

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 | Position of person completing this form (coach, organiser etc) | Organiser |
| North Bransholme | Hessle: road, paths and open spaces | Date for session / event / activity | Tuesday, 23 rd October 2018 |
| Name of person in charge of session / event / activity | | Neil Harvatt | |
| Risk assessment signed | | Risk assessment dated | 22nd October 2018 |
| Risk assessment checked by (name, position and date) | Print name & position (coach mentor, controller etc): Neil Harvatt (Coach) | | |
| | Sign and date: | | |

Emergency Information

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| Emergency access point (for emergency vehicles) | Post code / grid reference: Marquis of Granby HU13 0AD | Place from which signed: |
| Nearest A&E hospital: | Name and Post code: Hull RI, Anlaby Road, Hull. HU3 2JZ | Map available (where): With Planner (NH) |
| Working telephone: | Landline or mobile: If mobile (reception checked?) Planner's mobile has reception on the site | Number: 07800-784255 (NH mobile) |
| First Aid cover | Name of first aider: Neil Harvatt/Brian Slater/Mary Carrick | Located where? Marquis of Granby, Hessle Square |

The Risk Assessment (Hessle 23rd October 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? |
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| In area to be used (indoor / outdoor): Outdoors Wire / ruined fences Uneven surfaces on the course Uneven surfaces Car park, etc Undergrowth/tree branches Slippery surfaces Traffic | Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity | All known ruined fences are marked on the map. Competitors aware – all events have uneven surfaces Not a significant issue Warnings given at start if it is felt conditions underfoot require this. All courses will cross roads, competitors will be warned. No Under 16's to be allowed to compete unaccompanied by an adult. |
| Participants Clothing/shoes/equipment Unexpected reactions/allergies Competitors not returning | Low risk - low severity Low risk - low severity Low risk - high severity | 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. |
| Other people/activities in area Dog walkers/pedestrians etc | Low risk - low severity | Competitors to be made aware: take care running round corners etc. To be advised to be aware of traffic. |

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| Stranger Danger | Low risk – high severity | No under 16's to be unaccompanied. |
| Weather Bad weather (wet/cold) Darkness Heat | Medium risk - medium severity Medium Risk- medium severity Low risk - medium severity | Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor. Planner (NH) to check weather forecast prior to event (as at 22 Oct, forecast dry, approx. 11 degrees, no weather issues anticipated) Competitors and equipment collectors to have headtorches if starting out late. Competitors starting late will be advised to wear Hi Viz apparel. Advise participants to be hydrated. (Organiser) |
| Equipment Computer equipment | Low risk - low/medium severity | Cabling to be kept tidy, all connections to be secure. |

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 • Stranger danger | <p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning |