 **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.

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| --- | --- |
| **Name of Club / satellite club name / after school club** | **Quantock Orienteers** |
| **Name of person completing this form** |  | **Position of person completing this form (coach, organiser etc)** | Planner |
| **Venue for session / event / activity** |  | **Date for session /** **event / activity** |  |
| **Name of person in charge of session / event / activity** |  |
| **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**

NB: this activity is like a POC in that it is not staffed and participants run in their own time.

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| --- | --- | --- |
| **Emergency access point (for emergency vehicles)** | **Post code / grid reference:** | **Place from which signed:**N/A  |
| **Nearest A&E hospital:**Taunton | **Name and Post code:**Musgrove Park Hospital, TA1 5DB ST215 242 01823 333444 | **Map available (where):**N/A  |
| **Working telephone:** | **Landline or mobile:****If mobile (reception checked?)**Mobile | **Number:**N/A |
| **First Aid cover** | **Name of first aider:** N/A | **Located where?**N/A |

**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.**

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| --- | --- | --- | --- | --- | --- |
| **Hazard – note under these headings (see suggested examples to consider)** | **Possible outcome / injury including note on severity and likelihood of occurrence** | **Standard Mitigation** * **What control measure?**
* **Who is responsible?**
 | **Is Risk Acceptable?** | **Special Mitigation*** **What control measure?**
* **Who is responsible?**
 | **Is Risk Acceptable Now?** |
| Trips and Slips | Strains, sprains, bruises, breaks | Warning in literature to wear suitable footwear.*Responsible: Organiser* |  |  |  |
| Water | DrowningIncreased exposure due to getting wet | No significant bodies of water in area.A few streams may be crossed, but none likely to cause an issue.*Responsible: Planner* |  |  |  |
| Safeguarding Issues | Abduction or abuse of children or vulnerable adults by officials or members of the public | No officials at event.Under-16s and vulnerable adults to be accompanied by a responsible adult at all times.*Responsible: Organiser* |  |  |  |
| Unfamiliarity with emergency arrangements | Increased risk of injury due to delays. | Maps explain how to contact emergency services.*Responsible: Planner* |  |  |  |
| Unable to contact emergency services due to poor reception or unconsciousness | Increased risk of injury due to delays. | Advice in literature to appoint a responsible person to contact emergency services if don’t hear from participant by an agreed time.*Responsible: Organiser* |  |  |  |
| Environmental conditions / extreme weather  | Being caught and isolated in extreme weather conditions.Effects of exposure to hot, cold and dangerous weather conditions. | Advice in literature to consult weather forecast – if in doubt do it another day.Advice in literature that suitable clothing should be carried to address potential weather changes. *Responsible: Organiser* |  |  |  |
| Crossing the road | Injuries from being hit be cyclist/car. | Avoid major roads.Shorter courses to avoid all roads.Juniors to be accompanied if doing a longer course involving roads.*Responsible: Planner* |  |  |  |
| Tick-borne disease | Contract Lyme Disease or Tick-borne Encephalitis  | Advice in literature to wear trousers or leggings and to check for ticks on body and how to remove them safely.Advice in literature on symptoms (circular or bulls-eye rash in most cases, flu-like in others) to look out for and what to do (go to GP and say worried about tick bite) if suspect infected.*Responsible: Organiser* |  |  |  |
| Getting lost | Stress and potential to wander into dangerous situations.Increased chance of succumbing to weather-related illness. | In small, well-defined areas.Juniors to be accompanied/shadowed by responsible adults.*Responsible: Organiser* |  |  |  |
| Very steep ground or crags | Impact injuries from falls or loose rock. | Courses avoid significant crags and steep ground.*Responsible: Planner* |  |  |  |
| Sensitive Areas | Environmental damage | OOB areas clearly marked.Participants warned that their GPS tracks will be reviewed and anyone going into an OOB area could be disqualified.Small number of participants spread out over a large area and time.*Responsible: Planner/Organiser* |  |  |  |
| Animal attacks | Bites and kicks | Responsible adult present for juniors.Where possible avoid areas known to contain cattle.*Responsible: Organiser* |  |  |  |
| Covid-19 | Transmission of virus | Individual runs spread out over several days.Control sites chosen to avoid congested areasTracked using personal smartphone – no controls to punch.Self-printed maps – no contact for transmission.Reminder in literature to follow all current government guidance, particularly not to come if showing symptoms, and to sanitise hands frequently.Contact info and times of runs stored for Contact Tracing.*Responsible: Organiser* |  |  |  |