Meet Damen



Damen Therkildsen, NHQ Staff
Activity Safety Program Manager

CAP volunteer

Prior Air Force

Wing Director of Safety

Asst Director of Cadet Programs

Deputy Commander for Cadets

Parent to Two Amazing Cadets

Agenda

- Trends & Proactive Actions
- Evaluating Risk
- The HAA
- Activity Director and Risk
- What Should I Report



Trends for NCSA's & NFA's

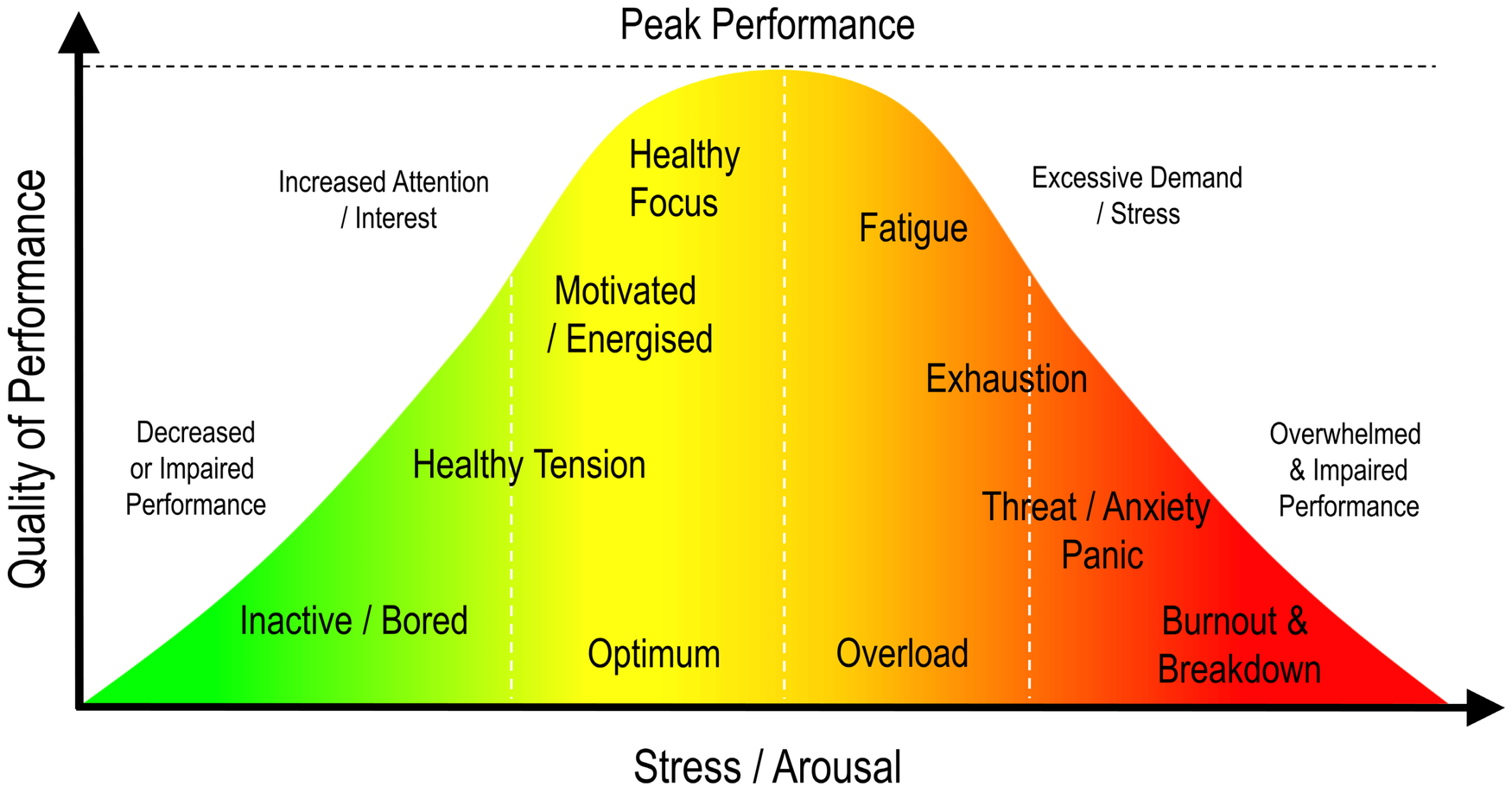
- Preexisting Conditions
- New Medications
- Dehydration/Heat Injury
- Food/Environment Allergies
- Vehicle Incidents (backing, accidents)
- Showing up ill or ill-prepared
- Team Sports

Proactive Actions

- Consistency
  - In Supervision and Ratios
  - In Contraband Checks
  - Medication Management
  - 18+ Cadets

Proactive Actions

Proactive Actions



Evaluating Risk

- CAPF 160 – Deliberative Risk Assessment
- Risk Assessment Exercise
- Digging Deeper



The HAA

- CAPF 60-82 (High Adventure Activity Request)
- Safety Activity Checkpoints (2021)
- Incorporating Deeper Understanding
- Really? The Girl Scouts…



Activity Director and Risk

- Reviewing and Approving the CAPF 160 – Deliberative Risk Assessment
- Designate Your Safety and HSO Early
- Medication Management
- SE Advisor
- Digging Deeper and Asking Questions

What Should I Report?

- **What the regulation plainly states – Report Everything**

CAPR 160-2 28 December 2022

6.1.4. Report any injury or illness.

Attachment 2: Terms and Definitions

10. **Illness.** Evidence of an acute or chronic disease or sickness or aggravated pre-existing illness that occurred during a CAP activity or mission.
    a. **Serious Illness.** Illness resulting in hospitalization.
11. **Injury**. Evidence of internal or external physical trauma or damage to the body and/or evidence of an aggravated pre-existing injury that occurred during a CAP activity or mission.
    a. **Serious Injury.** Injury resulting in hospitalization.

Safety Reporting for Injury & Illness

- Report the evidence (symptom) if _____ is suspected:
  - **A condition or a specific health issue** that can be diagnosed by healthcare providers based on symptoms, medication use, or diagnostic testing, **that could result in harm if not properly treated.**
  - A suspected condition could be COVID or Influenza (most likely), a concussion, an undiagnosed allergy, or a heart condition, etc…
  - Evidence (or symptoms) that are tracked by CAPSIS include:

    - Dehydration
    - Dizziness or Fainting
    - Fatigue or overexertion
    - Fever or chills
    - Headache/migraine
    - Hypoxia or Hyperventilation
    - Nausea, Vomiting, or Diarrhea
    - Nosebleed
    - Sore Throat
    - Other

- Reasonable discretion is allowed in determining if a condition should be suspected.
- If any symptom **warrants medical evaluation** at an ER/Urgent Care/Clinic/EMS, then a report should be made.
- If an injury resulted, then a report should be made.

Resources

Activity Safety Page

Safety Team:

safety@capnhq.gov

dtherkildsen@capnhq.gov

QUESTIONS?

Questions?