

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	Brian Slater	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Belvoir Estate, Cleethorpes	Date for session / event / activity	30/10/2018
Name of person in charge of session / event / activity		B Slater (Day organiser)	
Risk assessment signed	<i>B Slater</i>	Risk assessment dated	28/10/2018
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): Controller Pete Harris		
	Sign and date:		

Emergency access point (for emergency vehicles)	Post code / grid reference: Registration, The Pear Tree, Grimsby Road, Humberston, DN36 4AH	Place from which signed: n/a
Nearest A&E hospital:	Name and Post code: Grimsby DN33 2BA (Scarcho Road) 01472-874111	Map available (where): With organiser at Registration
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07751 481332 (B Slater mobile) 07834 740176 (P Harris mobile)
First Aid cover	Name of first aider: Neil Harvatt/Brian Slater/Mary Carrick/Mary Vickers	Located where? Registration, The Pear Tree Pub

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?
In area to be used (indoor / outdoor): Outdoors Traffic Uneven surfaces on the course Undergrowth/tree branches Water/Buck Beck Slippery surfaces	Low risk – medium/high severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity	All courses will cross roads, competitors to be warned. Competitors aware – all events have uneven surfaces Competitors aware – not a significant issue. Competitors to be made aware – no controls near the water Warnings to participants about slippery ground if required.
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.

<p>Other people/activities in area</p> <p>Pedestrians/dog walkers/cyclists, 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>Competitors should give way to other users of footpaths and covered walkways etc.</p> <p>Random Checks & 'following' when U16's competing.</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 (BS) to check weather forecast prior to event (As at 28th Oct, expected weather – Dry, 10°C – no problems anticipated)</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