

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	Hull Old Town and Marina	Date for session / event / activity	Wednesday 2 nd October 2019
Name of person in charge of session / event / activity		Brian Slater	
Risk assessment signed	<i>B Slater</i>	Risk assessment dated	1 st October 2019
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): Pete Harris		
	Sign and date: yes		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Tower Street Car Park	Place from which signed: Great Union St./Garrison Road junction
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary, Anlaby Road, Hull	Map available (where): Registration – The Lion and Key Pub, Scale Lane
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07751 481332 (BS mobile)
First Aid cover	Name of first aider Mary Carrick/Brian Slater	Located where? Registration

The Risk Assessment (Hull Old Town and Marin)

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 Water Wire / ruined fences Uneven surfaces on the course Slippery surfaces Traffic	Low risk – medium/high severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – medium/high severity	The rivers/docks are clearly marked on the map and can only be crossed at the marked bridges. Most of the sides are fenced but not all. Warning to be given to competitors at the start. (Responsibility – Organiser). All known ruined fences are marked on the map. Competitors aware – some cobbled surfaces. Warnings to participants about slippery ground if required. All courses will cross roads, competitors to be warned. Longer routes planned so that Castle Street is crossed via the underpasses.
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		
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<p>Pedestrians/Cyclists/Dog walkers</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 around corners, etc.</p> <p>Marshal/s will be positioned appropriately for the Junior courses.</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>Organiser (BS) to check weather forecast prior to event</p> <p>Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor i.e. thunderstorms..</p> <p>Advise participants to be hydrated. (Organiser)</p> <p>For the longer courses if the day is predicted to be warm, participants should take liquids with them if they are likely to be out running for 1 hour or more.</p>
<p>Equipment</p> <p>Computer equipment – meeting room</p> <p>Night event</p>	<p>Low risk - low/medium severity</p> <p>Low risk - low/medium severity</p>	<p>Cabling to be kept tidy, all connections to be secure.</p> <p>High Viz and torch compulsory.</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