

## 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.

<b>Name of Club / satellite club name / after school club</b>		SOC	
<b>Name of person completing this form</b>	Peter Stewart	<b>Position of person completing this form (coach, organiser etc)</b>	Organiser
<b>Venue for session / event / activity</b>	West Wood, Netley	<b>Date for session / event / activity</b>	7 May 2016
<b>Name of person in charge of session / event / activity</b>		Peter Stewart	
<b>Risk assessment signed</b>		<b>Risk assessment dated</b>	3 <sup>rd</sup> May 2016
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc):</b> K Bracher (Coach)		
	<b>Sign and date:</b>		

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> SO31 5FB                      SU446094 Lat (WGS84)                N50:52:59 Long (WGS84)              W1:22:01	<b>Place from which signed:</b> Signed at car park on Weston Parade
<b>Nearest A&amp;E hospital:</b>	<b>Name and Post code:</b> Southampton General Hospital SO16 6YD 023 8077 7222	<b>Map available (where):</b> Registration  SU446094
<b>Working telephone:</b>	<b>Landline or mobile:</b> <b>If mobile (reception checked?)</b> Organisers Mobile Reception OK at registration	<b>Number:</b> 07977 035 868
<b>First Aid cover</b>	<b>Name of first aider:</b> K. Bracher	<b>Located where?</b> Registration

## 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"> <li>• What control measure?</li> <li>• Who is responsible?</li> </ul>
<p><b>In area to be used (outdoors):</b></p>	<ul style="list-style-type: none"> <li>• Uneven &amp; slippery surfaces</li> <li>• Tree roots/branches</li> <li>• Vegetation (prickly, stinging)</li> <li>• Ticks (Lymes disease)</li> <li>• Wire / ruined fences</li> <li>• Water (streams, rivers, ponds)</li> <li>• Traffic (including road crossings)</li> </ul> <p>No vehicles expected in competition area, but motor bike activity has been observed.</p>	<p>Normal outdoor conditions anticipated that will be familiar to regular orienteers and general public alike.</p> <p>Normal woodland conditions anticipated that will be familiar to regular orienteers. Novice courses path based.</p> <p>Yellow course on paths. Full body cover required. Start Team to monitor / enforce. <b>Participant</b></p> <p>Note in final details</p> <p>No fences / barbed wire observed in area.</p> <p>Yellow and orange courses cross stream / ponds by obvious bridge. – <b>Advise parents in final details</b></p> <p>Car parking separate from competition area but unmanned crossing to get to competition area – <b>warning on website</b> . Walk along roadside path to start. – <b>warning on website parents to supervise children</b> <b>Caution Runners</b> sign at entrance – communication with rangers</p>
<p><b>Participants</b></p>	<ul style="list-style-type: none"> <li>• Clothing / shoes</li> <li>• Existing medical conditions</li> <li>• Unexpected reactions/allergies</li> <li>• Disorientation</li> </ul>	<p>Normal orienteering / outdoor footwear suitable for area.</p> <p>Warning / disclaimer on entry form regarding competitors physical condition. <b>Participant</b></p> <p>First aid cover at event / call ambulance if required. <b>First Aider(s)</b></p> <p>Small area with well defined boundaries. Inexperienced junior</p>

	<ul style="list-style-type: none"> <li>• Tiredness</li> </ul>	<p>competitors will be supervised by adults. <b>Organiser / Participant / Registration</b></p> <p>Range of course lengths available, competitors expected to be aware of own fitness, advised on appropriate courses if novices and retire if necessary. <b>Registration Team / Organiser / Participant</b></p>
<b>Other people/activities in area</b>	<ul style="list-style-type: none"> <li>• Children / dogs</li> <li>• Stranger danger</li> </ul>	<p>Competition area used by family groups, cyclists, dog walkers &amp; fishermen, warning at start to be aware of possible presence. <b>Organiser / Start Team</b></p> <p>SOC has Clubmark accreditation and welfare officer. Orienteering is a family friendly sport with many faces familiar to participating juniors. Notice at registration warning that it is a public area. <b>Parents</b></p>
<b>Weather</b>	<ul style="list-style-type: none"> <li>• Cold / heat</li> <li>• Rain / snow / hail</li> <li>• Excessive wind</li> <li>• Lightning</li> </ul>	<p>May weather not anticipated to be extreme. Longest course is light green. Start / finish local to registration area. <b>Organiser / Participant</b></p>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Control tops</li> <li>• Tent guys</li> <li>• Electrical equipment – cables</li> </ul>	<p>Standard Emit kit used, no spikes, locations to minimise risk of falling onto them. <b>Organiser</b></p> <p>Tents to have guylines / pegs taped off from public access or highlighted as appropriate. <b>Organiser</b></p> <p>Equipment to be safety checked as appropriate. Cables &amp; plugs to be appropriate for outdoor use, kept out of puddles / under cover where possible and routed away from public areas. <b>IT Team</b></p>

**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><b>Area to be used: Indoors</b></p> <ul style="list-style-type: none"> <li>• Floor surface</li> <li>• Other equipment/obstacles</li> <li>• Shared use (dining room / other activities)</li> </ul>	<p><b>Area to be used: Outdoors</b></p> <ul style="list-style-type: none"> <li>• Uneven surfaces</li> <li>• Slopes/steps</li> <li>• Slippery surfaces</li> <li>• Tree roots/branches</li> <li>• Vegetation (prickly, stinging)</li> <li>• Wire / ruined fences</li> <li>• Walls to be climbed</li> <li>• Litter (glass, used needles)</li> <li>• Water (streams, rivers, ponds)</li> <li>• Cliffs / crags</li> <li>• Traffic (including road crossings)</li> <li>• Rail / tram lines</li> <li>• Mineshafts / caves</li> <li>• Military debris</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Pencils in hand when running</li> <li>• Pin punches</li> <li>• Cane tops</li> <li>• Tent guys</li> <li>• Electrical equipment – cables</li> <li>• Generators</li> <li>• Cooking equipment</li> </ul>
<p><b>Participants:</b></p> <ul style="list-style-type: none"> <li>• Clothing / shoes</li> <li>• Existing medical conditions</li> <li>• Unexpected reactions/allergies</li> <li>• Disorientation</li> <li>• Tiredness</li> </ul>	<p><b>Other people / activities in area:</b></p> <ul style="list-style-type: none"> <li>• Walking dogs</li> <li>• Cyclists</li> <li>• Horse riders</li> <li>• Forestry operations</li> <li>• Park maintenance</li> <li>• Shooting / archery</li> <li>• Golf</li> <li>• Stranger danger</li> </ul>	<p><b>Weather:</b></p> <ul style="list-style-type: none"> <li>• Cold / heat</li> <li>• Rain / snow / hail</li> <li>• Excessive wind</li> <li>• Lightning</li> </ul>