

### 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.

<b>Name of Club / satellite club name / after school club</b>		HALO Humberside & Lincolnshire Orienteers	
<b>Name of person completing this form</b>	Brian Slater	<b>Position of person completing this form (coach, organiser etc)</b>	Named Organiser
<b>Venue for session / event / activity</b>	Pillar Wood	<b>Date for session / event / activity</b>	
<b>Name of person in charge of session / event / activity</b>		Brian Slater/ Ken Hutson	
<b>Risk assessment signed</b>	<i>BSlater</i>	<b>Risk assessment dated</b>	2/10/2016
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc):</b> B Slater named Organiser; Day organiser Ken Hutson		
	2/10/2016		

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> TA126033 (B Road1225) <b>LN7 6RP</b>	<b>Place from which signed:</b> Cabourne Lodge
<b>Nearest A&amp;E hospital:</b>	<b>Name and Post code:</b> DN33 0AZ Diana Princess of Wales 01472 874111	<b>Map available (where):</b> Registration
<b>Working telephone:</b>	<b>Landline or mobile:</b> <b>If mobile (reception checked?)</b> <b>YES</b>	<b>Number:</b> Ken 07748763368
<b>First Aid cover</b>	<b>Name of first aider:</b> Mary Carrick/Neil Harvatt	<b>Located where?</b> @ Registration Pelham's Pillar

## 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"> <li>• What control measure?</li> <li>• Who is responsible?</li> </ul>
<b>In area to be used (indoor / outdoor):</b> Uneven ground Bushes brambles, trees, twigs  Water, ditches, boggy areas Disorientation	Tripping likely but not usually severe Scratches to legs etc Eye damage Wet feet. Getting lost	{Participants are warned of hazards) Participants take part at their own risk. Wear leg protection, gaiters, long socks Change footwear Travel South to field edge turn right – the car park is on the main forest road next to the Pillar.
<b>Participants</b> All ages Junior (with Asthma)	Young children could get lost Junior could get short of breath even gasping for breath	Juniors (inexperienced) may be accompanied by adults parents make the judgement Check junior has ‘inhaler’
<b>Other people/activities in area</b> Dog walkers Ramblers/strangers Cyclists	Dog bites  Collision causing scratches bruises	People warned not to associate with dogs unless knowledgeable on canines. If in doubt stand still and await the owner’s response. People warned beware cyclists although cycling is rare in these woods.
<b>Weather</b> Snow Rain	If lots of snow - stops access Thunder and lightening Exposure	Cancellation Cancellation-meet at Car park for roll call First aid and hospital Check that clothing is appropriate
<b>Equipment</b> Tent pegs Generator	Being tripped/spiked Electric shock or inhalation of fumes	People warned re ‘tent pegs’. Barrier tape and fence poles around and electric wire marked. To be placed down-wind of people congregating

**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><b>Area to be used: Indoors</b></p> <ul style="list-style-type: none"> <li>• Floor surface</li> <li>• Other equipment/obstacles</li> <li>• Shared use (dining room / other activities)</li> </ul>	<p><b>Area to be used: Outdoors</b></p> <ul style="list-style-type: none"> <li>• Uneven surfaces</li> <li>• Slopes/steps</li> <li>• Slippery surfaces</li> <li>• Tree roots/branches</li> <li>• Vegetation (prickly, stinging)</li> <li>• Wire / ruined fences</li> <li>• Walls to be climbed</li> <li>• Litter (glass, used needles)</li> <li>• Water (streams, rivers, ponds)</li> <li>• Cliffs / crags</li> <li>• Traffic (including road crossings)</li> <li>• Rail / tram lines</li> <li>• Mineshafts / caves</li> <li>• Military debris</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Pencils in hand when running</li> <li>• Pin punches</li> <li>• Cane tops</li> <li>• Tent guys</li> <li>• Electrical equipment – cables</li> <li>• Generators</li> <li>• Cooking equipment</li> </ul>
<p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Clothing / shoes</li> <li>• Existing medical conditions</li> <li>• Unexpected reactions/allergies</li> <li>• Disorientation</li> <li>• Tiredness</li> </ul>	<p><b>Other people / activities in area:</b></p> <ul style="list-style-type: none"> <li>• Walking dogs</li> <li>• Cyclists</li> <li>• Horse riders</li> <li>• Forestry operations</li> <li>• Park maintenance</li> <li>• Shooting / archery</li> <li>• Golf</li> <li>• Stranger danger</li> </ul>	<p><b>Weather:</b></p> <ul style="list-style-type: none"> <li>• Cold / heat</li> <li>• Rain / snow / hail</li> <li>• Excessive wind</li> <li>• Lightning</li> </ul>