
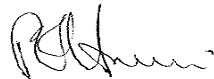


Risk Assessment for Orienteering

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	Isoldt Harris	Position of person completing this form (coach, organiser etc)	Planner
Venue for session / event / activity	Willingham Woods	Date for session / event / activity	April 18 th 2018
Name of person in charge of session / event / activity		Isoldt Harris	
Risk assessment signed		Risk assessment dated	April 12 th 2018
Risk assessment checked by (name, position and date)	Print name P HARRIS & position (controller etc): 		
	Date: April 12 th 2018		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TF131892 Post Code LN8 3RQ	Place from which signed: A631 – Picnic Site/Cafe entrance
Nearest A&E hospital:	Name and Post code: Scunthorpe DN157BH (Cliff Gardens) 01724-282282 Grimsby DN33 2BA (Scarcho Road) 01472-874111	Map available (where): Registration (PH's file)
Working telephone:	Landline or mobile: If mobile (reception checked?) Signal to be checked prior to event.	Number: 07484 639477 (PH mobile) 079200 40679 (IH mobile)
First Aid cover	Name of first aider:	Located where?

<p>Participants Clothing/shoes/equipment Unexpected reactions/allergies</p> <p>Competitors not returning</p> <p>Novice Competitors</p>	<p>Low risk - low severity Low risk - low severity</p> <p>Low risk - high severity</p> <p>Low Risk- medium 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 Coaches available prior to starting – one course designed specifically for novices</p>
<p>Other people/activities in area General public expected in area</p> <p>Motor Cycles</p> <p>Forestry activity</p>	<p>Low risk – medium severity</p> <p>Medium risk – medium severity</p> <p>Low risk – Medium severity</p>	<p>Dog Walkers and Mountain Bike Riders</p> <p>Courses planned away from possible conflicted areas. Start and Finish 100m away from area where they congregate.</p> <p>Courses planned away from any areas of activity. FC signage in place for any areas of current activity. Courses in evening outside of normal working hours. Competitors advised not to climb log stacks</p>
<p>Weather Bad weather (wet/cold)</p>	<p>Low risk - medium severity Low risk - medium severity</p>	<p>Check clothing is appropriate for weather. (Starter) Advise participants to be hydrated. (Organiser)</p>
<p>Equipment Computer equipment in use</p>	<p>Low risk - low/medium severity</p>	<p>Cabling to be kept tidy, all connections to be secure.</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