 **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** | | | Wimborne Orienteers | | |
| **Name of person completing this form** | | J R Keighley | **Position of person completing this form (coach, organiser etc)** | | Organiser |
| **Venue for session / event / activity** | | Avon Heath Country Park, near Ringwood | **Date for session /**  **event / activity** | | Friday 10th May 2019 |
| **Name of person in charge of session / event / activity** | | | J R Keighley | | |
| **Risk assessment signed** |  | | **Risk assessment dated** | | 26/04/2019 |
| **Risk assessment checked by (name, position and date)** | **Print name**  **& position (coach mentor, controller etc):** | | Controller: John Warren | | |
| **Sign and date:** John Warren 27/04/2019 | | |  | |

**Emergency Information**

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| **Emergency access point (for emergency vehicles)** | **Post code / grid reference:**  SU114033 (OS sheet 195) | **Place from which signed:**  The entrance to Avon Heath Country Park |
| **Nearest A&E hospital:** | **Name and Post code:**  Bournemouth General BH7 7DW  01202 303626 | **Map available (where):**  Registration/Assembly |
| **Working telephone:** | **Landline or mobile:**  **If mobile (reception checked?)**  Mobile  Landline Avon Heath Visitor Centre | **Number:**  Organisers mobile 07581230550  Landline to Visitor Centre 01425 478082 |
| **First Aid cover** | **Name of first aider:**  Keith Henderson/Avon Heath staff | **Located where?**  Registration & Assembly area/ Avon Heath Visitor Centre |

**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.**

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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** | **Mitigation**   * **What control measure?** * **Who is responsible?** |
| **In area to be used:**  Underfoot conditions | A fairly hazard free mixture of heathland and pine forest area with a good network of paths easily accessible by vehicle.  Traffic free area being used  Injury or immobilisation | Competitors warned that they take part at their own risk. Qualified First Aider & First Aid Kit near Finish. Arrangements for search and rescue in place.  Mobile phones for start/assembly/organiser/first aid |
| **Participants**  Clothing, shoes  Existing medical conditions  Disorientation, tiredness | Injury or immobilisation.  Adder bites | Organiser: Competitors warned that they take part at their own risk.  Notice in Final Details – Full leg cover required. Safety bearing in Final Details. Clothing dump near Finish. Competitors reminded it is a condition of our use of the area that they keep to the paths at all times.  Final details give warning about adder bites and instructions of procedure to follow if bitten.  Area patrolled during competition by helpers on mountain bikes |
| **Other people/activities in area**  General public near Visitor Centre  Walkers, Dogs, Cyclists, Horse Riders | Collision, confrontation, aggression | Course planned to avoid most areas of general public access.  Few members of public in area of competition likely during the working week. |
| **Weather**  Wet, Cold, Wind | Hypothermia  Competitors should be suitably clad/equipped for the conditions | Organiser: Competitors warned that they take part at their own risk.  Notice in Final Details – Safety bearing. Clothing/drink dump near Finish. |
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**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.**

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| **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) * Adders * 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 * Tent guys * Electrical equipment – cables |
| **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 * Stranger danger | **Weather:**   * Cold / heat * Rain / snow / hail * Excessive wind * Lightning |