

Central park 12.4.23 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.

Important : Covid 19 Additional Information and Precautions Taken To Minimise Risk of Exposure

The BO Code of Conduct is posted on the HALO website and should be read beforehand and followed during the Event.

The BO Guidelines on Covid 19 are similarly posted on the HALO website.

This includes if they should be self-isolating because (a) they have or someone in their household has displayed Covid 19 symptoms (b) they or someone in their household has tested positive for Covid 19 (c) the track and trace service has asked them to self isolate (d) a medical professional has asked them to self isolate during the past 10 days.

There will be no Entry On The Day – Pre Entries Only

No Registration Point

Competitors are allocated a Start Time Block and should go direct to the Start during the relevant Start Block

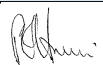
Competitors will start at one minute intervals .

Whilst running their course Competitors should be aware of other Competitors and the Public and where possible maintain a 2 metre social distance even at Control Points – reminder avoiding potential exposure to Covid 19 is more important than saving a few seconds.

After completion of their courses Competitors need to download at a Finish Car.

There will be no Results Display Screens but Live Results accessed by mobile phone should be available via a link on the website.

Competitors should not congregate in the car park before and after the event.

Name 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	Central park maprun/lamp O	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 Peter Harris
	Sign and date:	

Emergency Information :

Emergency access point (for emergency vehicles)	Post code / grid reference: DN17 1BJ	Place from which signed: Kingsway, Scunthorpe
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: 07751 481332 (B Slater mobile) 07484 639477 (P Harris mobile)
First Aid cover	Name of first aider: Brian Slater NHS Staff: Karen Cook	Located where? Start plus Defibrillator Note : where possible self administration of First Aid should be performed – the First Aider will give instruction

The Risk Assessment (21st June 2022 – Central Park

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>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 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 – high severity</p> <p>Low risk – low/medium severity</p>	<p>Long Course crosses Kingsway competitors to be warned. Under 16's do not need to be accompanied (none entered)</p> <p>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>No significant water courses</p> <p>Warnings to participants about slippery ground if required. Including blubells and wild garlic</p>
<p>Participants</p> <p>Clothing/shoes/equipment</p> <p>Ticks</p> <p>Unexpected reactions/allergies</p> <p>Competitors not returning</p>	<p>Low risk - low severity</p> <p>Low risk – medium severity</p> <p>Low risk - low severity</p> <p>Low risk - high severity</p>	<p>Competitors checked by Starter that they are correctly equipped. Shorts not advised Competitors warned</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. Competitors should give way to other users of footpaths and coveredwalkways etc.</p>

Stranger Danger	Low risk – high severity	Random Checks & 'following' when U16's competing.
Weather		
If Darkness is looming	Low risk - low severity	Competitors are advised to have head torches.
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 11 April, expected weather –Cool & Damp, 11°C)
Equipment		
Computer equipment	Low risk - low/medium severity	Cables secured. Table used.

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