be coordinated with the cognizant Safety Manager’s annual workplace inspections to avoid duplication. Each identified hazard must be described on the NAVOSH Deficiency Notice (OPNAV 5100/12) by the host RODS Program Coordinator.

(5) Establish a RODS council to discuss and disseminate information, analyze mishaps, prioritize deficiencies, discuss RODS training issues and identify hazardous activities. The host RODS program coordinator shall chair the meeting. Representatives from NRSW activities and tenant commands should be in attendance. The RODS council shall meet quarterly, or more frequently as warranted. The primary mission of the RODS council shall be:

   (a) Analyze RODS mishaps occurring within their jurisdiction.

   (b) Identify and analyze deficiencies, as well as any design and operating features that may contribute to mishaps or their severity.

   (c) Track significant deficiencies or action items on the region deficiency abatement log until they have been brought to resolution.

(6) Provide the results of the annual inspections of recreational facilities and equipment and RODS safety issues to the cognizant OSH Manager for incorporation into the host quarterly OSH council meetings.

(7) Provide input/recommendations to the RODS PM for quarterly seasonal safety briefings.

(8) Submit quarterly seasonal safety briefing requests to the NRSW RODS PM, including requested dates, times and locations, in advance to the RODS PM.
(9) Conduct and document initial (and annually thereafter) RODS program self-audits. The checklists are provided in the RODS program coordinator continuity binders. Provide copies to the RODS PM.

e. **Command/Department RODS Program Coordinators** shall:

(1) Manage the RODS program within their AOR.

(2) Comply with the requirements of reference (a) and this instruction.

(3) Ensure all Sailors are informed of the RODS program requirements at command indoctrination.

(4) Attend the host RODS program coordinator’s quarterly RODS council meetings.

(5) **Maintain the RODS program coordinator continuity binder issued by the RODS PM.**

(6) Conduct and document initial (and annually thereafter) RODS program self-audits. The checklists are provided in the RODS program coordinator continuity binders. Provide copies to the host RODS program coordinator.

f. **MWR RODS Program Coordinators** shall:

(1) Manage the RODS program within their AOR.

(2) Comply with the requirements of reference (a) and this instruction.

(3) Attend the host RODS program coordinator’s quarterly RODS council meetings.

(4) **Maintain the MWR RODS program coordinator continuity binder issued by the RODS PM.**

g. **Officers, Chief Petty Officers and Enlisted Supervisors** shall:

(1) Manage the RODS program within their AOR.

(2) Comply with the requirements of reference (a) and this instruction.

(3) Ensure the supervisor level RODS program continuity binders issued by the RODS PM is maintained.
(4) Ensure all Sailors are briefed on the requirements of reference (a) and this instruction, including their personal responsibilities. If Sailors participate or plan on participating in any RODS high risk activities identified in enclosure (1), discuss, complete and fill out the appropriate High-Risk Activity Checklist in TAB F of the RODS continuity binder.

(5) Conduct and document initial (and annually thereafter) RODS program self-audits. The checklists are provided in the RODS program continuity binders. Provide copies to the command/department RODS program coordinator.

h. Individuals shall:

(1) Inform their supervisors of their current participation, or intent to participate, in any of the high-risk activities in enclosure (1).

(2) In the event a decision to participate in a high-risk activity is decided while on leave or liberty, utilize the ORM principals learned to protect themselves.

5. Action. Addressees shall implement the requirements of references (a), (b) and this instruction upon receipt.

M. R. ALLEN
Chief of Staff

Distribution:
Electronic only, via CNRSD Directive Web site
http://www.cnrsw.navy.mil/Admin/index.htm
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HIGH RISK BRIEFING CHECKLIST
FOR
ALL-TERRAIN VEHICLES

1. How long have you been riding?

2. What type of ATV will you be riding?
   Examples: 4 wheeler, quad or buggy.

   NOTE: 3-wheel ATVs have experienced rollovers causing death and serious
   injuries in the past. Therefore, Navy service members are forbidden to
   operate or on ride on a 3-wheel ATV.

3. How often do you ride?

4. Do you race?

5. What PPE safety gear will you be wearing?
   (DOT approved helmet, goggles, boots, long pants,
   long sleeve shirt, and proper reflective gear if
   riding at night.)

