

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	Neil Harvatt	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Beverley Westwood	Date for session / event / activity	Saturday December 9th 2017
Name of person in charge of session / event / activity		Paul Simmons	
Risk assessment signed		Risk assessment dated	8-Dec-2017
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): P Harris (Controller)		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA 017396	Place from which signed: Beverley Racecourse Grandstand
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	Map available (where): Registration area (Annual Badgeholders Building)
Working telephone:	Landline or mobile: If mobile (reception checked?) Planner's mobile has reception on the site	Number: 07800-784255 (NH mobile)
First Aid cover	Name of first aider: Neil Harvatt/Brian Slater/Mary Carrick/Alex Gymer/Mary Vickers	Located where? In Registration Area

The Risk Assessment (Beverley Westwood, Saturday December 9th 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: 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) Only the longer course will run on the slopes, competitors not allowed to start this course unless wearing appropriate footwear.</p> <p>One flooded area to the North East of map, courses that cross this area use a permanent bridge.</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 snowy conditions</p> <p>All competitors cross main road to get to the Starts. The Medium and Long courses have unmarshalled crossings, U-16's will not be allowed on these courses. The Novice and Short Courses do not cross roads. All roads will have 'Caution Runners' signs in place.</p>
<p>Participants Clothing/shoes/equipment Unexpected reactions/allergies</p>	<p>Low risk - low severity Low risk - low severity</p>	<p>Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required.</p>

Competitors not returning	Low risk - high severity	Register maintained of starters, search procedure implemented if required.
Other people/activities in area		
Dog walkers	Low risk - low severity	Competitors to be made aware.
Stranger Danger	Low risk – high severity	Young inexperienced runners to be shadowed or 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) Check lights working OK (Night Event) Whistles to be compulsory. Cagoules may be compulsory if weather conditions dictate. Hot soup provided to finishers Cancel event if conditions poor. Organiser (NH) to check weather forecast prior to event (As at 8 Dec, expected weather – very cold, snow not expected until the following morning)
Equipment Computer equipment t 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