

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	Paul Simmons	Position of person completing this form (coach, organiser etc)	Planner
Venue for session / event / activity	Cottingham village: road and paths	Date for session / event / activity	Tuesday, 13 th March 2018
Name of person in charge of session / event / activity		Paul Simmons	
Risk assessment signed		Risk assessment dated	6 th March 2018
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		Neil Harvatt (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	Map available (where): With Organiser (PS)
Working telephone:	Landline or mobile: If mobile (reception checked?) Planner's mobile has reception on the site	Number: 07980 906994 (PS mobile)
First Aid cover	Name of first aider: Neil Harvatt/Mary Carrick	Located where? The Fair Maid, Baynard Avenue, Cottingham

The Risk Assessment (Cottingham Village, 13/3/2018))

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;">Wire / ruined fences</p> <p style="padding-left: 40px;">Uneven surfaces on the course Uneven surfaces Car park, etc</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 style="padding-left: 40px;">Low risk – low/medium severity</p> <p style="padding-left: 40px;">Low risk – low/medium severity Low risk – low/medium severity</p> <p style="padding-left: 40px;">Low risk – low/medium severity</p> <p style="padding-left: 40px;">Low risk – low/medium severity</p> <p style="padding-left: 40px;">Low risk – low/medium severity</p>	<p style="padding-left: 40px;">All known ruined fences are marked on the map.</p> <p style="padding-left: 40px;">Competitors aware – all events have uneven surfaces</p> <p style="padding-left: 40px;">Not a significant issue</p> <p style="padding-left: 40px;">Warnings given at start if it is felt conditions underfoot require this.</p> <p style="padding-left: 40px;">All courses will cross roads, competitors will be warned. No Under 16's to be allowed to compete unaccompanied by an adult.</p>
<p>Participants</p> <p>Clothing/shoes/equipment</p> <p>Unexpected reactions/allergies</p> <p>Competitors not returning</p>	<p style="padding-left: 40px;">Low risk - low severity</p> <p style="padding-left: 40px;">Low risk - low severity</p> <p style="padding-left: 40px;">Low risk - high severity</p>	<p style="padding-left: 40px;">Competitors checked by Starter that they are correctly equipped. Competitors to be made aware of clothing requirements on Club Website</p> <p style="padding-left: 40px;">First Aid Kit / defibrillator at registration (or nearby), phone ambulance if required.</p> <p style="padding-left: 40px;">Register maintained of starters, search procedure implemented if required. Incident box to be at registration.</p>

<p>Other people/activities in area</p> <p>Dog walkers/pedestrians etc</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p>	<p>Competitors to be made aware: take care running round corners etc. To be advised to be aware of traffic. No under 16's to be unaccompanied.</p>
<p>Weather</p> <p>Bad weather (wet/cold)</p> <p>Darkness</p> <p>Heat</p>	<p>Medium risk - medium severity</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. Organiser (PS) to check weather forecast prior to event</p> <p>Competitors and equipment collectors to have headtorches if starting out late. Competitors starting late will be advised to wear Hi Viz apparel.</p> <p>Advise participants to be hydrated. (Organiser)</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 • Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning