**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** | | |  | | |
| **Name of person completing this form** | |  | **Position of person completing this form (coach, organiser etc)** | |  |
| **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**

|  |  |  |
| --- | --- | --- |
| **Emergency access point (for emergency vehicles)** | **Post code / grid reference:** | **Place from which signed:** |
| **Nearest A&E hospital:** | **Name and Post code:** | **Map available (where):** |
| **Working telephone:** | **Landline or mobile:**  **If mobile (reception checked?)** | **Number:** |
| **First Aid cover** | **Name of first aider:** | **Located where?** |

**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**   * **What control measure?** * **Who is responsible?** |
| **In area to be used (indoor / outdoor):** |  |  |
| **Participants** |  |  |
| **Other people/activities in area** |  |  |
| **Weather** |  |  |
| **Equipment** |  |  |
| **Covid-19** | Transmission between orienteering participants and to/from other people in the area leading to illness. | Final details to advise that if you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, you are advised to stay at home and avoid contact with other people and not attend the competition  Final details to remind of need to reduce risks of transmission of the virus:   * Advise people to avoid close packing to limit group sizes before and after competing. * Be considerate when passing close to members of the public.   Hand cleaning sanitisers to be available.  Water will not be provided.  Pre-entry only to avoid handling cash. |
| **Covid-19 transmission with Indoors activities** | Transmission between participants leading to illness | * Organiser to identify who will be in more than transient proximity to other individuals indoors or in enclosed spaces and set up the area so maintain at least 1m segregation between these individuals. * Organiser to remind people who will be delivering the duties where they may be close to others that wearing a mask would be a wise precaution. |

**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.**

|  |  |  |
| --- | --- | --- |
| **Area to be used: Indoors**   * Floor surface * Other equipment/obstacles * Shared use (dining room / other activities) | **Area to be used: Outdoors**   * 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 | **Equipment:**   * Pencils in hand when running * Pin punches * Cane tops * Tent guys * Electrical equipment – cables * Generators * Cooking equipment |
| **Participants:**   * Clothing / shoes * Existing medical conditions * Unexpected reactions/allergies * Disorientation * Tiredness | **Other people / activities in area:**   * Walking dogs * Cyclists * Horse riders * Forestry operations * Park maintenance * Shooting / archery * Golf * Stranger danger | **Weather:**   * Cold / heat * Rain / snow / hail * Excessive wind * Lightning |

\*\* BOF Rules of Orienteering

