

## **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 complet form	ting this	Isoldt Harris	Position of person completing this form (coach, organiser etc)	Planner
Venue for session / ever	nt / activity	Willingham Woods	Date for session / event / activity	April 18 <sup>th</sup> 2018
Name of person in charg	ge of sessio	n / event / activity	Isoldt Harris	
Risk assessment signed	1 Mt	anit	Risk assessment dated	April 12 <sup>th</sup> 2018
		P HARRIS (controller etc):		
	Date: April	12 <sup>th</sup> 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:	Map available (where):
	Scunthorpe DN157BH (Cliff Gardens) 01724-282282 Grimsby DN33 2BA (Scartho Road) 01472- 874111	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?

	Neil Harvatt/ Brian Slater/ Mary Carrick/ Jackie	At Registration Point
	Edwards / PH	

The Risk Assessment (Willingham Woods April 18<sup>th</sup> 2018)
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  • What control measure?  • Who is responsible?
In area to be used (indoor / outdoor): Outdoors Slopes Ditches/Ponds Fences )	Low risk – low/medium severity	Competitors aware of position of Slopes, Ponds, Fences, etc. They are marked on Map with standard symbols. (Responsibility – Mapper BS) Courses planned to avoid the worst of these (Responsibility – Planner I Harris).
Debris in woods	Low risk – low/medium severity	Competitors informed at Start, Routes planned to avoid worst areas, Event planned in April as a lot less undergrowth.
Uneven surfaces on the course Uneven surfaces Car park, etc	Low risk – low/medium severity	Competitors aware – all events have uneven surfaces If in car-park, notice posted in final details (Responsibility – Organiser IH)
Undergrowth/tree branches	Low/medium risk – low severity	Competitors aware – standard for Orienteering Events
Slippery surfaces	Low risk – low/medium severity	Some areas waterlogged & tracks slippery - Competitors aware – standard for Orienteering Events
Traffic on site	Medium risk - Medium severity	Motor Cycles in vicinity near entrance to and in adjacent Car Park  Competitors cars arriving / leaving designated parking area Parking in designated areas. Courses planned to avoid access / exit route.  (Competitors warned prior to event in final instructions Responsibility Organiser - IH)

Participants Clothing/shoes/equipment Unexpected reactions/allergies	Low risk - low severity Low risk - low severity	Competitors checked by Starter that they are correctly equipped. First Aid Kit at registration, phone ambulance if required.
Competitors not returning	Low risk - high severity	Register maintained of starters, search procedure implemented if required
Novice Competitors	Low Risk- medium severity	Coaches available prior to starting – one course designed specifically for novices
Other people/activities in area		
General public expected in area	Low risk – medium severity	Dog Walkers and Mountain Bike Riders
Motor Cycles	Medium risk – medium severity	Courses planned away from possible conflicted areas. Start and Finish 100m away from area where they congregate.
Forestry activity	Low risk – Medium severity	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
Weather		
Bad weather (wet/cold)	Low risk - medium severity Low risk - medium severity	Check clothing is appropriate for weather. (Starter) Advise participants to be hydrated. (Organiser)
Equipment Computer equipment in use	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.

Area to be used: Indoors	Area to be used: Outdoors	Equipment:
Floor surface	<ul> <li>Uneven surfaces</li> </ul>	<ul> <li>Pencils in hand when running</li> </ul>
<ul> <li>Other equipment/obstacles</li> </ul>	<ul> <li>Slopes/steps</li> </ul>	Pin punches
<ul> <li>Shared use (dining room / other</li> </ul>	<ul> <li>Slippery surfaces</li> </ul>	Cane tops
activities)	<ul> <li>Tree roots/branches</li> </ul>	Tent guys
	<ul> <li>Vegetation (prickly, stinging)</li> </ul>	Electrical equipment – cables
	Wire / ruined fences	Generators
	Walls to be climbed	Cooking equipment
	<ul> <li>Litter (glass, used needles)</li> </ul>	
	<ul> <li>Water (streams, rivers, ponds)</li> </ul>	
	Cliffs / crags	
	<ul> <li>Traffic (including road crossings)</li> </ul>	
	Rail / tram lines	
	<ul> <li>Mineshafts / caves</li> </ul>	
	Military debris	
Participants:	Other people / activities in area:	Weather:
Clothing / shoes	<ul> <li>Walking dogs</li> </ul>	Cold / heat
<ul> <li>Existing medical conditions</li> </ul>	Cyclists	Rain / snow / hail
<ul> <li>Unexpected reactions/allergies</li> </ul>	Horse riders	Excessive wind
<ul> <li>Disorientation</li> </ul>	<ul> <li>Forestry operations</li> </ul>	Lightning
<ul> <li>Tiredness</li> </ul>	Park maintenance	
	Shooting / archery	
	Golf	
	Stranger danger	