

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.



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|---|---|--|-----------------------------------|
| 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 | Primrose Woods | Date for session / event / activity | Sunday April 2 nd 2017 |
| Name of person in charge of session / event / activity | | Stuart Whittingham | |
| Risk assessment signed | | Risk assessment dated | 1 st April 2017 |
| Risk assessment checked by (name, position and date) | Print name & position (coach mentor, controller etc.): B Slater, Controller | | |
| | Sign and date: | | |

Emergency Information

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|--|--|---|
| Emergency access point (for emergency vehicles) | Post code / grid reference: Grid Ref TA 956065 | Place from which signed: A15 |
| Nearest A&E hospital: | Name and Post code: Scunthorpe General Hospital (DN15 7BH) (01724-282282) | Map available (where): Registration Hut (Emergency Box) |
| 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/M Carrick/ B Slater | Located where? At Registration |

The Risk Assessment (.

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>Slopes</p> <p>Water</p> <p>Wire / ruined fences</p> <p>Uneven surfaces on the course</p> <p>Undergrowth/tree branches</p> <p>Slippery surfaces</p> <p>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 no major slopes in the area. Competitors aware of position of slopes - they are marked on the map with standard symbols. (Resp – Mapper NH)</p> <p>The two ponds in the central 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>Competitors arriving and leaving along forest track may encounter runners on their course. Warning notices posted to warn vehicles. Competitors to be also warned at the start. Roads bounding the area are out of bounds.</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. First Aid Kit at registration, phone ambulance if required. 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>Private woodland, none expected.</p> <p>Private woodland, area clearly defined. Competitors warned not to leave woodland.</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 1 April, expected weather – sunny)</p> |
| <p>Equipment</p> <p>Generator</p> <p>Computer equipment in Reg hut</p> <p>Stakes (pointed end to go in ground)</p> | <p>Low risk/ medium severity</p> <p>Low risk - low/medium severity</p> <p>Low Risk – Low severity</p> | <p>Generator situated away from competitor access</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.

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| <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 |