

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	Brian Slater	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Beverley Westwood	Date for session / event / activity	Sunday 13 th Dec 2015
Name of person in charge of session / event / activity		B Slater	
Risk assessment signed	<i>B Slater</i>	Risk assessment dated	11/12/2015
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		John Butler
	11/12/2015		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA 023 396	Place from which signed: Junction of Newbald and York Roads
Nearest A&E hospital:	Name and Post code: Hull Royal Infirmary (Anlaby Road) (HU3 2JZ) (01482-875875)	Map available (where): Registration Longcroft School
Working telephone:	Landline or mobile: If mobile (reception checked?) Planner's mobile has reception on the site	Number: 07751481322 (B Slater) Also 07800 784255 (Neil Harvatt mobile)
First Aid cover	Name of first aider: Neil Harvatt/Mary Carrick/B Slater	Located where? At 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 Slopes</p> <p>Water</p> <p>Wire / ruined fences</p> <p>Uneven surfaces on the course</p> <p>Undergrowth/tree branches</p> <p>Slippery surfaces</p> <p>Traffic</p> <p>Indoors Christmas Tree Dash</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>Low Risk – Low severity</p>	<p>Competitors aware of position of slopes - they are marked on the map with standard symbols. (Resp – Mapper NH) Only the technical course will run on the slopes, competitors not allowed to start this course unless wearing appropriate footwear.</p> <p>One potentially 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>Only the longer courses to cross roads. Courses for unaccompanied children do not cross roads. Indoor shoes required and all cables taped to the floor. Warnings re-Participant collisions</p>
<p>Participants Clothing/shoes/equipment Unexpected reactions/allergies</p> <p>Competitors not returning</p>	<p>Low risk - low severity</p> <p>Low risk - low severity</p> <p>Low risk - high severity</p>	<p>Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required.</p> <p>Register maintained of starters, search procedure implemented if required.</p>

<p>Other people/activities in area</p> <p>Dog walkers</p> <p>Golfers</p> <p>Stranger Danger</p>	<p>Low risk - low severity</p> <p>Low risk – high severity</p> <p>Low risk – high severity</p>	<p>Competitors to be made aware.</p> <p>Position of fairways marked on map, competitors made aware Courses planned to cross fairways at right angles.</p> <p>Young inexperienced runners to be shadowed or accompanied. Advise not to talk to strangers unless wearing yellow BOF bib.</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 if weather is hot. (Organiser)</p> <p>Organiser (BS) to check weather forecast prior to event (As at 11th Dec., expected weather – dry but cold),</p>
<p>Equipment</p> <p>Computer equipment in tent</p> <p>Guy ropes on tent (trip hazard)</p> <p>Stakes (pointed to go in ground)</p>	<p>Low risk - low/medium severity</p> <p>Low Risk – Low severity</p> <p>Low Risk – Low severity</p>	<p>Cabling to be kept tidy, all connections to be secure. Red/white tape tied to ropes if likely to be trip hazard. 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