

## 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.



<b>Name of Club / satellite club name / after school club</b>		Humberside and Lincolnshire Orienteers	
<b>Name of person completing this form</b>	Neil Harvatt (404941)	<b>Position of person completing this form (coach, organiser etc)</b>	Organiser
<b>Venue for session / event / activity</b>	Humber Bridge Country Park	<b>Date for session / event / activity</b>	Thursday November 21 <sup>st</sup> 2013 (after dark – 6pm to 8pm)
<b>Name of person in charge of session / event / activity</b>		Paul Simmons	
<b>Risk assessment signed</b>		<b>Risk assessment dated</b>	15 <sup>th</sup> November 2013
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc):</b>		N Harvatt
	<b>Sign and date:</b>		15 November 2013.

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> Grid Ref TA 021 254 Country Inn post code HU13 0HB	<b>Place from which signed:</b> The Country Park Inn, Cliff Road, Hessle Foreshore
<b>Nearest A&amp;E hospital:</b>	<b>Name and Post code:</b> Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	<b>Map available (where):</b> Registration (NH's Green file)
<b>Working telephone:</b>	<b>Landline or mobile:</b> <b>If mobile (reception checked?)</b> Planner's mobile has reception on the site	<b>Number:</b> <b>07800-784255</b> (NH mobile)
<b>First Aid cover</b>	<b>Name of first aider:</b> Neil Harvatt/Brian Slater	<b>Located where?</b> At Registration

**The Risk Assessment** (Humber Bridge Country Park Thursday November 21<sup>st</sup> 2013 – evening event 6pm to 8pm (after dark))

**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"> <li>• What control measure?</li> <li>• Who is responsible?</li> </ul>
<p><b>In area to be used (indoor / outdoor):</b> Outdoors</p> <p style="padding-left: 40px;">Slopes</p> <p style="padding-left: 40px;">Water</p> <p style="padding-left: 40px;">Wire / ruined fences</p> <p style="padding-left: 40px;">Uneven surfaces on the course</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>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>Competitors aware of position of slopes - they are marked on the map with standard symbols. (Resp – Mapper NH) Controls will not be placed on slopes, all activities to be confined to the lower areas of the country park..(Resp – Planner)</p> <p>The two ponds in the northern 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>No vehicular access to the country park at this time of night.</p>
<p><b>Participants</b></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, with working head torches.</p> <p>First Aid Kit at registration, phone ambulance if required.</p> <p>Register maintained of starters, search procedure implemented if required.</p>

<p><b>Other people/activities in area</b></p> <p>Dog walkers</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p>	<p>Unlikely at this time of night – competitors to be made aware of possibility.</p> <p>Young inexperienced runners to be accompanied. Advise not to talk to strangers unless wearing yellow BOF bib.</p>
<p><b>Weather</b></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 17 Nov, expected weather – min temp 3 degrees, 70% chance of rain)</p>
<p><b>Equipment</b></p> <p>Computer equipment in Inn</p> <p>Stakes (pointed end to go in ground)</p>	<p>Low risk - low/medium severity</p> <p>Low Risk – Low severity</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.**

<p><b>Area to be used: Indoors</b></p> <ul style="list-style-type: none"> <li>• Floor surface</li> <li>• Other equipment/obstacles</li> <li>• Shared use (dining room / other activities)</li> </ul>	<p><b>Area to be used: Outdoors</b></p> <ul style="list-style-type: none"> <li>• Uneven surfaces</li> <li>• Slopes/steps</li> <li>• Slippery surfaces</li> <li>• Tree roots/branches</li> <li>• Vegetation (prickly, stinging)</li> <li>• Wire / ruined fences</li> <li>• Walls to be climbed</li> <li>• Litter (glass, used needles)</li> <li>• Water (streams, rivers, ponds)</li> <li>• Cliffs / crags</li> <li>• Traffic (including road crossings)</li> <li>• Rail / tram lines</li> <li>• Mineshafts / caves</li> <li>• Military debris</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Pencils in hand when running</li> <li>• Pin punches</li> <li>• Cane tops</li> <li>• Tent guys</li> <li>• Electrical equipment – cables</li> <li>• Generators</li> <li>• Cooking equipment</li> </ul>
<p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Clothing / shoes</li> <li>• Existing medical conditions</li> <li>• Unexpected reactions/allergies</li> <li>• Disorientation</li> <li>• Tiredness</li> </ul>	<p><b>Other people / activities in area:</b></p> <ul style="list-style-type: none"> <li>• Walking dogs</li> <li>• Cyclists</li> <li>• Horse riders</li> <li>• Forestry operations</li> <li>• Park maintenance</li> <li>• Shooting / archery</li> <li>• Golf</li> <li>• Stranger danger</li> </ul>	<p><b>Weather:</b></p> <ul style="list-style-type: none"> <li>• Cold / heat</li> <li>• Rain / snow / hail</li> <li>• Excessive wind</li> <li>• Lightning</li> </ul>