

## 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  | <b>Position of person completing this form (coach, organiser etc)</b> | Organiser                              |
| <b>North Bransholme</b>                                       | North Bransholme: road, paths and open spaces   | <b>Date for session / event / activity</b>                            | Tuesday, 10 <sup>th</sup> October 2017 |
| <b>Name of person in charge of session / event / activity</b> |   | Neil Harvatt  |  |
| <b>Risk assessment signed</b>                                 |   | <b>Risk assessment dated</b>  | 8 <sup>th</sup> October 2017           |
| <b>Risk assessment checked by (name, position and date)</b>   | <b>Print name &amp; position (coach mentor, controller etc):</b> Neil Harvatt (Coach) |   |  |
|   | <b>Sign and date:</b>   |   |  |

### Emergency Information

|  |   |   |
|--|---|---|
| <b>Emergency access point (for emergency vehicles)</b> | <b>Post code / grid reference:</b><br>N Bransholme Community Centre, HU75DD<br>(01482-330410)                     | <b>Place from which signed:</b>                           |
| <b>Nearest A&amp;E hospital:</b>                       | <b>Name and Post code:</b><br>Hull RI, Anlaby Road, Hull. HU3 2JZ   | <b>Map available (where):</b><br>With Planner (NH)        |
| <b>Working telephone:</b>                              | <b>Landline or mobile:</b><br><b>If mobile (reception checked?)</b><br>Planner's mobile has reception on the site | <b>Number:</b><br><b>07800-784255</b> (NH mobile)         |
| <b>First Aid cover</b>                                 | <b>Name of first aider:</b><br>Neil Harvatt/Brian Slater/Mary Carrick   | <b>Located where?</b><br>Pennine Rambler Community Centre |

**The Risk Assessment** (North Bransholme, 10<sup>th</sup> October 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.**

| <b>Hazard – note under these headings (see suggested examples to consider)</b>   | <b>Possible outcome / injury including note on severity and likelihood of occurrence</b>   | <b>Mitigation</b> <ul style="list-style-type: none"> <li>• <b>What control measure?</b></li> <li>• <b>Who is responsible?</b></li> </ul>  |
|--|--|---|
| <b>In area to be used (indoor / outdoor):</b><br>Outdoors<br><br>Wire / ruined fences<br><br>Uneven surfaces on the course<br>Uneven surfaces Car park, etc<br><br>Undergrowth/tree branches<br><br>Slippery surfaces<br><br>Traffic | Low risk – low/medium severity<br><br>Low risk – low/medium severity<br>Low risk – low/medium severity<br><br>Low risk – low/medium severity<br><br>Low risk – low/medium severity<br><br>Low risk – low/medium severity | All known ruined fences are marked on the map.<br><br>Competitors aware – all events have uneven surfaces<br><br>Not a significant issue<br><br>Warnings given at start if it is felt conditions underfoot require this.<br><br>All courses will cross roads, competitors will be warned. No Under 16's to be allowed to compete unaccompanied by an adult. |
| <b>Participants</b><br>Clothing/shoes/equipment<br><br>Unexpected reactions/allergies<br><br>Competitors not returning   | Low risk - low severity<br><br>Low risk - low severity<br><br>Low risk - high severity   | Competitors checked by Starter that they are correctly equipped.<br><br>First Aid Kit at registration, phone ambulance if required.<br><br>Register maintained of starters, search procedure implemented if required.   |
| <b>Other people/activities in area</b><br><br>Dog walkers/pedestrians etc  | Low risk - low severity  | Competitors to be made aware: take care running round corners etc. To be advised to be aware of traffic.  |

|  |                                |   |
|--|--------------------------------|---|
| Stranger Danger                          | Low risk – high severity       | No under 16's to be unaccompanied.  |
| <b>Weather</b><br>Bad weather (wet/cold) | Medium risk - medium severity  | Check clothing is appropriate for weather. (Starter)<br>Cancel event if conditions poor.<br>Planner (NH) to check weather forecast prior to event   |
| Darkness                                 | Medium Risk- medium severity   | Competitors and equipment collectors to have headtorches if starting out late.<br>Competitors starting late will be advised to wear Hi Viz apparel. |
| Heat                                     | Low risk - medium severity     | Advise participants to be hydrated. (Organiser)   |
| <b>Equipment</b><br>Computer equipment   | Low risk - low/medium severity | Cabling to be kept tidy, all connections to be secure.  |

**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>• 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>  |