

### 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>		Humberside and Lincolnshire Orienteers	
<b>Name of person completing this form</b>	Paul Simmons	<b>Position of person completing this form (coach, organiser etc)</b>	Planner
<b>Venue for session / event / activity</b>	North Ferriby: road and paths	<b>Date for session / event / activity</b>	Wednesday, 29 <sup>th</sup> January 2019
<b>Name of person in charge of session / event / activity</b>		Paul Simmons	
<b>Risk assessment signed</b>		<b>Risk assessment dated</b>	18 <sup>th</sup> January 2019
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc):</b> Peter Harris (Organiser)		
	<b>Sign and date:</b>		

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> The Duke of Cumberland HU14 3JP	<b>Place from which signed:</b>
<b>Nearest A&amp;E hospital:</b>	<b>Name and Post code:</b> Hull RI, Anlaby Road, Hull. HU3 2JZ	<b>Map available (where):</b> With Planner (PS)
<b>Working telephone:</b>	<b>Landline or mobile:</b> <b>If mobile (reception checked?)</b> Planner's mobile has reception on the site	<b>Number:</b> <b>07980 906994</b> (PS mobile)
<b>First Aid cover</b>	<b>Name of first aider:</b> Mary Carrick/Brian Slater	<b>Located where?</b> The Duke of Cumberland, High Street, North Ferriby HU14 3JP

## The Risk Assessment (North Ferriby/ 29/1/2020)

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>
<b>In area to be used (indoor / outdoor):</b> Outdoors Uneven surfaces on the course Uneven surfaces Car park, etc  Undergrowth/tree branches  Slippery surfaces  Traffic	Low risk – low/medium severity Low risk – low/medium severity  Low risk – low/medium severity  Low risk – low/medium severity  Low risk – low/medium severity	Competitors aware – all events have uneven surfaces  Not a significant issue  Warnings given at start if it is felt conditions underfoot require this.  All courses will cross roads, competitors will be warned. No Under 16's to be allowed to compete unaccompanied by an adult.
<b>Participants</b> Clothing/shoes/equipment  Unexpected reactions/allergies  Competitors not returning	Low risk - low severity  Low risk - low severity  Low risk - high severity	Competitors checked by Starter that they are correctly equipped.  First Aid Kit at registration, phone ambulance if required.  Register maintained of starters, search procedure implemented if required.
<b>Other people/activities in area</b>  Dog walkers/pedestrians etc  Stranger Danger	Low risk - low severity  Low risk – high severity	Competitors to be made aware: take care running round corners etc. To be advised to be aware of traffic. No under 16's to be unaccompanied.
<b>Weather</b>		

Bad weather (wet/cold)	Medium risk - medium severity	Check clothing is appropriate for weather. (Starter) Cancel event if conditions poor. Planner (PS) to check weather forecast prior to event
Darkness	Medium Risk- medium severity	Competitors to have headtorches if starting out late. Competitors starting late will be advised to wear Hi Viz apparel.
Heat	Low risk - medium severity	Advise participants to be hydrated. (Organiser)
<b>Equipment</b> Computer equipment	Low risk - low/medium severity	Cabling to be kept tidy, all connections to be secure.

**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>• 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>• 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>