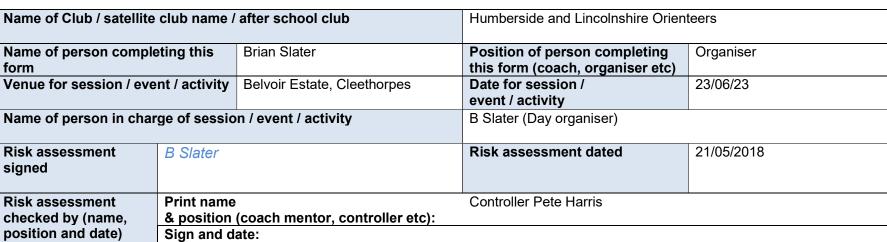
## **Risk Assessment for Orienteering**

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.

form



Emergency access point (for emergency vehicles)	Post code / grid reference: Registration, RUFC, Taylors Ave, Cleethorpes North East Lincolnshire DN35 0LJ Grid Ref TA303075 (link).	Place from which signed: Hewitts Circus, Cleethorpes
Nearest A&E hospital:	Name and Post code: Grimsby DN33 2BA (Scartho Road) 01472- 874111	Map available (where): With organiser at Registration
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07751 481332 (B Slater mobile) 07834 740176 (P Harris mobile)
First Aid cover	Name of first aider: Neil Harvatt/Brian Slater/Mary Carrick/Mary Vickers	Located where? Registration, RUFC



## 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> <li>What control measure?</li> <li>Who is responsible?</li> </ul>
In area to be used (indoor / outdoor): Outdoors		
Traffic	Low risk – medium/high severity	All courses will cross roads, competitors to be warned.
Uneven surfaces on the course	Low risk – low/medium severity	Competitors aware – all events have uneven surfaces
Undergrowth/tree branches	Low risk – low/medium severity	Competitors aware – not a significant issue.
Water/Buck's Beck	Low risk – low/medium severity	Competitors to be made aware
Slippery surfaces	Low risk – low/medium severity	Warnings to participants about slippery ground if required.
Participants Clothing/shoes/equipment	Low risk - low severity	Competitors checked by Starter that they are correctly equipped.
		First Aid Kit at registration, phone ambulance if required.
Unexpected reactions/allergies	Low risk - low severity	Register maintained of starters, search procedure implemented if required.
Competitors not returning	Low risk - high severity	

Other people/activities in area		
Pedestrians/dog walkers/cyclists, etc	Low risk - low severity	Competitors to be warned to take care running round corners, etc. To be advised to look up frequently to avoid traffic and other collisions.
Stranger Danger	Low risk – high severity	Competitors should give way to other users of footpaths and covered walkways etc. Random Checks & 'following' when U16's competing.
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. (Organiser)
		Organiser (BS) to check weather forecast prior to event (As at 21 June, expected weather –Warm & Dry, 15°C – no problems anticipated)
Equipment 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.

Area to be used: Indoors	Area to be used: Outdoors	Equipment:
Floor surface	Uneven surfaces	<ul> <li>Pencils in hand when running</li> </ul>
<ul> <li>Other equipment/obstacles</li> </ul>	<ul> <li>Slopes/steps</li> </ul>	Pin punches
<ul> <li>Shared use (dining room / other activities)</li> </ul>	Slippery surfaces	Cane tops
	Tree roots/branches	Tent guys
	<ul> <li>Vegetation (prickly, stinging)</li> </ul>	<ul> <li>Electrical equipment – cables</li> </ul>
	Wire / ruined fences	Generators
	Walls to be climbed	Cooking equipment
	<ul> <li>Litter (glass, used needles)</li> </ul>	
	<ul> <li>Water (streams, rivers, ponds)</li> </ul>	
	Cliffs / crags	
	<ul> <li>Traffic (including road crossings)</li> </ul>	
	Rail / tram lines	
	<ul> <li>Mineshafts / caves</li> </ul>	
	Military debris	
Participants:	Other people / activities in area:	Weather:
Clothing / shoes	Walking dogs	Cold / heat
<ul> <li>Existing medical conditions</li> </ul>	Cyclists	Rain / snow / hail
<ul> <li>Unexpected reactions/allergies</li> </ul>	Horse riders	Excessive wind
<ul> <li>Disorientation</li> </ul>	<ul> <li>Forestry operations</li> </ul>	Lightning
Tiredness	Park maintenance	
	<ul> <li>Shooting / archery</li> </ul>	
	Golf	
	<ul> <li>Stranger danger</li> </ul>	