


ame of Club / satellite club name / after school club		Humberside and Lincolnshire Orienteers
Name of person completing this form	Peter Harris	Position of person completing this form (coach, organiser etc)
Venue for session / event / activity	Gainsborough	Date for session / event / activity
Name of person in charge of session / event / activity		Peter Harris (Day organiser)
Risk assessment signed	<i>P. Harris</i> 	Risk assessment dated
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):	Planner David Jolly
	Sign and date:	

Emergency Information :

Emergency access point (for emergency vehicles)	Post code / grid reference: DN21 2ER	Place from which signed: Heaton Street
Nearest A&E hospital:	Name and Post code: Scunthorpe DN15 7BH (Cliff Gardens) 01724-282282	Map available (where): With organiser at Start
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile reception available	Number: 07484 639477 (P Harris mobile)
First Aid cover	Name of first aider: David Jolly NHS Staff: Karen Cook	Located where? Start Note : where possible self administration of First Aid should be performed – the First Aider will give instruction

The Risk Assessment (21st June– Gainsborough)

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?
<p>In area to be used (indoor / outdoor): Outdoors</p> <p>Traffic</p> <p>Low Under Passage</p> <p>Wire / ruined fences</p> <p>Uneven surfaces on the course</p> <p>Undergrowth/tree branches</p> <p>Water/River</p> <p>Slippery surfaces</p>	<p>Low/medium risk – medium/high severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – low/medium severity</p> <p>Low risk – high severity</p> <p>Low risk – low/medium severity</p>	<p>All courses will cross roads, competitors to be warned. Short Course on paths in restricted traffic area. Plus Medium & Long Course. Competitors over 1.8m aware. All known ruined fences are marked on the map.</p> <p>Competitors aware – all events have uneven surfaces</p> <p>Competitors aware – not a significant issue.</p> <p>All courses on waterfront of Trent – fenced off</p> <p>Warnings to participants about slippery ground if required.</p>
<p>Participants</p> <p>Clothing/shoes/equipment</p> <p>Unexpected reactions/allergies</p> <p>Competitors not returning</p>	<p>Low risk - low severity</p> <p>Low risk - low severity</p> <p>Low risk - high severity</p>	<p>Competitors checked by Starter that they are correctly equipped. (Advised to wear reflective clothing and take head torches if darkness is looming)</p> <p>First Aid Kit at registration, phone ambulance if required.</p> <p>Register maintained of starters, search procedure implemented if required.</p>
<p>Other people/activities in area</p> <p>Pedestrians/dog walkers/cyclists, etc</p>	<p>Low risk - low severity</p>	<p>Competitors to be warned to take care running round corners, etc. To be advised to look up frequently to avoid traffic and other collisions.</p>

Stranger Danger	Low risk – high severity	Competitors should give way to other users of footpaths and covered walkways etc. Random Checks & 'following' when U16's competing.
Weather		
If Darkness is looming	Low risk - low severity	Unlikely as longest day of year.
Bad weather (wet/cold)	Medium risk - medium severity	Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor.
Heat	Low risk - medium severity	Advise participants to be hydrated. (Organiser) Organiser (PH) to check weather forecast prior to event (As at 21 June, expected weather –Warm & Dry, 20°C)
Equipment		
Computer equipment	Low risk - low/medium severity	Cabling to be kept tidy and retained in car, 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.

<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