

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		Border Liners	
Name of person completing this form	Organiser	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Coombs Wood	Date for session / event / activity	Sunday 13/3/11
Name of person in charge of session / event / activity		Organiser	
Risk assessment signed		Risk assessment dated	14 July 2011
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		Somebody's name here
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: NY 514 450, car park	Place from which signed: Event will be signed from bridge over River Eden in Armathwaite
Nearest A&E hospital:	Name and Post code: Cumberland Infirmary, Newtown Rd. Carlisle, CA2 7HY Tel 01228 523444	Map available (where): At enquiries car in car park (dibber hire car)
Working telephone:	Landline or mobile: If mobile (reception checked?) good reception	Number: 07980 298060 Virgin network Christine's phone

First Aid cover	Name of first aider: Somebody's name - orienteer with first aid cert.	Located where? First Aid rucksack at 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) in area to be used indoor / outdoor):	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation <ul style="list-style-type: none"> • What control measure? • Who is responsible?
Road traffic	Hit by passing traffic (very severe, but unlikely)	Road warning signs. (Organiser)
Car park access and exit	Collision (unlikely)	Manned at car park entrance off road
Major crags	Fall from height (very severe, but unlikely)	Gate manned. Team member to be informed by Organiser.
Steep slopes and minor crags	Slips/falls (minor, but likely)	Courses planned to avoid these areas – symbols denote these areas on maps, also warning tapes will be used where necessary. (Planner's name)
River Eden	Drowning (highly unlikely)	Courses planned to avoid where possible, particularly for the elderly. (Planner's name)
Brambles, rocks, branches, Bracken, uneven ground on parts of courses	Trips/falls, ticks/scratches/sprains (minor, but likely)	Courses do not cross river. (Planner's name) Full leg cover advised, but competitor's own decision O shoes provide good grip – individual competitor

<p>Participants</p> <p>Inexperienced participants – tiredness, or getting lost</p>	<p>Problems due to length of time out on course (minor, but unlikely)</p>	<p>Electronic dibbers used – organisers check all competitors have returned at the end of the event. Easy courses and advice available at registration. Course length and height climb details available at registration. Whistles recommended. Organiser, will be in charge, and will follow procedures recommended in BOF rules. All incidents will be documented by her.</p>
<p>Other people/activities in area</p> <p>Walkers, dogs, deer, cyclists</p>	<p>dog bites (minor or major but possible) collision with cyclist (minor or major but unlikely)</p>	<p>first aid and advise visit A&E possible warning notice at registration warning signs to public put up week prior</p>
<p>Weather</p> <p>Heat</p> <p>Heavy rain or wind</p>	<p>Sunburn/heat stroke (minor, but unlikely) Hypothermia (major, but unlikely)</p>	<p>Emergency water available at Finish. (Organiser)</p> <p>Warning signs that cagoules might be compulsory dependent on weather. (Organiser).</p>
<p>Equipment</p> <p>Electrical equipment at Assembly to power computers</p> <p>Use of canes for controls</p>	<p>Electrocution (major, but unlikely) Eye injury (major, but unlikely)</p>	<p>Results team responsible. Earth leakage circuit breaker in use with leisure battery.</p> <p>Plastic containers on top of canes. (Planner's name)</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>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