

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		Leicestershire Orienteering Club	
Name of person completing this form	Iain Charge	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Dark Woods, Coalville	Date for session / event / activity	Sunday 15th Jan 2016
Name of person in charge of session / event / activity		Iain Charge	
Risk assessment signed		Risk assessment dated	12 th December 2015
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc.): X R Pell, Controller		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Dark Woods, Coalville LE63 2TP / SK325166	Place from which signed: Signs at junction of B3421 and the minor road to the event site.
Nearest A&E hospital:	Name and Post code: Leicester Royal Infirmary Infirmary Square, Leicester LE1 5WW Tel: 0300 303 1573 Urgent Care Centre Epinal Way, Loughborough, LE11 5JY Tel: 01509 611600	Map available (where): Download/ Registration
Working telephone: Note: 112 from a mobile provides your GPS position to the ambulance service	Landline or mobile: If mobile (reception checked?) Mobile	Number: 07798937128
First Aid cover	Name of first aider: LEI coaches and Event Organiser	Located where? At download

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): Outdoor event in woodlands</p> <p>Mapped area includes ponds, stream and crags and a road crossed by several courses.</p> <p>Car park adjacent to the registration tent</p>	<p>Drowning – severe/low risk</p> <p>Vehicle collision and injury / trauma – severe/low risk</p> <p>Scratches, knocks, stings – minor/high risk</p> <p>Injury due to trip and slip hazards (brambles, steep slopes and industrial waste) – mostly minor/medium risk.</p>	<p>No controls sited on the lake edges or tops of crags. For Junior courses, any control near a lake will be situated on recognised footpaths. Off track/path controls near water bodies only on courses for experienced orienteers.- <i>Planner</i></p> <p>Bridges on the major watercourse are marked on the map. - <i>Planner</i></p> <p>All competitors will be warned in the final details and at the Start of the existence of the ponds/lakes/crags and that care should be taken when near these features and they should not be crossed. - <i>Organiser</i></p> <p>All competitors will be advised to use suitable footwear i.e. orienteering shoes/ trainers with grips- <i>Organiser</i></p> <p>Controls sited to direct all competitors to a specific marshalled road crossing point and sufficient time allowed to cross safely. – <i>Controller/Organiser</i></p> <p>Car parking will be supervised by marshals whilst arriving. – <i>Organiser</i></p> <p>Course where there are potential hazards will only be appropriate for experienced orienteers who will have frequently encountered and previously managed such hazards. Specific danger spots will be identified with striped tape. Steep crags and slippery slopes will be avoided on courses used by the oldest competitors. - <i>Planner</i></p>

<p>Participants</p> <p>All ages (may include very young and very old), novices and experienced.</p>	<p>Straying out of the area – minor/low risk</p> <p>Problems with existing medical conditions and medical emergencies (e.g. heart, breathing difficulties, hypothermia) – severe/low risk</p>	<p>Competitors will be warned on the final details and at registration that they are taking part at their own risk. - <i>Organiser</i></p> <p>Terrain, course lengths, navigation difficulty and height climb clearly advised in pre-event information as well as on control descriptions and maps, so that participants can judge which course reflects their ability. Short and medium courses for younger competitors. Inexperienced juniors should be shadowed or accompanied by an adult – <i>Planner and Organiser</i></p> <p>Mandatory- for all competitors to carry a whistle to attract help in an emergency. – <i>Organiser</i></p> <p>If a competitor reports that someone is injured and cannot get back by themselves, a party will be sent to assist. – <i>Organiser</i></p> <p>Event area is fairly self-contained. Courses will close at 2pm giving time to find missing competitors and collect controls before dark. If a competitor has not returned at the close of the course, the a pre-planned search procedure will be implemented – <i>Organiser</i></p> <p>Mobile phone signal will be checked in all parts of the area - <i>Controller.</i></p> <p>A first aider will be based at registration. – <i>Organiser</i></p>
<p>Other people/activities in area</p> <p>Other woodland users including, horse riders, dog walkers and cyclists</p>	<p>Injuries or collision with cyclists or other users of the area – minor-severe/low risk</p>	<p>Paths are wide where walkers and horse riders are likely to be encountered</p> <p>Pre-event details and notices at Registration and Start will contain warnings about encountering dogs, walkers and horse riders – <i>Organiser</i></p> <p>The control sites will not be sited close to mountain bike trails. – <i>Controller</i></p> <p>Pre-event details and notices at Registration and Start will contain a warning about keeping off the cycle tracks. - <i>Organiser</i></p>

<p>Stranger Danger</p>	<p>Abduction – severe/v. low risk</p>	<p>Officials managing the Start will be briefed to draw all competitors' attention to the warning notices. – <i>Organiser</i></p> <p>Competitors will be warned that the woodlands are a public place at registration and in final details. Young inexperienced runners to be accompanied. –<i>Organiser</i></p>
<p>Weather Event takes place in January. Paths will be wet and slippery. Possible ice and snow.</p>	<p>Slips and falls – minor-severe/ medium risk</p> <p>Hypothermia – moderate-severe/medium risk</p>	<p>Event details will include clothing advice. – <i>Organiser</i></p> <p>Waterproof hooded jackets will be mandatory for competitors if weather conditions are poor. - <i>Organiser</i></p> <p>Competitors will be warned of surfaces in the final details, at registration and at the finish – <i>Organiser</i></p> <p>If weather conditions are forecast to be dangerously severe, the event will be cancelled. – <i>Organiser</i></p>
<p>Equipment Electronic equipment at download.</p>	<p>Electric shock/fire – severe/v.low risk</p>	<p>Mains electricity and other cables will be kept away from competitors – <i>Download team</i></p>