

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)	Organiser
Venue for session / event / activity	Gainsborough Urban	Date for session / event / activity	20/10/2018
Name of person in charge of session / event / activity		Brian Slater	
Risk assessment signed	<i>BSlater</i>	Risk assessment dated	19/10/2018
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): Pete Harris - Controller		
	Signed TBA		

Emergency Information :

Emergency access point (for emergency vehicles)	Post code / grid reference: Gainsborough Uphill Community Centre Riseholme Road, Gainsborough, Lincolnshire DN21 1NJ.	Place from which signed: Park Springs Road
Nearest A&E hospital:	Name and Post code: (minor injuries only – no xray) John Coupland Hospital, Ropery Road, Gainsborough, Lincolnshire, DN21 2TJ Scunthorpe General Hospital, Cliff Gardens Scunthorpe, North Lincolnshire DN15 7BH Lincoln County Hospital 01522 512512 Greetwell Road , Lincoln, Lincolnshire, LN2 5QY	Map available (where): With organiser at Registration

Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07751481332 (BS mobile)
First Aid cover	Name of first aider: any one of: - Neil Harvatt/Mary Carrick/Mary Vickers/Brian Slater	Located where? Registration

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): Outdoors Traffic</p> <p>Wire / ruined fences</p> <p>Uneven surfaces on the course</p> <p>Undergrowth/tree branches</p> <p>Water/River</p> <p>Slippery surfaces/possibly dew</p> <p>Some debris and glass in some areas.</p> <p>Some 'Rough Open' on longer courses, generally a choice to use paths – wet from recent rain..</p> <p>A631 out of bounds.</p>	<p>Low risk – medium/high 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 – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>No risk this is OOBs</p>	<p>All courses will cross roads, competitors to be warned. Short Course mainly on paths and parkland area. One main crossing for Short Course – signs out & managed from Start, (marshalled).</p> <p>All known ruined fences are marked on the map.</p> <p>Competitors aware – all events have uneven surfaces</p> <p>Competitors aware – not a significant issue.</p> <p>Competitors to be made aware</p> <p>Warnings to participants about slippery ground if required.</p> <p>Participants warned at the start</p> <p>Cross-Trail shoes recommended for courses A & B.</p> <p>Officially OOBs Marked on the map.</p>
<p>Participants Clothing/shoes/equipment</p> <p>Unexpected reactions/allergies</p>	<p>Low risk - low severity</p> <p>Low risk - low severity</p>	<p>Competitors checked by Starter that they are correctly equipped. (Advised to wear reflective clothing and take head torches if darkness is looming)</p> <p>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		
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. Random Checks & ‘following’ when U16’s competing.
Human collisions exiting/entering narrow passages	Low	Warnings at start line
Weather		
If Darkness is looming	Low risk - low severity	None.
Bad weather (wet/cold)	Medium risk - medium severity	Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor.
Heat	Medium risk - medium severity	Advise participants to be hydrated. (Organiser) Organiser (BS) to check weather forecast prior to event (As at 19 Oct expected weather –Warm & Dry, 10°C)
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.

<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