

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	King George V Playing Fields, Cottingham BOF Reg No 2017 - 71884	Date for session / event / activity	Tuesday January 31st 2017 5pm to 8pm (after dark)
Name of person in charge of session / event / activity		Neil Harvatt	
Risk assessment signed		Risk assessment dated	26 th January 2017
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: Grid Ref TA044333 HU16 5QW	Place from which signed: Northgate entrance
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	Map available (where): Registration Car
Working telephone:	Landline or mobile: If mobile (reception checked?) Signal to be checked prior to event.	Number: 07980 906994 (PS mobile)
First Aid cover	Name of first aider: Neil Harvatt/ Brian Slater	Located where? At Registration Car

The Risk Assessment (King George V Playing Fields, Cottingham, Tuesday January 31st 2017)

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: 20px;">Slopes</p> <p style="padding-left: 20px;">Water</p> <p style="padding-left: 20px;">Wire / ruined fences</p> <p style="padding-left: 20px;">Uneven surfaces on the course Uneven surfaces Car park, etc</p> <p style="padding-left: 20px;">Undergrowth/tree branches</p> <p style="padding-left: 20px;">Slippery surfaces</p> <p style="padding-left: 20px;">Traffic</p>	<p>Low risk – low/medium severity</p> <p>Low/medium risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity 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 –medium/high severity</p>	<p>Short steep slopes in the Cyclo-Cross area. They are marked on the map in standard symbols. (Resp – Mapper NH)</p> <p>The positions of the open shallow watercourses are clearly indicated on the map. Competitors will be made aware of their existence and the need for them not to be crossing them (Resp- Planner PS)</p> <p>All known fences and ruined fences are marked on the map.</p> <p>Competitors aware – all events have uneven surfaces If in car-park, notice posted in final details (Responsibility – Planner PS)</p> <p>Competitors aware – all events in wooded areas have branches/undergrowth.</p> <p>Warnings to participants about slippery ground.</p> <p>No vehicular access to the playing fields at this time of the evening.</p>
<p>Participants</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, including head torches and hi-viz clothing.</p> <p>First Aid Kit at registration, phone ambulance if required.</p> <p>Register maintained of starters, search procedure implemented if required.</p>

Other people/activities in area		
Dog walkers	Low risk - low severity	Unlikely at this time of night - competitors to be made aware of possibility. (Organiser – NH)
Stranger Danger	Low risk – high severity	Young inexperienced runners to be accompanied. Advise not to talk to strangers unless wearing yellow BOF bib.
Weather		
Bad weather (wet/cold)	Medium risk - medium severity	Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor.
Heat	Low risk - medium severity	Advise participants to be hydrated. (Planner) Planner (PS) to check weather forecast prior to event
Equipment		
Computer equipment in car Stakes (pointed to go in ground)	Low risk - low/medium severity Low Risk – Low severity	Cabling to be kept tidy, all connections to be secure. Anyone carrying them to be advised to carry point down.

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