6. Where will you be riding?

7. Have you ever ridden this particular route?
   before?

8. How many times?

9. What type of terrain encompasses this route?

10. Are you experienced in this type of terrain?

11. Will you be doing any night riding?

12. Is the route lit at night?

13. When you ride at night, do you insure the
    headlight is working properly?
14. Is it considered safe and is it legal to ride at night in the areas you normally ride?  
<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>OBS</th>
</tr>
</thead>
</table>

15. Do you know if it is legal to ride an all-terrain vehicle?  
   | \_ | \_ | \_ | \_ |

16. Have you attended any rider safety courses?  
   If, Yes  
   a. What courses?  
   b. How long ago?  
   | \_ | \_ | \_ | \_ |

17. How often do you perform maintenance?  
   | \_ | \_ | \_ | \_ |

18. Before riding, do you perform a road check of the vehicle?  
   Examples: tires, brakes, lights, cables, fuel lines, etc.  
   | \_ | \_ | \_ | \_ |
HIGH RISK BRIEFING CHECKLIST
FOR
AUTO RACING

1. Have you ever raced automobiles before?
   a. Where?
   b. When?
   c. What type of race?
      Examples: distance type race, stock car, drag, etc.

2. Is the race you are participating in a
   SCCA sanctioned 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 GCR
   which provide the requirements placed on all
   competitors of the SCCA?

6. Do you have the required battery tie down
   installed in the vehicle you will be racing?

7. Is there a three-point seat belt or harness
   in the car?

8. Does the car have a roll bar?

9. Will you be wearing a DOT approved helmet
   while racing?

10. Will fire-resistant clothing be worn?

11. Are you racing a "prepared car" that’s
    not street legal?

12. How will that car be towed to the event?
13. Are you familiar with the track on which you’ll be racing?
Example: terrain, conditions
### HIGH RISK BRIEFING CHECKLIST FOR BOATING

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<tr>
<th>OPERATOR</th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>OBS</th>
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</thead>
<tbody>
<tr>
<td>1. Have you received any formal safety training or boating education?</td>
<td>☐</td>
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<tr>
<td>a. If so, where did you get the training?</td>
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<td>b. When did you get the training?</td>
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<td>2. Do you have current charts for the areas you be fishing, whether inland or open ocean?</td>
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<tr>
<td>3. Do you understand laws governing boating under the influence of alcohol?</td>
<td>☐</td>
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<tr>
<td>4. Do you understand alcohol is a common cause of boating or water-related mishaps?</td>
<td>☐</td>
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<td>5. Do you wear an approved life preserver, especially while operating the boat?</td>
<td>☐</td>
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<td>6. Do you understand what effects environmental exposure can have on operator safety?</td>
<td>☐</td>
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<td>7. Are you aware of proper safe fueling operations?</td>
<td>☐</td>
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<tr>
<td>8. Have you reviewed safe procedures for securing your boat?</td>
<td>☐</td>
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<tr>
<td><em>Example: Dock, shore, anchoring, etc.</em></td>
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<tr>
<td>9. Do you know the law concerning water skiing?</td>
<td>☐</td>
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<td><em>Example: Having mirrors or observer.</em></td>
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<tr>
<td>10. Do you operate the boat at night?</td>
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<tr>
<td>11. Do you know the boat lighting requirements?</td>
<td>☐</td>
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<tr>
<td>12. Do you understand the increased hazards of operating a boat with decreased visibility?</td>
<td>☐</td>
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<tr>
<td>13. Do you have a float plan? Do you have a back-up plan?</td>
<td>☐</td>
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</table>

Enclosure (1)
14. If you fall out, do you have an ignition kill device and do you wear it?  

15. If your motor fails, do you have oars, tow rope or signaling devices?  

16. Does anyone know your plans and fishing location?  
   a. If so, who?  
   b. What is their phone number?  

17. Do you take along exposure or wet weather gear?  

18. Do you check weather and water conditions before going out?  

TRAILER/TOWING  

1. Do you understand the effects of a boat and trailer on the vehicle?  
   Example: Braking, turning, wet or icy conditions, etc.  

2. Do you know what safety measures to use for launching and recovering your boat?  

BOAT  

1. Are you familiar with your boat’s passenger and cargo capacity safety limits?  

2. Do you understand your boat’s capabilities and limitations?  
   Example: Weather, speed, power, etc.  

3. Do you know what safety equipment the law requires on your boat?  
   a. Fire extinguisher?  
   b. Required type, size and amount of personal flotation devices?
c. Stern and bow lights operational?  
   | YES | NO | N/A | OBS |
   ---|-----|----|-----|-----|

d. Horn/whistle?  
   | YES | NO | N/A | OBS |
   ---|-----|----|-----|-----|

e. Other equipment:
   - (1) Anchor (line at least 2x water depth) rated for the boat?  
     | YES | NO | N/A | OBS |
   - (2) Oar or other back up if motor fails?  
     | YES | NO | N/A | OBS |
   - (3) Tow rope?  
     | YES | NO | N/A | OBS |
   - (4) First aid kit?  
     | YES | NO | N/A | OBS |
   - (5) Tool kit with flashlight?  
     | YES | NO | N/A | OBS |

**TRAILER**

1. Is the vehicle and hitch rated for towed weight equal to, or higher than, your boat?  
   | YES | NO | N/A | OBS |

2. Do you safety check the lights, tire condition, tie-down devices before towing?  
   | YES | NO | N/A | OBS |

3. If your trailer is rigged with brakes, have they been checked?
   a. Bearings greased?  
      | YES | NO | N/A | OBS |
   b. Tires, spare, jack in good condition?  
      | YES | NO | N/A | OBS |
   c. Boat secured properly?  
      | YES | NO | N/A | OBS |
   d. Safety chains?  
      | YES | NO | N/A | OBS |
   e. Proper ball size and good condition?  
      | YES | NO | N/A | OBS |
   f. Have you considered placing reflective material on your trailer to enhance visibility?  
      | YES | NO | N/A | OBS |
## HIGH RISK BRIEFING CHECKLIST
### FOR
#### BUNGEE JUMPING

<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>OBS</th>
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<tbody>
<tr>
<td>1. Have you ever bungee jumped before?</td>
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<tr>
<td>2. Is the company you will be jumping with or the &quot;jumpmaster&quot; registered with the USBA or NABA thus ensuring certain rules and safety items are adhered to?</td>
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<tr>
<td>3. Are you familiar with the difference between Bungy (lower velocity, smoother ride) and Bungee (more freefall, higher G-load)?</td>
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<tr>
<td>4. Will you be jumping from a bridge or a crane with a &quot;cage-type&quot; platform?</td>
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<tr>
<td>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 you may recognize an improperly operated &quot;crane-jump&quot; business?</td>
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<tr>
<td>6. Are you aware, if the jump will be from a legal site or from a car, or pedestrian bridge. Do you realize there are only a few bridges in all of North America that are a legal bungee jumping site and that the organization operating off of a bridge is most likely doing so illegally?</td>
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<td>7. Are you familiar with the wind restrictions associated with bungee jumping?</td>
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<td>8. Will you be making an ankle jump or will you be tied off at the waist? Is there a harness that meets NABA and USBA safety standards?</td>
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<td>9. If tied off at the waist, will the required &quot;cradle-type&quot; harness be used?</td>
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HIGH RISK BRIEFING CHECKLIST
FOR
CIVILIAN LIGHT AIRCRAFT
OR
HELICOPTER FLYING

1. Do you hold an FAA pilot license and current FAA medical certification?  
   YES NO N/A OBS
   □ □ □ □

2. How long have you been flying?  

3. How many flight hours do you have?  

4. Do you own or rent when you fly?  

5. Do you understand the flight requirements of FAR part 61 and part 91 as they apply to you?  
   □ □ □ □

6. Have you been checked out to fly your aircraft or helicopter by a certified flight instructor (CFI) who is experienced in that airplane or the phases of helicopter in flight you intend to participate, and do you know the aircraft’s limitations?
   Examples: new aircraft, high performance aircraft or tail wheel aircraft, helicopter checkout required by FAR part 61.

7. Do you receive recurrent training in your aircraft or helicopter by a CFI?  
   Example: Bi-annual flight review is required.

