

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	Cleethorpes Country Park	Date for session / event / activity	19th June 2019 (5 to 9pm)
Name of person in charge of session / event / activity		Brian Slater	
Risk assessment signed	<i>BSlater</i>	Risk assessment dated	8/06/2019
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		
	Pete Harris		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Park Lane, Cleethorpes	Place from which signed: Cleethorpes Country Park, Main Car Park
Nearest A&E hospital:	Name and Post code: DN33 0AZ Diana Princess of Wales 01472 874111	Map available (where): BSlater in Car Park
Working telephone:	Landline or mobile: If mobile (reception checked?) YES	Number: 07751-481332
First Aid cover	Name of first aider: B Slater, M Carrick, M Vickers	Located where? Main Car Park

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?
In area to be used (indoor / outdoor): Uneven ground Bushes brambles, trees, twigs Water, lake, ditches, boggy areas Disorientation	Tripping likely but not usually severe Scratches to legs etc Eye damage Wet feet. Drowning Getting lost	{Participants are warned of hazards) Participants take part at their own risk. Wear leg protection, gaiters, long socks Change footwear. No-one will need to enter the lake or the ditches. Travel South to the houses – the car park is already known by all.
Participants All ages Junior (with Asthma)	Young children could get lost Junior could get short of breath even gasping for breath	Juniors (inexperienced) to be accompanied by adults parents make the judgement. Check junior has 'inhaler'
Other people/activities in area Dog walkers Ramblers/strangers Cyclists Possible groups of youths	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. Organiser to approach and explain our sport.
Weather 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
Equipment Tent pegs – Gazebo if wet weather.	Being tripped/scratched.	People warned re 'tent pegs'.

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