


Risk Assessment for Orienteering – Immingham 25/10/2020

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)
Venue for session / event / activity	Immingham Urban Orienteering Event	Date for session / event / activity
Name of person in charge of session / event / activity		Brian Slater
Risk assessment signed	<i>Brian Slater</i>	Risk assessment dated
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):	Pete Harris Controller 
	Sign and date: 22/10/2020	

Emergency Information : Local Police informed of Event

Emergency access point (for emergency vehicles)	Post code / grid reference: DN40 1DS nearest postcode Grid ref. TA188147	Place from which signed: Bert Boyden Centre, Immingham Nearest Postcode DN40 1DS Pelham Road/Worsley Rd junction
Nearest A&E hospital:	Name and Post code: Grimsby DN33 2BA (Scarcho Road) 01472- 874111,	Map available (where): With organiser at Registration/enquiries
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07920 040679 (I Harris mobile) planner 07484 639477 (P Harris mobile) controller 07751481332 (Brian Slater) organiser
First Aid cover	Names of first aiders: Brian Slater/Mary Carrick/Jackie Edwards	Located where? Enquiries Bert Boyden Centre

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): Outdoors Traffic Wire / ruined fences Glass/Rubbish Uneven surfaces on the course Undergrowth/tree branches Water/River Slippery surfaces	Low risk – medium/high severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity	Highway Code to be followed. Courses will cross predominantly minor roads, competitors to be warned. Under 16's courses planned on paths, traffic calmed areas and open areas. All known ruined fences are marked on the map. Worst areas swept/cleared Competitors aware – all events have uneven surfaces Competitors aware – not a significant issue. Competitors to be made aware, bridges mapped. Warnings to participants about slippery ground if required.
Participants Clothing/shoes/equipment Unexpected reactions/allergies Competitors not returning	Low risk - low severity Low risk - medium severity Low risk - high severity	Competitors checked by Starter that they are correctly equipped. Competitors advised to stay hydrated First Aid Kit at registration, phone ambulance if required. Register maintained of starters, search procedure implemented if required.
Other people/activities in area Pedestrians/dog walkers/cyclists, etc Stranger Danger	Low risk - low severity Low risk – high severity	Competitors to be warned to take care approaching corners and alleyways etc. Competitors should give way to other users of footpaths and walkways etc. Random Checks & parents 'following' when U16's competing.

Weather Bad weather (wet/cold)	Low risk - low severity Medium risk - medium severity	Competitors are advised to have head torches. Check clothing is appropriate for weather. (Starter)
Equipment Computer equipment	Low risk - low/medium severity	Cabling to be kept tidy, all connections to be secure.
Covid-19		
		Personal Responsibility - Ensure that all orienteers are directed to the "Participant Code of Conduct" document pre-entry and before starting activity on the day.
Participants with the Coronavirus taking part with the risk of passing on illness to other participants and general public	Spread of infection due to contact with other participants or the official Low risk Contact with general public Low risk	Restrictions on who may attend - communicated prior to any event (e.g. website, marketing or promotion), as well as at each event - Organiser <ul style="list-style-type: none"> • If they are unwell with a cough, fever or other respiratory symptoms • If they have been in close contact with a suspected or confirmed case of COVID-19 until they have completed the prescribed quarantine period, even if they are completely symptom free • If they have returned from any overseas country until they have completed the self-quarantine period for 14 days, even if they are symptom free • If they are undergoing COVID-19 testing, until they have received negative results and are symptom free • If you have been asked to isolate by NHS Test and Trace because you are a contact of a known COVID-19 case, do not exercise outside your own home or garden and do not exercise with others • If they have been advised to stay at home by a health professional • We also advise competitors who fit within the higher at risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19

		<ul style="list-style-type: none"> •
Lack of Social Distancing	<p>Spread of infection due to close contact between participants or the official Medium/Low Risk</p> <p>Close contact between participants and general public Low Risk</p>	<p>Organiser responsible for -</p> <ul style="list-style-type: none"> • Limited number of Entries – controlled pre-entry of members • Allocated window for arrival and start times - Giving entrants allocated windows to arrive at the event and to start their run will help to spread out participants and unnecessary gathering. • Map Distribution - Maps should be placed in map boxes that are appropriately spaced. • Result Publication - To reduce the possibility of participants congregating in one place, results should not be printed out or displayed on screens at the event. Participants can view results on their individual phones. • Car Parking – if possible avoid parking close to other cars and if using a parking meter clean/sanitise hands before and after use • Toilets within the Community Hub – establish ‘one way’ system to maximise distancing. Queuing to be marshalled. • Pre and After Event Socialising - Clubs should not promote or encourage pre- or post-event socialising between members •
Poor hygiene	<p>Spread of infection through contact with surfaces which are not clean Medium/Low risk</p>	<p>Organiser:</p> <ul style="list-style-type: none"> • Volunteer has access to PPE and hand sanitizer • Money – no payment on the day • Sanitising Facilities - provide sanitising facilities at registration/starts •
First aid	<p>Spread of infection through contact during the administering first aid Medium/Low Risk</p>	<p>Organiser/first aider -</p> <ul style="list-style-type: none"> • Consider making appropriate PPE available for use by the designated First Aider, gloves, face covering (nose and mouth, buff for example) • If appropriate, for minor injuries (cuts, bruises, sprains) provide first aid support to injured person through encouraging the person to treat their own injuries whilst giving direction. • CPR – follow normal procedure with the following important changes/exceptions

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| | | <ol style="list-style-type: none">1. Do not place your face close to the casualty (so in initial assessment don't listen closely for breathing)2. Keep other helpers 2m away from you and the casualty3. Before you start CPR, use a towel or piece of clothing and lay it over the mouth and nose of the casualty3. Do not give rescue breaths, just continue with chest compressions<ul style="list-style-type: none">• For other major injuries follow normal first aid procedure within your training/qualification being particularly careful not to touch bodily fluid open wounds without gloves |
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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