

## 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.



<b>Name of Club / satellite club name / after school club</b>		Humberside and Lincolnshire Orienteers	
<b>Name of person completing this form</b>	Neil Harvatt (404941)	<b>Position of person completing this form (coach, organiser etc.)</b>	Organiser
<b>Venue for session / event / activity</b>	Humber Bridge Country Park	<b>Date for session / event / activity</b>	Saturday April 23rd 2016
<b>Name of person in charge of session / event / activity</b>		Ken Hutson	
<b>Risk assessment signed</b>		<b>Risk assessment dated</b>	17 <sup>th</sup> April 2016
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc.):</b>		N Harvatt
	<b>Sign and date:</b>		18 <sup>th</sup> April 2016

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> Grid Ref TA 021 254 (Country Inn post code HU13 0HB)	<b>Place from which signed:</b> The Old Mill Car Park, Cliff Road, Hessle Foreshore
<b>Nearest A&amp;E hospital:</b>	<b>Name and Post code:</b> Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	<b>Map available (where):</b> Registration Tent
<b>Working telephone:</b>	<b>Landline or mobile:</b> <b>If mobile (reception checked?)</b> Mobile reception checked on site on previous event.	<b>Number:</b> <b>07748-763368(KH mobile)</b>
<b>First Aid cover</b>	<b>Name of first aider:</b> Ken Hutson	<b>Located where?</b> At Registration

**The Risk Assessment** (Humber Bridge Country Park Saturday April 23<sup>rd</sup> 2016, 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"> <li>• What control measure?</li> <li>• Who is responsible?</li> </ul>
<p><b>In area to be used (indoor / outdoor):</b> 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 – 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. The slopes are not used for control locations. The upper level is not used either.</p> <p>The two ponds in the northern part are clearly marked on the map. The water levels are higher than normal and extra ponds have formed. These have been accurately marked on the revised 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><b>Participants</b> Clothing/shoes/equipment Unexpected reactions/allergies</p>	<p>Low risk - low severity Low risk - low severity</p>	<p>Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required.</p>

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

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