8. How many times have you flown in your planned area of flight?  
   □ □ □ □

9. When planning a cross-country flight do you consider weight and balance, fuel consumption, landmarks and familiar or unfamiliar terrain, effects of density altitude, etc?  
   □ □ □ □

10. Does the aircraft have an airworthiness certificate and has it received an annual inspection?  
    □ □ □ □

11. Do you intend to do aerobatics?  
    □ □ □ □

12. Do you have the proper checkout and waiver?  
    □ □ □ □
13. Do you plan to fly in formation? & YES & NO & N/A & OBS

14. Do you understand that all formation flying must be briefed and agreed on by all pilots involved? & & & &

15. If you intend to fly in mountainous terrain or participate in aerobatics, have you had a checkout for this type of flight? & & & &

16. Do you understand you must get sufficient rest before flying? & & & &

17. Have you conducted any night flying, in the weather, or both? & & & &

18. If you don't have an instrument rating, do you understand there can be serious difficulties? & & & &

19. When you fly with passengers, do you comply with the FARs regarding proficiency? Example: takeouts and landing requirements. & & & &
HIGH RISK BRIEFING CHECKLIST
FOR
DIRT BIKING

1. What experience, if any, do you have on motorcycles?
   a. What type?
   b. How long?
   c. What kind of terrain?

2. Do you wear DOT approved helmet and eye protection?
   Example: Full-face with goggles preferred, etc.

3. Do you wear PPE when operating the dirt bike?
   Example: High-ankle boots, leather gloves, long sleeve shirt, pants, pads, etc.

4. Do you ride with a partner?

5. Do you carry a small tool kit?

6. Prior to riding, do you conduct an inspection of your bike?
   Example: Gas, Chain, Suspension, etc.

7. Do you let someone know where you will be and how long you will be gone each time you ride?
HIGH RISK BRIEFING CHECKLIST
FOR
EXPERIMENTAL AIRCRAFT FLYING

1. What is your experience in flying experimental aircraft?  
   YES  NO  N/A  OBS

2. Are you insured for this type of flying?  
   YES  NO  N/A  OBS

3. Do you or the pilot of the aircraft have a current FAA license and medical certification?  
   YES  NO  N/A  OBS

4. Have you or the pilot had your bi-annual check required for single engine or multi-engine land rating?  
   YES  NO  N/A  OBS

5. What is your experience in doing aerobatic flying?  
   YES  NO  N/A  OBS

6. Are you aware that if you perform acrobatics they can be done no lower than 1500 AGL unless the pilot has an appropriate waiver and that parachutes are required?  
   YES  NO  N/A  OBS

7. Are you aware of what constitutes aerobatics according to the FAA?  
   YES  NO  N/A  OBS

8. Are you aware that formation flights must be pre-briefed and agreed on by all pilots involved?  
   YES  NO  N/A  OBS

9. Are you familiar with the pre- and post-stall characteristic of this aircraft?  
   YES  NO  N/A  OBS

10. Does this aircraft have a stall warning system?  
    YES  NO  N/A  OBS

11. Be conservative, don't attempt something you have not practiced in dual training with an FAA instructor.  
    YES  NO  N/A  OBS

12. Flight Commander must write up a Form 803 (for student pilots). Does this include you?  
    YES  NO  N/A  OBS

13. Do you or the pilot of the aircraft have a checklist or use a checklist?  
    YES  NO  N/A  OBS

Enclosure (1)
HIGH RISK BRIEFING CHECKLIST
FOR
HANG GLIDING

1. How long have you been hang gliding?  YES NO N/A OBS
2. How many hours do you have?           
3. Do you own or rent the hang glider you use?  
4. Are you thoroughly familiar with the hang glider you use before you fly it?  
5. If you rent, do you ensure the hang glider has been checked for airworthiness?  
6. When you fly, do you take into consideration weather, destination surroundings, altitude limitations, etc?  
7. Have you made someone on the ground aware of your intentions to hang glide?  
8. Will there be other hang gliders in your general area?
HIGH RISK BRIEFING CHECKLIST
FOR
HOT AIR BALLOONING

1. Are the company and pilot with whom you plan to fly accredited?
   YES □ NO □ N/A □ OBS □

2. Does the pilot hold a commercial balloon pilot's license?
   YES □ NO □ N/A □ OBS □

3. Does the craft have an airworthiness certificate and current annual inspection?
   YES □ NO □ N/A □ OBS □

4. Hot Air Ballooning is regulated by the FAA and the balloonist must comply with all rules and regulations set therein. Are you familiar with the rules?
   YES □ NO □ N/A □ OBS □

5. Have you considered terrain, weather and population of both take-off and landing zones?
   YES □ NO □ N/A □ OBS □

6. How far are you ballooning?
   YES □ NO □ N/A □ OBS □

7. Will there be other balloon traffic in the flight Zone?
   YES □ NO □ N/A □ OBS □

8. Do you have contingency plans for problems that may arise?
   YES □ NO □ N/A □ OBS □

9. Have you made someone on the ground aware of your intentions to balloon?
   YES □ NO □ N/A □ OBS □
HIGH RISK BRIEFING CHECKLIST FOR HUNTING

1. How long have you been hunting? YES NO N/A OBS
2. Are you familiar with the local area hunting rules, licensing requirements, and bag limits?
3. Have you determined whether or not you must attend a hunter safety course before you can obtain a license?
4. Do you have a license?
5. What type of animals or birds do you hunt?
6. Do you know what firearms are allowed for the type of animals or birds you are hunting?
7. Do you own your own rifles or shotguns?
   a. If so, how do you properly maintain them?
   b. If not, how do you know they're safe to use?
8. Do you load your own ammunition? If so, what precautions do you take to ensure the loading area is safe?
10. Do you hunt in groups?
    a. If so, what is the typical size of the hunting party?
    b. If not, when and where you are going?
11. If hunting waterfowl by boat, is it in good condition?
12. If hunting deer and using a tree stand, is it in good condition?

13. If you plan on hunting outside the local area, will you use a hunting guide?
   a. If not, how familiar are you with the hunting area?
   b. Do you know what the hunting rules are if hunting in another state?

14. Will you be using an aircraft to get into remote hunting sites?

**CAUTION:** Several mishaps have occurred when hunters overload their aircraft with big game.

15. Do you wear brightly colored clothing, especially if hunting in heavily wooded areas?

16. Is clothing adequate for hunting environment?

17. Do not carry loaded rifles or shotguns in the vehicle compartment.

18. Do you have a first aid kit readily available?

19. Have you reviewed the checklist for aircraft flight?
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>OBS</th>
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</thead>
<tbody>
<tr>
<td>1. Are you aware of the boating laws of the state in which you operate your jet ski/PWC?</td>
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<tr>
<td>2. How long has it been since you inspected the trailer for working lights, inflated tires, adjusted bearings, a working hitch mechanism, etc.?</td>
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<td>3. Is the hitch the right size for the ball you are using?</td>
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<td>4. Prior to riding, do you inspect the jet ski/PWC for broken parts, cracks in the hull, leaking fuel lines, etc.?</td>
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<td>5. Do you have an approved life preserver or have you arranged to obtain one?</td>
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<td>6. When/if you pull skiers, do you have a spotter on board the jet ski/PWC?</td>
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<td>7. While riding, do you maintain safe distances from swimmers?</td>
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<td>8. Do not consume alcohol prior to, or while, riding a jet ski/PWC.</td>
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<td>9. If at all possible, don’t ride alone.</td>
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<td>10. Do you inform someone of where you will be riding and when you plan to return?</td>
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<td>11. Do you use a float plan?</td>
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# HIGH RISK BRIEFING CHECKLIST FOR KAYAKING

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<tr>
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<th>YES</th>
<th>NO</th>
<th>N/A</th>
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<tbody>
<tr>
<td>1. When kayaking, do you ensure all individuals?</td>
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<tr>
<td>a. Know how to swim</td>
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<tr>
<td>b. Have and plan to wear proper lifejackets</td>
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<tr>
<td>c. Have and plan to wear proper head protection</td>
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<tr>
<td>2. What is the experience of each kayaker?</td>
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<tr>
<td>3. What is your experience level in kayaker?</td>
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<tr>
<td>4. How many times have you been kayaking before?</td>
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<td>5. What class of river have you kayaked in the past?</td>
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<td>Example: Classes 1-5, 1=slow, 5=impassable.</td>
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<td>6. Will there be EMT or medically qualified individuals in the group?</td>
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<tr>
<td>7. Does the river guide or company provide proper preventative training?</td>
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<tr>
<td>8. Is the river guide or company licensed, insured and reputable?</td>
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<tr>
<td>9. Do you or anyone going kayaking with you have any medical problems limiting heavy physical activity?</td>
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<tr>
<td>10. If you are going on an extended kayaking trip, have you arranged to check in with park authorities along the route?</td>
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</tbody>
</table>
HIGH RISK BRIEFING CHECKLIST
FOR
MOTORCYCLING

1. What is your experience level?

2. Have you attended the MSF training course, which is required for all military members?

3. Has the command been notified of your motorcycle registration and/or training requirements?

4. Do you have all the PPE required by OPNAVINST 5100.12H?
   a. Does your helmet meet DOT standards?
   b. Do you wear a face-shield or impact resistant goggles unless windshield is as high as the top of rider's helmet?
   c. Do you wear brightly colored vest or jacket during day and reflective gear at night?
   d. Do you wear long sleeves, long pants and full fingered gloves?
   e. Sturdy over the ankle footwear?

5. Are you aware that the PPE listed in paragraph 4 above is required for on and off-base riding for all military personnel, and applies to operators and passengers alike?

6. Are you planning on racing or participating in any event?
HIGH RISK BRIEFING CHECKLIST
FOR
MOUNTAIN CLIMBING OR RAPPELLING

1. Do you own your own, borrow or rent equipment? [YES NO N/A OBS]

   **NOTE:** Do not borrow equipment from other than a professional school.

2. Is the equipment replaced on a timely basis? [ ] [ ] [ ] [ ]

   (Every 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 or rappelling? [ ] [ ] [ ] [ ]

5. How much training have you had and by whom? [ ] [ ] [ ] [ ]

6. What previous experience do you have in climbing or rappelling? [ ] [ ] [ ] [ ]

7. Where have you climbed previously? [ ] [ ] [ ] [ ]

8. Where in the local area will you be climbing or rappelling? [ ] [ ] [ ] [ ]

9. How long has it been since you have been climbing or rappelling? [ ] [ ] [ ] [ ]

10. Is a log kept of usage of the climbing surface for normal deterioration of the rock and record of falls? (site management) [ ] [ ] [ ] [ ]

11. Will there be at least one other person climbing or rappelling with you? [ ] [ ] [ ] [ ]

12. Do you carry an adequately equipped first-aid kit? [ ] [ ] [ ] [ ]

13. Have you made yourself aware of wild animals that are in your climbing area? [ ] [ ] [ ] [ ]
HIGH RISK BRIEFING CHECKLIST
FOR
PARASAILING

1. Have you ever parasailed before?  YES NO N/A OBS

2. How many times?  □ □ □ □

3. Have you researched the reputation of the company with whom you parasail? □ □ □ □

4. Is the operator of the towing boat licensed by the USCG? □ □ □ □

5. Have you asked for the operating and inspection procedures for the company’s equipment? □ □ □ □

6. Do they inspect ropes, parasails and canopies every 250 tows? □ □ □ □

NOTE: The company with whom you sail should replace ropes every 6-12 months and make sure they are 1/2-inch tight twisted Dacron rope with a minimum 3,500 lbs. tensile strength. The eye at the end of each rope should be 6-8 inches.

7. Each time you parasail, do you ask when the equipment in use was put into service? □ □ □ □

NOTE: Do not use it if it has gone past its service life.

8. Each time you parasail, do you personally inspect your canopy for tears, harnesses to make sure all hooks and latchets work and rope and yoke for proper operation? □ □ □ □

9. Does the company issue head protection, life preservers, gloves and lace-up boots? □ □ □ □

NOTE: If they do not provide this PPE, don’t parasail with them.
### HIGH RISK BRIEFING CHECKLIST
FOR
POWERED HANG GLIDING

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<tr>
<th></th>
<th>YES</th>
<th>NO</th>
<th>N/A</th>
<th>OBS</th>
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</thead>
<tbody>
<tr>
<td>1. How long have you been hang gliding?</td>
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<tr>
<td>2. How many hours do you have?</td>
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<tr>
<td>3. Do you own or rent the hang glider you fly?</td>
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<tr>
<td>4. Do you thoroughly familiarize yourself with the hang glider before you fly?</td>
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<tr>
<td>5. If you rent, do you ensure the hang glider has been checked for airworthiness?</td>
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<tr>
<td>6. When you fly, do you take into consideration weather, destination surroundings, altitude limitations, etc?</td>
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<td>7. Do you use a checklist for each flight?</td>
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</table>
# High Risk Briefing Checklist for Rodeo/Bull-Riding

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<tbody>
<tr>
<td>1. What events do you plan to enter?</td>
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<tr>
<td>2. What is your background and training?</td>
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<tr>
<td>3. Is your equipment owned or borrowed?</td>
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<tr>
<td>4. Do you perform routine maintenance checks prior to the riding event to ensure the proper condition of the equipment?</td>
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<tr>
<td>5. Are you aware of the potential hazards for injury?</td>
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<td>6. Is the sponsor of the event reputable (i.e. sanctioned by the PRCA or other professional rodeo association)?</td>
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<td>7. Are you properly insured for this type of activity?</td>
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<td>8. In the event of the worst happening, is there a plan of contact or notification?</td>
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## Bucking Events

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<tbody>
<tr>
<td>1. Do you have a flak vest?</td>
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<tr>
<td>2. Do you plan to wear a helmet?</td>
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<tr>
<td>3. Are your saddle, bareback rig and/or bull rope in good working order?</td>
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<td>4. Do you have a knowledgeable, experienced chute man?</td>
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<tr>
<td>5. Are there qualified bullfighters or pick-up men?</td>
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</tbody>
</table>
1. Is your horse owned or borrowed?

2. Is the horse properly trained?

3. Are you familiar with the horse's actions and/or temperament?

4. Is your tack in good shape?

5. Do you have a knowledgeable, experienced hazer?
HIGH RISK BRIEFING CHECKLIST
FOR
SCUBA DIVING

1. How long have you been a certified SCUBA diver?

2. What level of certification is your highest certification?

3. What kind of water conditions have you experienced?

4. Are you diving with a certified diver experienced in the waters in which you will be diving?

5. When diving, do you:
   a. Budget your dive time to ascend before your pressure gauge decreases to 500 pounds per sq. inch?
   b. Test all equipment and mark dive area with a dive flag prior to entry?
   c. Always have a dive partner and two regulators in the event one fails during all dives?
   d. Avoid decompression sickness by ascending at a rate of 1 foot per second?

6. Are you familiar with dangers in your dive zone?
Example: Creatures, caverns, surges, etc.

7. Are you diving in an unfamiliar area?

8. Are you normally accompanied by a guide?

9. After a dive, do you wait 24 hours before flying?

10. Have you informed someone where you will be diving and what time you expect to return?
11. Have you considered the tides and currents in the area(s)?

12. Have you checked the local weather forecast?

13. Do you have a specialty dive rating?
HIGH RISK BRIEFING CHECKLIST
FOR
SKI JUMPING (SNOW)

1. What is your experience or training?  

2. Do you own your equipment or are you renting or borrowing it?

3. How many grooves do your skis have?  
   (3 minimum, 4 optimum)

4. Do you have a USSA approved helmet?

5. What size jump are you going to ski?  
   Example: 20 meter, 40, 60 or 90.

   NOTE: 90 meter is Olympic caliber.

6. Are you aware you will be traveling at approximately 60 mph through the air with nothing between you and terra firma but a couple of boards?

7. What type of inspection is performed on your equipment?
HIGH RISK BRIEFING CHECKLIST
FOR
SKYDIVING

1. Do you understand the risks involved in the sport of skydiving?  
   YES NO N/A OBS

2. Did you receive your initial skydiving training at a USPA group member Skydiving Center?  
   If not, where did you receive your training?  

3. If you continue in the sport of skydiving, do you plan to join the USPA?  
   YES NO N/A OBS

NOTE: Recommend you do for liability reasons to protect yourself and others.

4. Do you know anyone in the sport already to give you advice? If not, it’s recommended you contact a USPA group member skydiving center or local airport for advice, prior to making a jump. (USPA (703) 836-3495)

5. Have you lowered the risks of skydiving by:
   a. Receiving the proper training?  
   b. Ensuring equipment is in good condition? (reserve canopy is in date)
   c. Using common sense?
   d. Becoming familiar with your equipment?

6. Each time you skydive, do you take into account your trip to, and from, the skydiving activities?  
   Example: Fatigue, road conditions, weather, etc.

7. If your last jump was not very recent, do you plan to receive refresher training?

8. Each time you skydive, are you sure the equipment you are using is compatible and within your experience limitations?
9. Do you inspect your parachute prior to re-packing?  
   Example: Stitching, connectors, rips/tears, lines, canopy, reserve canopy pins.

