

28 March 2017 Cottingham Village Urban (Start from The Fair Maid Inn) **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		Humberstone and Lincolnshire Orienteers	
Name of person completing this form	Neil Harvatt	Position of person completing this form (coach, organiser etc)	Coach
Venue for session / event / activity	Cottingham village. Roads, paths and open spaces.	Date for session / event / activity	Tuesday March 28 th 2017
Name of person in charge of session / event / activity		Neil Harvatt	
Risk assessment signed		Risk assessment dated	24 th March 2017
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): B Slater (Coach)		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: The Fair Maid HU16 5AB	Place from which signed:
Nearest A&E hospital:	Name and Post code: Hull RI, Anlaby Road, Hull, HU3 2JZ 01482 875875	Map available (where): With organiser (NH)
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07800-784255 (NH mobile)
First Aid cover	Name of first aider: Neil Harvatt/Brian Slater	Located where? The Fair Maid, Baynard Avenue, Cottingham HU16 5AB

The Risk Assessment (Cottingham Village Urban Orienteering, Tuesday 28th March 2017)

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: 20px;">Traffic</p> <p style="padding-left: 20px;">Wire / ruined fences</p> <p style="padding-left: 20px;">Uneven surfaces on the course Uneven surfaces Car park, etc</p> <p style="padding-left: 20px;">Undergrowth/tree branches</p> <p style="padding-left: 20px;">Slippery surfaces</p>	<p>Low risk – medium/high severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p>	<p>All courses will cross roads, competitors to be warned. No under 16's allowed to take part unaccompanied.</p> <p>All known ruined fences are marked on the map.</p> <p>Competitors aware – all events have uneven surfaces</p> <p>Competitors aware – not a significant issue.</p> <p>Warnings to participants about slippery ground if required.</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. (Advised to wear reflective clothing and take head torches)</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>Pedestrians/dog walkers, etc</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p>	<p>Competitors to be warned to take care running round corners, etc. To be advised to look up frequently to avoid traffic and other collisions.</p> <p>No under 16's taking part unless accompanied</p>
<p>Weather</p> <p>Darkness</p> <p>Bad weather (wet/cold)</p> <p>Heat</p>	<p>Low risk - low severity</p> <p>Medium risk - medium severity</p> <p>Low risk - medium severity</p>	<p>Competitors to have head torches if starting towards end.</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 24 March, no extremes of weather expected.</p>
<p>Equipment</p> <p>Computer equipment</p>	<p>Low risk - low/medium severity</p>	<p>Cabling to be kept tidy, all connections to be secure.</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