

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		Harlequins Orienteering Club	
Name of person completing this form	Mike Baggott	Position of person completing this form (coach, organiser etc)	Organiser /Planner
Venue for session / event / activity	Morton Stanley Park, Redditch Summer Evening low key event	Date for session / event / activity	Thursday 12 May 2011
Name of person in charge of session / event / activity		Mike Baggott	
Risk assessment signed	<i>Mike Baggott</i>	Risk assessment dated	18 April 2011
Risk assessment checked by	John Pearson - Controller – Harlequins Orienteering Club		
	Sign and date: 20 th April 2011		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: SP 029 650 Morton Lane or near B97 5QN or SP 030 653 or SP 021 651	Place from which signed: At SP 031 648 turn onto Callow Hill Lane (signed) continue 300 metres then right into Morton Lane (signed).
Nearest A&E hospital:	Name and Post code: 01527 503 030 The Alexandra Hospital Woodrow Dr. Redditch, Worcestershire B98 7UB	Map available (where): Map available at enquiries see Mike Baggott 10 minutes to A&E
Working telephone:	Landline or mobile: If mobile (reception checked?) Landline Mobile during event	Number: Reception good 01527 403952 or 07761133851
First Aid cover	Name of first aider: Christine Nelson	Located where? 16, Oswestry Close 01527 545030 – 600 metres from start

The Risk Assessment

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>The area</p> <p>Outdoor event using urban park managed by Redditch District Council. The area is approx 1 km square, with open grassland and hedges to the north, a North facing wooded slope (paths and brambles) in the centre and housing estate roads /cul-de-sacs to the south.</p> <p>Potential hazards are holes in ground, tree roots/branches, brambles/nettles, wire/ruined fences, cans, shallow water /ponds.</p> <p>There is a possibility of runners stepping into the path of cars on the fairly busy roads on the East, South and west of perimeters of the area. There is also the potential for accidents with slow moving traffic in the housing estate cul-de-sacs.</p>	<p>The likelihood of injury is low with the possibility of sprained / broken ankles, pulled muscles, minor cuts and abrasions. The severity of the injuries is likely to be low.</p> <p>If there were a traffic accident on the main roads then the severity of injury could be high.</p> <p>The cul-de-sacs are in quiet residential areas with traffic calming measures. Likelihood of an accident in these areas is low</p>	<p>Organiser will have 1st aid kit, a 1st aider is nearby and the A & E only 10 minutes away</p> <p>A Warning notice provided by the organiser will state: Please note participation in this event is at your own risk. Each individual should be responsible for their own safety.</p> <p>You must</p> <ul style="list-style-type: none"> • wear suitable footwear • wear suitable clothing (full body cover) • Take care, look out for ruined wire fences and litter • Do not attempt to cross ponds marked as uncrossable. <p>Long course only asked to</p> <ul style="list-style-type: none"> • take care crossing estate roads • Take note and avoid other roads marked out of bounds marked on the map. <p>Medium and Short course will avoid all roads and residential area.</p>
<p>Participants</p> <p>Mainly experienced orienteers take part who are used to crossing terrain a lot more challenging than a town park. Small scout groups on occasions have attended.</p>	<p>Low risk due to the small size and enclosed nature of the area and the experience of most competitors.</p>	<p>Notice explains that participation in this event is at your own risk. Each individual should be responsible for his/her own safety. Safety bearing due east and follow road on footpath south to the parking.</p>

<p>Hazards are injury :</p> <ul style="list-style-type: none"> • problems with existing medical conditions, • unexpected reactions/allergies, • disorientation/getting lost, • Tiredness 		<p>A note stating that::</p> <p>“Courses closing 8.15 pm and All competitors must report to the finish” even if they fail to complete will be published on all control descriptions.</p> <p>1st Aid Kit, First Aider and hospital nearby.</p> <p>Note organizer ideally should not be left by himself to collect controls as night falls – he should be with another HOC member at the end of the event.</p>
<p>Other people/activities in area Dog walkers, other members of the public including teenage groups, football training, Park maintenance</p>	<p>There have been no incidents previously but there is a low risk of assault, dog bites. Hazard low risk.</p>	<p>Dogs must be kept under control in the park (Bylaw) This is an evening event so no maintenance taking place by council. Because of the necessity for juniors to be transported to the event a responsible adult will always be present. It will be the responsible adult who will decide whether any juniors will compete unsupervised. The event closes before nightfall.</p>
<p>Weather – wet weather could create slippery surfaces. Heat / cold unlikely to be a problem because of May /evening activity. High winds could cause trees to fall.</p>	<p>Weather related Injury low risk. The courses are relatively short in an urban park and it is only short distance to travel back to shelter if retirement is necessary.</p>	<p>Shelter is provided by the provision of a centrally heated motorcaravan with hot drinks available. The event will be postponed /cancelled in the event of a thunder storm / hurricane force winds.</p>
<p>Equipment - Little equipment used for organisation</p>	<p>Very low risk caused by orienteering equipment. No start lanes are used so no trip issues.</p>	<p>Kites hung at head height.</p>