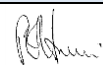


Risk Assessment for Orienteering

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.

Name of Club / satellite club name / after school club		Humberside and Lincolnshire Orienteers	
Name of person completing this form	Peter Harris	Position of person completing this form (coach, organiser etc)	Series Co-ordinator
Venue for session / event / activity	Swallow Vale Wood	Date for session / event / activity	Wednesday April 8 th 2015
Name of person in charge of session / event / activity		Peter Harris	
Risk assessment signed		Risk assessment dated	7 th April 2015
Risk assessment checked by (name, position and date)	Print name & position (helper etc): Brian Slater		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA174043	Place from which signed: Swallow to Great Limber Road
Nearest A&E hospital:	Name and Post code: Scunthorpe DN157BH (Cliff Gardens) 01724-282282 Grimsby DN33 2BA (Scartho Road) 01472-874111	Map available (where): Registration (PH's file)
Working telephone:	Landline or mobile: If mobile (reception checked?) Signal to be checked prior to event.	Number: 07834-740176 (PH mobile)
First Aid cover	Name of first aider: Neil Harvatt/ /Peter Harris/PH/Brian Slater	Located where? At Registration Point

The Risk Assessment (Swallow Vale)

It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.

NB: it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.

Hazard – note under these headings (see suggested examples to consider)	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation <ul style="list-style-type: none"> • What control measure? • Who is responsible?
In area to be used (indoor / outdoor): Outdoors Slopes) Ditches/Ponds) Fences) Debris / Undergrowth in woods Uneven surfaces on the course Uneven surfaces Car park, etc Undergrowth/tree branches Slippery surfaces Traffic on site	Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low/medium risk – low severity Low risk – low/medium severity Low risk - High severity	Competitors aware of position of Slopes, Ponds, Fences, etc. They are marked on Map with standard symbols. (Responsibility – Mapper BS) Courses planned to avoid the worst of these (Responsibility – Planner Chris S). Competitors informed at Start – Frosty winter resulted in little undergrowth. A few fallen trees to negotiate. Competitors aware – all events have uneven surfaces Competitors aware – standard for Orienteering Events Competitors aware – standard for Orienteering Events Very little traffic (parking and vehicles accessing adjacent farm)

Participants Clothing/shoes/equipment Unexpected reactions/allergies Competitors not returning Novice Competitors	Low risk - low severity Low risk - low severity Low risk - high severity Low Risk- low severity	Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required. Register maintained of starters, search procedure implemented if required Coaches available prior to starting – one course designed specifically for novices
Other people/activities in area Possibly a few members of public expected in area	Low risk – low severity	
Weather Bad weather (wet/cold)	Low risk - medium severity Low risk - medium severity	Check clothing is appropriate for weather. (Starter) Advise participants to be hydrated. (Organiser)
Equipment Computer equipment in use	Low risk - low/medium severity	Cabling to be kept tidy, all connections to be secure.

Examples of hazards with the potential to cause harm

NB: this list is not exhaustive; nor will all these be present. It is given as an aid to the person completing the risk assessment.

<p>Area to be used: Indoors</p> <ul style="list-style-type: none"> • Floor surface • Other equipment/obstacles • Shared use (dining room / other activities) 	<p>Area to be used: Outdoors</p> <ul style="list-style-type: none"> • Uneven surfaces • Slopes/steps • Slippery surfaces • Tree roots/branches • Vegetation (prickly, stinging) • Wire / ruined fences • Walls to be climbed • Litter (glass, used needles) • Water (streams, rivers, ponds) • Cliffs / crags • Traffic (including road crossings) • Rail / tram lines • Mineshafts / caves • Military debris 	<p>Equipment:</p> <ul style="list-style-type: none"> • Pencils in hand when running • Pin punches • Cane tops • Tent guys • Electrical equipment – cables • Generators • Cooking equipment
<p>Participants:</p> <ul style="list-style-type: none"> • Clothing / shoes • Existing medical conditions • Unexpected reactions/allergies • Disorientation • Tiredness 	<p>Other people / activities in area:</p> <ul style="list-style-type: none"> • Walking dogs • Cyclists • Horse riders • Forestry operations • Park maintenance • Shooting / archery • Golf • Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning