

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	Neil Harvatt (404941)	Position of person completing this form (coach, organiser etc.)	Organiser
Venue for session / event / activity	Humber Bridge Country Park	Date for session / event / activity	Saturday October 17 th 2015
Name of person in charge of session / event / activity		Stuart Whittingham	
Risk assessment signed		Risk assessment dated	16 th October 2015
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc.):		N Harvatt
	Sign and date:		16 October 2015

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA 021 254 (Country Inn post code HU13 0HB)	Place from which signed: The Old Mill Car Park, Cliff Road, Hessle Foreshore
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	Map available (where): Registration Tent (NH's Green file)
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception checked on site on previous event.	Number: 07800-784255 (NH mobile)
First Aid cover	Name of first aider: Neil Harvatt	Located where? At Registration

The Risk Assessment (Humber Bridge Country Park Saturday October 17th 2015, 1pm to 4pm).

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?
<p>In area to be used (indoor / outdoor): Outdoors</p> <p style="padding-left: 40px;">Slopes</p> <p style="padding-left: 40px;">Water</p> <p style="padding-left: 40px;">Wire / ruined fences</p> <p style="padding-left: 40px;">Uneven surfaces on the course</p> <p style="padding-left: 40px;">Undergrowth/tree branches</p> <p style="padding-left: 40px;">Slippery surfaces</p> <p style="padding-left: 40px;">Traffic</p>	<p>Medium risk – low/medium severity</p> <p>Low risk – low severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – high severity</p>	<p>There are steep slopes and cliffs in the Park. Competitors aware of position of cliffs and slopes - they are marked on the map with standard symbols. (Resp – Mapper NH) The upper areas can be reached by steps. Care will be taken with the position of any controls on slopes and competitors will be informed.</p> <p>The two ponds in the northern part are clearly marked on the map.</p> <p>All known ruined fences are marked on the map.</p> <p>Competitors aware – all events have uneven surfaces</p> <p>Competitors aware – all events in wooded areas have branches/undergrowth.</p> <p>Warnings to participants about slippery ground, especially in wet conditions</p> <p>No vehicular access to the country park.</p>
<p>Participants</p> <p>Clothing/shoes/equipment</p> <p>Unexpected reactions/allergies</p> <p>Competitors not returning</p>	<p>Low risk - low severity</p> <p>Low risk - low severity</p> <p>Low risk - high severity</p>	<p>Competitors checked by Starter that they are correctly equipped.</p> <p>First Aid Kit at registration, phone ambulance if required.</p> <p>Register maintained of starters, search procedure implemented if required.</p>

<p>Other people/activities in area</p> <p>Dog walkers</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p>	<p>Competitors to be made aware of possibility.</p> <p>Young inexperienced runners to be accompanied. Advise not to talk to strangers unless wearing yellow BOF bib.</p>
<p>Weather</p> <p>Bad weather (wet/cold)</p> <p>Heat</p>	<p>Medium risk - medium severity</p> <p>Low risk - medium severity</p>	<p>Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor.</p> <p>Advise participants to be hydrated. (Organiser)</p> <p>Organiser (NH) to check weather forecast prior to event (As at 17 Oct, expected weather – fair</p>
<p>Equipment</p> <p>Computer equipment in tent</p> <p>Stakes (pointed end to go in ground)</p>	<p>Low risk - low/medium severity</p> <p>Low Risk – Low severity</p>	<p>Cabling to be kept tidy, all connections to be secure.</p> <p>Anyone carrying them to be advised to carry point down.</p>

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