

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 | | HALO Humberside & Lincolnshire Orienteers | |
| Name of person completing this form | Brian Slater | Position of person completing this form (coach, organiser etc) | Named Organiser |
| Venue for session / event / activity | Healing Manor Hotel & Grounds | Date for session / event / activity | 21/06/2017 |
| Name of person in charge of session / event / activity | | Brian Slater | |
| Risk assessment signed | <i>BSlater</i> | Risk assessment dated | 20/06/2017 |
| Risk assessment checked by (name, position and date) | Print name & position (coach mentor, controller etc): Pete Harris - controller | | |
| | 21/06/2017 | | |

Emergency Information

| | | |
|--|--|---|
| Emergency access point (for emergency vehicles) | Post code / grid reference: TA214101 DN417QF | Place from which signed: Healing Manor Hotel |
| Nearest A&E hospital: | Name and Post code: DN33 0AZ Grimsby Diana Princess of Wales 01472 874111 | Map available (where): Registration in the Car Park |
| Working telephone: | Landline or mobile: If mobile (reception checked?) YES | Number: 07751 481332 |
| First Aid cover | Name of first aider: Mary Carrick/Neil Harvatt/Mary Vickers | Located where? @ Registration Overflow car park |

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? |
|---|--|--|
| <p>In area to be used (indoor / outdoor): Uneven ground Bushes brambles, trees, twigs.</p> <p>Nettles and thistles</p> <p>Uncrossable Bridges</p> <p>Some marked crossings have barbed wire but the fence is flat on the ground (ruined)</p> <p>Disorientation</p> | <p>Tripping likely but not usually severe Scratches to legs etc Eye damage These are prolific in the rough open area. Full leg protection is advised. Falling in the moat or a stream can be life threatening. Tripping Scratches</p> <p>Getting lost</p> | <p>{Participants are warned of hazards) Participants take part at their own risk.</p> <p>Wear leg protection, gaiters, long socks Competitors warned at Start One bridge only in the grounds is serviceable. All others are marked as un crossable Warnings at start.</p> <p>Travel East to the main road, turn right & right again – the car park is on to the left of the Hotel buildings.</p> |
| <p>Participants All ages Junior (with Asthma)</p> | <p>Young children could get lost Junior could get short of breath even gasping for breath.</p> | <p>Juniors (inexperienced) may be accompanied by adults parents make the judgement Check junior has 'inhaler' Courses are planned so that Juniors can use paths to get to their controls.</p> |
| <p>Other people/activities in area Dog walkers Ramblers/strangers</p> | <p>Dog bites</p> | <p>People warned not to associate with dogs unless knowledgeable on canines. If in doubt stand still and await the owner's response.</p> |
| <p>Weather Rain Heat</p> | <p>Thunder and lightening Exposure</p> | <p>Cancellation-meet at Car park for roll call.First aid and hospital Check that clothing is appropriate</p> |
| <p>Equipment Tent pegs</p> | <p>Being tripped/spiked</p> | <p>Competitors must exhibit common sense.</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 |