

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		Southampton Orienteering Club	
Name of person completing this form	Pete Davis	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Bratley near Bolderwood, New Forest	Date for session / event / activity	28 th February 2016
Name of person in charge of session / event / activity		Pete Davis on behalf of Southampton Orienteering Club	
Risk assessment signed		Risk assessment dated	
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: SO43 7GQ / SU239092 Lat/Long: 50.882041,-1.660315 The access gate is on the west side of the road opposite the Canadian War Memorial. The track runs south from this point directly to the start and finish area.	Places from which signed: Bolderwood Car Park, postcode SO43 7GQ
Nearest A&E hospital:	Name and Post code: Southampton General Hospital SO16 6YD Distance 12.5 miles. Journey time 33 minutes.	Map and directions to A&E available In Event Folder in Registration Tent and at the first aid point (Finish)
Working telephone:	Mobile: Reception OK in car park area. No reception at start and finish locations.	Numbers: Organiser: 0774 8984748
First Aid cover	Name of first aider: TBN	Located where? At the Finish, GR SU234078

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	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:</p> <ol style="list-style-type: none"> 1. Uneven ground 2. Steep slopes 3. Streams / marshes / bogs 4. Tree roots 5. Vegetation (prickly / stings) 6. Tree branches 7. Traffic 8. Ticks 	<p>1, 2 & 4 – slips, trips and falls leading to twists, strains or breaks. Not uncommon to occur. Severity is variable from mild to serious.</p> <p>3 – wet feet and lower legs highly likely on all courses. Poor route choice could lead to greater immersion or becoming stuck in bog.</p> <p>5 – areas of fern, gorse and nettles may be encountered</p> <p>6 – eye / head injury from low branches can easily occur.</p> <p>7 – traffic within car park. Road crossing from assembly area to start and from finish. Major road, A31 borders the event area to the North.</p>	<p>Normal forest conditions anticipated that will be familiar to regular orienteers. Novices will be guided to easier courses. First aider and first aid kit available. Participant has responsibility for own safety.</p> <p>Conditions are normal for the area and will be as anticipated by regular orienteers. Expected weather will not heighten risk of exposure, but will be monitored. Novice routes are away from water issues. Wet areas clearly shown on map. Uncrossable marshes clearly shown on map. Reminder to not cross uncrossable marshes to be included in Final Details and start briefing. Participant, Organiser, FD, Start Team</p> <p>Full torso and leg cover required. Stated in Final Details (FD). Start team to monitor / enforce. Participant responsible for clothing. Wearing of cagoules will be enforced should the weather conditions require (FD).</p> <p>Regular orienteers will be aware and normal conditions for outdoor activities. First aid kit available. Participant</p> <p>Caution signs for cars moving into and out of the parking area. Road crossing on route to start and back from finish will have warning signs for walkers and traffic. Organiser, FD.</p> <p>The A31 is fenced off from the competition area and overprinted as out of bounds on the map. Warnings will be included in Final Details. The start team will brief all competitors to keep on the south side of the fence. Planner, Organiser, FD, Start Team.</p>

	8 – ticks are a constant hazard in the area. Severity is medium	Regular orienteers are aware of the risk of ticks and the related risk of contracting Lyme disease. Notice in Final Details. FD.
Participants 1. Clothing / Footwear 2. Medical conditions 3. Unexpected reaction / allergy 4. Disorientation 5. Tiredness	1 - cold, wet and twisted ankles due to inappropriate clothing. 2, 3 – knowledge of pre-existing medical conditions may be needed by first aiders or paramedics. 4 – unable to locate self or find way back to finish. 5 – Exhaustion.	Normal orienteering / outdoor footwear suitable for area. Wearing of gaiters will be enforced in event of bad weather. FD, Organiser, Participant Participant responsible for own condition. BOF medical condition form can be left in sealed envelope at registration. Instructions will be in Final Details. FD. Blank forms and envelopes will be in the Event Folder. First aid cover at event / call ambulance if required. Copies of contact details and map to nearest A&E in Event Folder and with First Aider. First aider. Organiser. Area well bordered by roads, much of area open so good visibility of other runners. Orienteers should always carry whistles. Novices can be shadowed by parent / experienced orienteers. Entry system monitors for missing competitors. Car keys at Registration. Safety bearing notified in Final Details and Start briefing. Missing competitor procedure available in Event Folder. Participant / Organiser / Start Team / FD Area not particularly physically challenging. Course design for children and over 65s is in less physically difficult area. Range of course lengths, competitors expected to be aware of own fitness and retire if necessary. Registration and enquiry team to advise newcomers on suitable course. Planner, Registration and Enquiry Team, Participant
Other people/activities in area 1. People 2. Horse Riders 3. Dog Walkers 4. Cyclists 5. Strangers 6. Cattle / Ponies 7. Deer Rut	1 – 4 – Likely contact with members of the public, dogs, horses and cycles. Possible impact leading to injury. 5 – Abduction / assault	Area used extensively by the public. Warning signs placed as necessary. Runners to be warned of other forest users. Organiser / Start Team / FD SOC has Clubmark accreditation and welfare officer. Orienteering is a family friendly sport with many faces familiar to participating juniors.

	6 – Kicks / bites from wild / roaming animals if disturbed / frightened.	<p>Junior courses on main path network, shadowing option available. Parental guidance also needed. Parents, FD.</p> <p>6 – Competitors to be warned to steer clear of animals. FD, Organiser / Start Team</p>
Weather 1. Heat 2. Cold 3. Wet	1 – Heat exhaustion / sunburn 2 – Shivering / Hyperthermia 3 – Cold / Exhaustion / Hyperthermia	<p>Extremes of weather not anticipated. In the days leading up to the event the weather forecast will be posted to Final Details and any extremes of weather reported to competitors. Courses exposed in open plain. Cagoules to be compulsory if felt appropriate. Cancellation as last resort. Competitors expected to dress appropriately for conditions and drink as appropriate prior to event.</p> <p>Organiser / Participants / FD</p>
Equipment 1. Controls 2. Guylines 3. Electrical equipment	1 – Impact of falling onto control 2 – Trips and falls, cuts and abrasions 3 – Electric shock	<p>Standard Emit control stakes used. These have no exposed top to the stake. Control locations chosen to minimise risk of falling onto.</p> <p>Planner</p> <p>Guylines taped where adjacent to foot traffic. Organiser</p> <p>Little electrical equipment beyond computers and battery. Located in tent and protected from ground water. Organiser / Computer Team</p>