

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 completing this form	Peter Harris	Position of person completing this form (coach, organiser etc)	Series Co-ordinator
Venue for session / event / activity	Hendale	Date for session / event / activity	Wednesday May 3 rd 2023
Name of person in charge of session / event / activity Risk assessment signed		Peter Harris	
		Risk assessment dated	03/05/23
Risk assessment checked by (name, position and date)	Print name & position (planner etc): Megan Smith		
	Sign and date: 3 rd May 2023		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Grid Ref TA106068	Place from which signed: Grasby Bottom Crossroads
Nearest A&E hospital:	Name and Post code: Scunthorpe DN157BH (Cliff Gardens) 01724-282282 Grimsby DN33 2BA (Scartho Road) 01472-874111	Details available (where): Planner Car park / Download
Working telephone:	Landline or mobile: If mobile (reception checked?) Signal to be checked prior to event.	Number: 079200 40679(IH mobile)
First Aid cover	Name of first aider: Brian Slater, NHS Staff: Karen Cook, Alison Wright	Located where? At Car Park / Download / Start plus Defibrillator Note : where possible self administration of First Aid should be performed – the First Aider will give instruction

The Risk Assessment (Hendale 3rd May 2023)

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): Outdoors Slopes) Ditches/Ponds) Fences) Debris in woods Uneven surfaces on the course Uneven surfaces Car park, etc Undergrowth/tree branches Slippery surfaces Traffic Darkness	Low risk – low/medium severity Low risk – low/medium severity Low risk – low/medium severity Low/medium risk – low severity Low risk – low/medium severity Medium risk - High severity Medium 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 MS). Competitors informed at Start, Competitors aware – all events have uneven surfaces If in car-park, notice posted in final details (Responsibility – Organiser PH) Competitors aware – standard for Orienteering Events Competitors aware – standard for Orienteering Events Registration to Start/Finish involves crossing road with 60mph speed limit, vehicles may be travelling at speed, all competitors advised to take care in final details Care to be taken, Last Start 7.00pm Courses Close 8.00pm. Sufficient Daylight

Participants Clothing/shoes/equipment Unexpected reactions/allergies Competitors not returning Novice Competitors	Low risk - low severity Low risk - low severity Low risk - high severity Low Risk- low severity	Competitors checked by Starter that they are correctly equipped. Leg covering to be worn due to undergrowth/Brambles First Aid Kit at registration, phone ambulance if required. Register maintained of starters, search procedure implemented if required Coaches available prior to starting – one course designed specifically for novices
Other people/activities in area Very few public expected in area , although there may be dogs / horses / pedestrians	Low risk – low severity	Only one footpath on site, Access allowed from 1 st April for whole wood.
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.
COVID GUIDELINES Competitors must not take part if they have any COVID symptoms or are self isolating See Full Note below	Low risk - medium /high severity	Outdoor activity,start times staggered,. NO EOD, All Competitors given specific timed start slots and advised to report to the start just prior to start time,

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.

Competitors must not take part 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 7days.

There will be no Entry On The Day – Pre Entries Only (including contact number for Track and Trace purposes)
No Registration Point

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 <ul style="list-style-type: none">• Floor surface• Other equipment/obstacles• Shared use (dining room / other activities)	Area to be used: Outdoors <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	Equipment: <ul style="list-style-type: none">• Pencils in hand when running• Pin punches• Cane tops• Tent guys• Electrical equipment – cables• Generators• Cooking equipment
Participants: <ul style="list-style-type: none">• Clothing / shoes• Existing medical conditions• Unexpected reactions/allergies• Disorientation• Tiredness	Other people / activities in area: <ul style="list-style-type: none">• Walking dogs• Cyclists• Horse riders• Forestry operations• Park maintenance• Shooting / archery• Golf• Stranger danger	Weather: <ul style="list-style-type: none">• Cold / heat• Rain / snow / hail• Excessive wind• Lightning