

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		Dartford Orienteering Klubb	
Name of person completing this form	Allison Page	Position of person completing this form (coach, organiser etc)	Planner
Venue for session / event / activity	Lullingstone Country Park	Date for session / event / activity	Thursday 26 May 2022
Name of person in charge of session / event / activity		Andrew Evans	
Risk assessment signed	<i>Allison Page</i>	Risk assessment dated	<i>8 May 2022</i>
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):	Lead Coach	
	Sign and date:	<i>Andrew Evans - 9 May 2022</i>	

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: Castle Road, Eynsford, Kent, DA40JF what3words: reef.taped.member	Place from which signed: No signage needed but a member of the organising team will wait at the entrance to the car park to direct the emergency crew if an emergency vehicle is summoned
Nearest A&E hospital:	Accident & Emergency units at: Princess Royal University Hospital Farnborough Common Kent, BR6 8ND 01689 863000 Darenth Valley Hospital, Darenth Wood Rd, Dartford, Kent DA2 8DA 01322 428100	Map available (where): With the organiser at registration/download
Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile	Number: 07963124368 Mobile phone reception checked and is good throughout the area
First Aid cover	Name of first aider: Allison Page	Located where? Registration/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 - a Country Park with a fence surrounding some of the area.</p>	<p>Risk of ankle injury if competitor goes too fast.</p> <p>There are occasional brambles and tree roots which could cause injury</p> <p>There are water features which could lead to injury if anyone goes too close</p>	<p>Competitors to wear appropriate footwear. First aid kit available at registration/download</p> <p>Visibility should be good and no additional mitigation is considered necessary</p> <p>The area to be used for the event does not go down to the river. A marshal will be present in this area too to prevent any children going nearby. Minimal risk of injury</p>
<p>Participants Many of the children will not be familiar with orienteering or the map</p> <p>Clothing may be inappropriate</p>	<p>Competitor may not return to the finish after their run, especially if they do not complete the course</p>	<p>The session will include some training and will assume that the children are new to orienteering. Organiser will make guidance available before the participants start, including the need to report to the finish. The finish will be near to the start. All participants will be checked out onto their run and checked back on their return so that all are fully accounted for.</p> <p>A missing child search plan for the event will be with the Organiser and will be used if necessary. Risk low due to high visibility in the area and adult patrollers.</p> <p>Shorts are permitted for the competition</p>

<p>Other people/activities in area There will be a range of other people using the park including joggers, walkers, dog owners and their dogs, cyclists and children playing both in the dedicated play areas and elsewhere.</p> <p>There will be car users entering and leaving the parking areas</p> <p>Stranger danger</p>	<p>Collisions between orienteers and other park users leading to injury</p> <p>Sudden vehicle movements if driver is surprised by a competitor, leading to injury to vehicle occupants or competitors</p> <p>Unwelcome interest in a child or children</p>	<p>The Score Course has been designed to avoid 90 degree corners in places where the public may be present. Competitors to be advised before they start to be considerate of other park users while on their courses.</p> <p>Course will be designed not to cross any road or car park where there is moving public traffic. The only other potential traffic is park maintenance vehicles. These are expected to be very slow moving and in areas where there is good visibility.</p> <p>There will be good visibility around the majority of the course. Marshalls will patrol keeping an eye open for any suspicious behaviour and seeking to identify if any children stray out of the competition area. If anything untoward is suspected the Organiser will be notified immediately.</p>
<p>Weather High temperatures unlikely to be an issue given date of event. Heavy rain or high winds are possible.</p>	<p>Dehydration Injury from falling trees</p>	<p>The finish will be very close to the start. Competitors will be encouraged to bring water and wear appropriate clothing if the conditions are unusually adverse. The event will be cancelled if exceptionally high winds could lead to danger from falling trees.</p>
<p>Equipment Electrical equipment will be used for download.</p>	<p>Injury through tripping over cables. Shorting caused by water penetration.</p>	<p>Computer cables will be designed for outdoor use and will be waterproof. The joints between the cables will be protected by polythene sheets to avoid rain penetrating.</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>Area to be used: Indoors</p> <ul style="list-style-type: none"> • Floor surface • Other equipment/obstacles • Shared use (dining room / other activities) 	<p>Area to be used: Outdoors</p> <ul style="list-style-type: none"> • 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 	<p>Equipment:</p> <ul style="list-style-type: none"> • Pencils in hand when running • Pin punches • Cane tops • Tent guys • Electrical equipment – cables • Generators • Cooking equipment
<p>Participants:</p> <ul style="list-style-type: none"> • Clothing / shoes • Existing medical conditions • Unexpected reactions/allergies • Disorientation • Tiredness 	<p>Other people / activities in area:</p> <ul style="list-style-type: none"> • Walking dogs • Cyclists • Horse riders • Forestry operations • Park maintenance • Shooting / archery • Golf • Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning