Overall Incident Data

1,284 Incidents Reported
133,541 Program Participation Days
9.6 Incidents per 1,000 Participation Days

Walking/Running Incidents

Incident Types

- 257 Injuries, top three injuries:
  - Superficial (n = 122)
  - Muscular (n = 45)
  - Dislocation/Strain (n = 24)

- 72 Illnesses, top three illnesses:
  - Heat Related (n = 21)
  - Nausea / Vomiting (n = 14)
  - Respiratory (n = 11)

- 30 Near Misses

Most frequent relationships associated with terrain (the most frequent contributory factor)

Weather
(e.g. weather impacted the activity's difficulty level)

Participant Mental / Physical Condition
(e.g. terrain impacted pre-existing condition or mental/physical exhaustion)

Activity Resources & Environment

Resources: Equipment/Clothing (n = 24)
  - Participant pack weight
  - Clothing suitability
  - Footwear suitability (new, size, type)

Environment: Terrain (n = 30)
  - Steep / uneven / slippery / debris / sandy
  - Exposure to sun

To protect the privacy of organisations that contribute to the National Incident Dataset (NID), the following have been excluded as per the NID reporting restrictions: Activities - Arts & Crafts, Caving, Harness (Indoors), Horse and Camel Riding, Other, Snowsports, and Urban Program; Incident Types - Psychosocial, Equipment or Environmental Damage, and Missing People.

Most frequent contributory factors associated with Walking/Running incidents

<table>
<thead>
<tr>
<th>System Level</th>
<th>Males</th>
<th>Females</th>
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| Governance, Education & Regulation | No contributory factors reported at this level | Local Government: Policies/Procedures (n = 1)
  - Facility Maintenance |
| Clients | Parents: Communication (n = 2)
  - Pre-existing conditions not reported. | Schools: Decisions (n = 7)
  - Decision to run program during a hot time of year. |
| Led Outdoor Activity Planning & Management | Program: Suitability (n = 2)
  - Program difficulty level | Management: Policies/Procedures (n = 2)
  - Ensure staff compliance with procedures
  - Review packing list for program |
| People Directly Involved in the Incident | Group: Peer Interactions (n = 5)
  - Competition between group members
  - Group morale | Participant: Mental/Physical (n = 65)
  - Pre-existing injuries, illness, or psychosocial disorders
  - Menstruation
  - Mental or physical exhaustion |
| | Participant: Mental Physical (n = 27)
  - Pre-existing injuries, illness, or psychosocial disorders
  - Mental or physical exhaustion | Leader: Communication (n = 10)
  - Activity instruction
  - Confirm participation understanding of instructions |
| | Leader: Decisions (n = 6) | Resources: Equipment/Clothing (n = 52)
  - Participant pack weight
  - Clothing suitability
  - Footwear suitability (new, size, type)
| | Environment: Terrain (n = 100)
  - Steep / uneven / slippery / debris / sandy | Resource: Bushwalking maps |
| | | Environment: Terrain (n = 30)
  - Steep / uneven / slippery / debris / sandy
  - Exposure to sun |