

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		SOC	
Name of person completing this form	Peter Stewart	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Ashurst & Matley Heaths	Date for session / event / activity	4 Nov 2016
Name of person in charge of session / event / activity		Peter Stewart	
Risk assessment signed		Risk assessment dated	20 Nov 2016
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		Martin Cross (WIM) Controller
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: SO40 7AR SU331101 Lat (WGS84) N50:53:22 Long (WGS84) W1:31:49	Place from which signed: Where you turn off the A35 into Ashurst Campsite
Nearest A&E hospital:	Name and Post code: University Hospital Southampton Tremona Rd, Southampton SO16 6YD 023 8077 7222	Map available (where): Registration
Working telephone:	Landline or mobile: If mobile (reception checked?) Organisers Mobile Reception OK	Number: 07967 129 534
First Aid cover	Name of first aider: K. Bracher	Located where? Registration

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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"> What control measure? Who is responsible?
<p>In area to be used (indoor / outdoor): Danger Area, with unexploded ordinance</p> <p>Road Crossing</p> <p>Stream crossing</p> <p>Typical Outdoor Hazards Uneven, slippery, tree roots, small streams, branches Ticks</p>	<p>Risk of Death</p> <p>Serious injury / death</p> <p>Tripping, slipping, impact, scratches & grazes, falling. Could be immobilised or otherwise impaired. Lymes Disease Falling</p>	<p>The danger area is clearly marked by posts. The marker posts are a sufficient mitigation to keep the public out of the danger area. Planner to keep short courses away from danger area and no viable route choice through the danger area.</p> <p>The road is a private road that is only occasionally used. Warning signs for runners and cars.</p> <p>Only blue and brown cross the Beaulieu River. Other water channels have low flow. Crossing points marked and can be made mandatory.</p> <p>Organiser: Competitors warned they take part at own risk & that they must report back to download.</p> <p>Electronic punch Check. Car Keys can be left at Enquiries. Qualified first Aider & First Aid Kit available at Registration. Organiser/ Planner: Warning in Start lanes Arrangements for search & rescue in place. Wear long leg cover / advise in information.</p>
<p>Participants Clothing, shoes Existing medical conditions. Unexpected reaction/allergies, Disorientation, tiredness</p>	<p>As above</p>	<p>Organiser: Competitors warned they take part at own risk Notice in Final Details – Full leg cover required. Cagoules advised to be warn in the event of inclement weather. Whistle Check. Safety bearing given at on Map.</p>

Other people/activities in area Walkers, Dogs, Cyclists, Horse Riders There is a cycle route through the assembly area	Collision, possible confrontation & aggression	Organiser: Notice in Final Details – competitors asked to be polite & considerate to other forest users. Competitors not to take dogs on courses. Leave space for the cycle route. Notices posted on area to warn the public that an event is taking place.
Weather Rain, Wind, Heat	Hypothermia	Organiser: Competitors warned they take part at own risk. The wearing of cagoules advised in inclement weather.
Equipment History of controls going missing from White Moor area Electrical equipment. cables	Disruption of event Electric shock Tripping. Water damage to equipment	Post look out on Bolton's Bench overlooking White Moor Equipment only operated by experienced personnel. Cables tidy or taped. Tent suitable for event.

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