

### 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>		Southampton Orienteering Club	
<b>Name of person completing this form</b>	Mary Nixon	<b>Position of person completing this form (coach, organiser etc)</b>	Organiser
<b>Venue for session / event / activity</b>	Highland Water, New Forest	<b>Date for session / event / activity</b>	Sunday 5 <sup>th</sup> November 2017
<b>Name of person in charge of session / event / activity</b>		Mary Nixon	
<b>Risk assessment signed</b>	<i>M.I.Nixon</i>	<b>Risk assessment dated</b>	21 <sup>st</sup> July 2017
<b>Risk assessment checked by (name, position and date)</b>	<b>Print name &amp; position (coach mentor, controller etc):</b>		
	<b>Sign and date:</b>		

### Emergency Information

<b>Emergency access point (for emergency vehicles)</b>	<b>Post code / grid reference:</b> GR 270094	<b>A35 to North, Swan Green, Lyndhurst to South</b>
<b>Nearest A&amp;E hospital:</b>	Southampton General Hospital SO16 6YD	<b>Map available (where): Enquiries</b>
<b>Working telephone:</b>	<b>Landline or mobile: Mobile</b> <b>If mobile (reception checked?)</b> Checked	<b>07719 243767</b>
<b>First Aid cover</b>	<b>Name of first aider:</b>  The Response Group	<b>Located where?</b> Arena

## 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>
<b>In area to be used (indoor / outdoor):</b>	<ul style="list-style-type: none"> <li>• Uneven surfaces ie tree roots, fallen trees</li> <li>• Prickly vegetation</li> <li>• Marshy ground could be extended</li> <li>• Streams may be in full flow</li> </ul>	<p>Competitor</p> <p>Planner to rope crossings if needed. Marshalls at site</p>
<b>Participants</b>	<ul style="list-style-type: none"> <li>• Suitable clothing for weather conditions</li> <li>• Be aware of safety bearings</li> </ul>	<p>Competitor responsible for own clothing Insist on a No cagoule no start policy if conditions necessitate this – signs at entrance to car park and exits to Start Safety bearing plus emergency phone number printed on map</p>
<b>Other people/activities in area</b>	<ul style="list-style-type: none"> <li>• Wild animals – ponies, cattle, donkeys, pigs</li> <li>• Be aware of horse riders and dog walkers</li> </ul>	<p>Competitors to give animals space when they pass them Be courteous to other land users</p>
<b>Weather</b>	<ul style="list-style-type: none"> <li>• Rain, frost, standing water</li> </ul>	<p>Organiser to decide, in conjunction with planner, what clothing advice to be given</p>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• In car park field make safe any cables etc outside event marquee</li> <li>• Trades equipment</li> </ul>	<p>Emit to be responsible for making their power supply cables are marked and safe for competitors</p> <p>Traders to ensure their sites are safe, especially hot food equipment and power cables</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>