

Safety and Risk Management Overview

Thriving Futures 2100 C.I.C.

Global Care Packs Programs

Connect and Thrive Courses

This document provides a general overview of the safety principles, risk management practices, and emergency response procedures used within the Connect and Thrive programs and Global Care Packs initiatives operated by Thriving Futures 2100 C.I.C.

The purpose of this plan is to support safe, responsible, and well-organized experiential learning environments while recognizing that experiential, outdoor, travel-based, and community-centered programs inherently involve varying levels of uncertainty and risk.

The organization is committed to thoughtful preparation, participant communication, responsible facilitation, and ongoing risk awareness throughout all program activities.

1. Risk Management Philosophy

The Connect and Thrive programs are based on experiential, reflective, outdoor, and community-based learning. Risk management is approached through:

- preparation
- communication
- participant responsibility
- facilitator awareness
- environmental assessment
- adaptive decision-making
- ongoing monitoring

The goal is not to eliminate all uncertainty or challenge, but to create learning environments where activities are conducted responsibly and within appropriate safety boundaries.

Programs are designed around low to moderate physical intensity activities and emphasize awareness, observation, ecological literacy, collaboration, and reflective learning rather than high-risk adventure programming.

2. Types of Activities

Programs may include:

- outdoor walking activities
- nature observation
- sit spot practice
- light hiking
- field-based learning
- journaling and mapping
- mentorship discussions
- online cohort sessions
- collaborative workshops
- reflective solo activities
- community learning gatherings

Some programs may involve:

- travel between locations
- changing weather conditions
- uneven terrain
- limited access to urban services
- extended periods outdoors

Participants are informed in advance regarding the general nature and expectations of activities.

3. Participant Screening and Preparation

Participants are provided with:

- program descriptions
- Essential Eligibility Criteria
- participant policies
- packing or preparation guidance where applicable
- environmental and weather expectations
- communication regarding activity intensity and accessibility

Participants are responsible for:

- communicating relevant medical conditions or accessibility needs
 - carrying required medications
 - participating within their own capacities
 - following facilitator instructions
 - exercising reasonable judgement during activities
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4. Facilitator Responsibilities

Facilitators and mentors are expected to:

- monitor group wellbeing and environmental conditions
- communicate safety expectations clearly
- adapt activities when necessary
- maintain awareness of participant needs and group dynamics
- respond appropriately to emerging safety concerns
- maintain emergency communication access where feasible

Programs are intentionally designed around relatively small cohorts to support participant awareness, communication, and relational trust.

5. Environmental and Outdoor Safety

Outdoor activities may involve:

- heat or cold exposure
- rain or changing weather
- insects and wildlife
- uneven terrain
- fatigue
- dehydration risks
- navigation challenges

Risk mitigation practices may include:

- weather monitoring
- route planning
- hydration reminders
- scheduled breaks

- environmental boundary setting
- adapting or cancelling activities when conditions become unsafe

Participants are expected to:

- wear appropriate clothing and footwear
 - carry water where required
 - communicate discomfort or concerns promptly
 - avoid unsafe behaviour
 - respect environmental boundaries and local regulations
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6. Medical Emergencies

In the event of illness, injury, or medical emergency:

- facilitators will assess the situation and respond within their level of training
- emergency services will be contacted where necessary
- emergency contacts may be notified
- participants may be transported to appropriate medical facilities if required

Participants are responsible for:

- carrying personal medications
- informing organizers of significant medical concerns where appropriate
- maintaining appropriate personal travel or medical insurance where required

Programs are educational experiences and do not provide medical or therapeutic services.

7. Mental and Emotional Wellbeing

Programs may involve:

- reflective exercises
- unfamiliar environments
- interpersonal dialogue
- emotional reflection
- periods of solitude or quiet observation

Facilitators aim to create supportive and respectful environments, but participants remain responsible for communicating their needs and boundaries.

Programs are not substitutes for:

- psychotherapy
- psychiatric care
- addiction treatment
- crisis intervention services

Participants experiencing severe emotional distress or psychiatric instability are encouraged to seek appropriate professional support before participation.

8. Travel and Transportation

Participants are generally responsible for:

- travel to and from program locations
- passports and visas
- travel insurance
- personal belongings
- transportation arrangements unless otherwise specified

Where group transportation is organized:

- basic safety expectations will be communicated
 - licensed transportation providers will be used where applicable
 - participants are expected to follow transportation safety guidance
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9. Online Safety and Digital Conduct

Online programs and communication platforms are expected to remain:

- respectful
- non-harassing
- collaborative
- educational

Participants are expected to:

- respect confidentiality
- avoid abusive behaviour
- communicate respectfully
- avoid sharing participant information without consent

Facilitators reserve the right to remove participants from online spaces if behaviour compromises group wellbeing or safety.

10. Incident Response and Documentation

Significant incidents may be documented internally, including:

- injuries
- safety concerns
- behavioural incidents
- emergency responses
- environmental hazards

Where appropriate, organizers may review incidents to improve future safety practices and program design.

11. Safeguarding

Most Connect and Thrive programs are designed primarily for adult participants aged 18+.

Programs involving minors require:

- appropriate supervision
- parental or guardian consent
- safeguarding considerations appropriate to the context and jurisdiction

Thriving Futures 2100 C.I.C. is committed to maintaining respectful and safe learning environments for all participants.

12. Shared Responsibility

Experiential and community-based learning depends upon shared responsibility between organizers, facilitators, mentors, and participants.

All participants contribute to safer learning environments through:

- communication
- awareness
- mutual respect
- preparedness
- responsible participation
- care for self, others, and place

The organization regularly reviews and adapts its practices as programs evolve and new learning emerges through experience and collaboration.