10. Do you understand the reasons not to drink 12 hours prior to skydiving?

11. Do you understand the use of "non-standard" equipment could possibly cause chute malfunction?

12. Do you ensure your AAD is installed and functioning properly?
HIGH RISK BRIEFING CHECKLIST
FOR
SNORKELING

1. How long have you been snorkeling?

2. In what kind of waters are you experienced?

3. Are you snorkeling with other swimmers?

4. Are you familiar with dangers in the area you are snorkeling at?
   Example: Creatures, caverns, surges, etc.

5. Are you snorkeling in an unfamiliar area?

6. Have you informed someone where you will be snorkeling and what time you expect to return?

7. Have you considered the tides and currents in the area(s)?

8. Have you checked the local weather forecast?

9. Do you have knowledge of lifesaving skills?

10. Do you understand why you should not use alcohol and prescription drugs prior to snorkeling?
# HIGH RISK BRIEFING CHECKLIST

**FOR**

**SNOWMOBILING**

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<tr>
<th></th>
<th>YES</th>
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<tbody>
<tr>
<td>1. What is your experience with snowmobiles?</td>
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<tr>
<td>2. How far do you ride?</td>
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<tr>
<td>a. Do you take food and water?</td>
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<tr>
<td>b. Do you take tools, extra parts, oil and gas?</td>
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<tr>
<td>c. Do you conduct regular inspections of the snowmobile?</td>
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<td>3. Do you wear a safety helmet?</td>
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<tr>
<td>4. Do you dress for the extreme weather conditions and bring extra clothes?</td>
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<tr>
<td>5. Do you know the symptoms of frostbite?</td>
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<td>6. Are you riding alone?</td>
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<td>7. Are you familiar with the planned riding area?</td>
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<tr>
<td>Example: Barbed wire fences, terrain, remoteness of site, etc.?</td>
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<td>8. Do you ride on frozen lakes or rivers?</td>
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<tr>
<td><strong>CAUTION:</strong> Beware of cracks and open water.</td>
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<tr>
<td>9. Do you know the dangers of riding under bridges?</td>
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<tr>
<td><strong>CAUTION:</strong> Thin ice.</td>
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<td>10. Do you ride at night?</td>
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<tr>
<td>11. Do you let someone know where you will be snowmobiling and how long you will be gone each time you ride?</td>
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</table>

Enclosure (1)
12. Do you drink and drive? "Don’t Drink and Drive"
## HIGH RISK BRIEFING CHECKLIST FOR SOARING

1. Are you certified to fly sailplanes?  
   YES NO N/A OBS

2. Is your certification current?  
   YES NO N/A OBS

3. Are you flying with someone who is certified and current?  
   YES NO N/A OBS

**NOTE:** If the third question is yes, go to question 12.

4. Are you current to fly a sailplane?  
   YES NO N/A OBS

   *Example: Hours/sorties in previous 3 months.*

5. If necessary, are you going to take a refresher flight with a CPI?  
   YES NO N/A OBS

6. Where do you plan to go soaring?  
   ____________________________

7. Are you familiar with the local type of soaring conditions?  
   YES NO N/A OBS

8. Are you familiar with the local method of launching?  
   YES NO N/A OBS

9. Do you plan on carrying passengers?  
   YES NO N/A OBS

10. If so, who are they?  
    ____________________________

11. Have they ever flown a sailplane before?  
    YES NO N/A OBS

12. Are you properly insured for flying activity?  
    YES NO N/A OBS

13. Do you perform routine maintenance checks on the sailplane?  
    YES NO N/A OBS

14. Do you have current charts?  
    YES NO N/A OBS
15. Have you considered weight, balance, density altitude and performance for this sailplane? YES NO N/A OBS

16. What day are you planning to fly? ________________

17. What time of day are you planning to fly? ________________

18. Do you have an emergency number on file with the airport? □ □ □ □

19. Are you current in the type of sailplane you plan to fly and is it mechanically up-to-date? □ □ □ □
HIGH RISK BRIEFING CHECKLIST
FOR
WHITE WATER RAFTING OR CANOE

1. When rafting, do you ensure all individuals:
   a. Know how to swim? □ □ □ □
   b. Have and plan to wear proper lifejackets? □ □ □ □
   c. Have and plan to wear proper head protection? □ □ □ □

2. What is the experience of the river guide or company you are rafting with? ___________

3. What is your experience level in rafting? ___________

4. How many times have you been rafting in the past? ___________

5. What class of river have you rafted on? Example: Classes 1-5, 1=slow, 5=impassable. ___________

6. Will there be an EMT or medically qualified individuals in the group? □ □ □ □

7. Does the river guide or company provide proper preventative training? □ □ □ □

8. Is the river guide or company licensed, insured and reputable? □ □ □ □

9. Do you, or anyone going rafting with you, have any medical problems limiting heavy physical activity? □ □ □ □

10. If you are going on an extended rafting trip, have you arranged to check in with park authorities along the route? □ □ □ □