

## MODULE 1 · ACTIVITY SHEET

# REFLECTION ON YOUR PRACTICE

Use these prompts to take stock of where you are now, what you bring to risk management, and what you most want to learn.

**BEFORE YOU START**

There are no right answers. Be honest — this is a tool to help you get the most out of the rest of the course. You may want to revisit your answers at the end of the programme.

**1 EOTC events you've been involved in**

What sort of events have you been asked to write a RAS for, or help run? List 3–5.

---

---

---

---

**2 How competent do you feel right now?**

Tick the level that best describes your current confidence with risk management for EOTC.

**1**

New — not sure  
where to start

**2**

Developing — have  
some grounding

**3**

Capable — can run  
it on my own

**4**

Confident — mentor  
others

**5**

Expert — lead at  
school level

What gave you that rating?

---

---

**3 Your school's systems**

How confident are you that your school's systems for managing EOTC risk follow good practice? What's strong, what's patchy?

---

---

---

---

#### 4 Apply the three questions to a real event

Pick an EOTC event you're running this term (or one you've run before). Answer the three questions in your own words.

##### EVENT

e.g. Year-9 marae visit, day hike, regional swimming.

##### DATE / CONTEXT

##### GROUP SIZE

1. **Why am I doing this?** — What outcome are you after, and why is EOTC the right way to deliver it?

2. **What could go wrong?** — List the top 3–5 things that worry you.

3. **What can I do about it?** — What controls are already in place? What could you strengthen?

#### 5 Your burning question

What are you most keen to learn or upskill on through this course? Hold this question in mind as you progress — come back and revisit it.

#### GOING FORWARD

Hang on to this sheet. The competence rating, your burning question, and the event you described will be useful anchors as you work through the rest of the modules.