

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 (404941)	Position of person completing this form (coach, organiser etc.)	Organiser
Venue for session / event / activity	Humber Bridge Country Park	Date for session / event / activity	Saturday October 6 2018
Name of person in charge of session / event / activity		Neil Harvatt	
Risk assessment signed		Risk assessment dated	5 Oct 2018
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc.):		N Harvatt
	Sign and date:		5 th October 2018

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA 021 254 (Country Inn post code HU13 0HB)	Place from which signed: The Old Mill Car Park, Cliff Road, Hessle Foreshore
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	Map available (where): Registration Area
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception checked on site on previous event.	Number: 07800784255 NH mobile)
First Aid cover	Name of first aider: Neil Harvatt/Mary Carrick/ Brian Slater	Located where? At Registration

The Risk Assessment (Humber Bridge Country Park Saturday October 6th 2018 (11am to 2:30pm)

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>There are steep slopes and cliffs in the Park. Competitors aware of position of cliffs and slopes - they are marked on the map with standard symbols. (Resp – Mapper NH) The upper areas can be reached by steps. The slopes and the upper level are not used for control locations for this event.</p> <p>The two ponds in the northern part are clearly marked on the map. The water levels are lower than normal</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 wet conditions</p> <p>No vehicular access to the country park.</p>
<p>Participants Clothing/shoes/equipment Unexpected reactions/allergies Competitors not returning</p>	<p>Low risk - low severity Low risk - low severity Low risk - high severity</p>	<p>Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required. Register maintained of starters, search procedure implemented if required.</p>

<p>Other people/activities in area</p> <p>Dog walkers</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p>	<p>Competitors to be made aware of possibility of other park users..</p> <p>Young inexperienced runners to be accompanied. Advise not to talk to strangers.</p>
<p>Weather</p> <p>Bad weather (wet/cold)</p> <p>Heat</p>	<p>Medium risk - medium severity</p> <p>Low risk - medium severity</p>	<p>Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor.</p> <p>Advise participants to be hydrated. (Organiser)</p> <p>Organiser (NH) to check weather forecast prior to event (As at 5 Oct, expected weather – wet and around 10degrees)</p>
<p>Equipment</p> <p>Computer equipment in tent</p> <p>Stakes (pointed end to go in ground)</p>	<p>Low risk - low/medium severity</p> <p>Low Risk – Low severity</p>	<p>Cabling to be kept tidy, all connections to be secure.</p> <p>Anyone carrying them to be advised to carry point down.</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