**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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| This is a generic risk assessment for the “socially distanced” orienteering events that Cleveland Orienteering Klub is planning to organise once the coronavirus restrictions are relaxed. These events will only start once British Orienteering (the National Government Body) has given the go-ahead for this type of event. |
| **Name of Club / satellite club name / after school club** | Cleveland Orienteering Klub (CLOK) |
| **Name of person completing this form** |  | **Position of person completing this form (coach, organiser, etc.)** | Organiser |
| **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** | 19th May 2021 |
| **Risk assessment checked by (Controller)** |  | **Sign and date:**  |

**Emergency Information**

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| --- | --- | --- |
| **Emergency access point (for emergency vehicles)** | **Post code / grid reference:** To be filled in for each event. | **Place from which signed:**Information about how to get to the events will be provided to participants who have entered via the online pre-entry system. There will be very limited local signage to help participants to confirm that they are at the correct place. |
| **Nearest A&E hospital:** | **Name and postcode:**The appropriate one of the following hospitals will be identified for each event.James Cook University Hospital TS4 3BWDarlington Memorial Hospital DL3 6HXUniversity Hospital of North Tees TS19 8 PEScarborough General Hospital YO12 6QL | **Map available (where):**The Organiser will have a paper copy of the map of the route to the nearest hospital.An electronic copy of the map will be provided to participants who have entered via the online pre-entry system. |
| **Working telephone:** | **Landline or mobile:****If mobile (reception checked?)**To be filled in for each event. | **Number:**To be filled in for each event. |
| **First Aid cover:** | **Name of first aider(s):**To be filled in for each event. | **Located where?**In the car parking area. |

**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 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.**

**Each section needs to be customised for the particular event. What follows here is intended to serve as examples / reminders of the issues that should be considered.**

| **Hazard** | **Possible outcome** | **Severity** | **Likelihood** | **Mitigation**  |
| --- | --- | --- | --- | --- |
| **In the competition area** |
| **Terrain hazards** |
| Running injuries | Sprained ankles, etc. | Low | Low | Comment on the roughness of the terrain.Competitors will be expected to exercise normal caution when running on rough ground.The courses will be planned to be appropriate to those taking part. **Planner**The event information on the CLOK web site will advise competitors to carry whistles that can be used to summon help in the case of incapacity. Also, the majority of competitors on virtual (MapRun) courses will be carrying a Smart phone in order to record their tracks. |
| Uneven and/or slippery surfaces / brashings / tree roots / branches / dense forest / undergrowth | Trips / slips / falls leading to bruising, grazing, twisted ankles, etc. | Low / medium | Low  | The courses will be planned to be appropriate to those taking part. **Planner**Competitors will be expected to exercise normal caution when running on rough ground. |
| Sharp tree branches | Eye injuries | Medium / high | Low / medium | Are sharp tree branches an issue in this competition area?The courses will be planned to be appropriate to those taking part. **Planner** |
| Cliffs / crags | Falls leading to bruising, grazing or broken bones. | Medium | Very Low | Are there any significant crags in the competition area? Will they be taped? Will courses be planned to avoid competitors approaching crags from the top? |
| Walls | Slips leading to bruising, grazing, etc. | Low / medium | Low  | Are there walls in the competition area? Will competitors need to climb them? |
| Falls leading to head injuries | Medium / high | Very low | The courses will be planned so that competitors will not need to cross high sections of wall. **Planner** |
| Fences | Scratches | Low | Low | Are there any fences in the competition area? Will competitors need to cross them? |
| Ditches | Falls leading to bruising, grazing, twisted ankles, etc. | Medium | Low | Are there any deep ditches in the competition area? Will competitors need to cross them?  |
| Lakes, ponds, streams, etc. | Drowning | High | Low | Are there any water hazards in the competition area? Will the courses go near them? |
| Litter (glass, used needles) | Glass cut | Low | Very low | Is this kind of litter an issue in this competition area? |
| Needle-borne infection | High | Very low |
| Ticks | Tick attachment  | Low | High | Are there likely to be any ticks in this competition area? |
| Lyme Disease if a tick not removed promptly. | Medium / high | Low |
| Interactions between pedestrians and vehicles | Collision between pedestrians and vehicles | High | Low | Will competitors need to cross or walk along roads / tracks with any significant traffic? |
| Pre-existing medical conditions | Competitor falling ill while out on a course. | High | Low | The event information on the web site will ask competitors to inform the Organiser about any relevant medical conditions before the event. |
| **Other people / activities in the competition area** |
| Forestry operations | Injuries caused by interactions between competitors and forestry vehicles and/or equipment. | Medium | Very low | Are there any forestry operations in this competition area. |
| Walkers / cyclists / horse riders | Collisions. | Medium | Very low | Are there likely to be walkers / cyclists / horse riders in the competition area. |
| Stranger danger | Abduction. | High | Very low | Children’s courses will be planned to avoid remote areas. **Planner** |
| **Weather** |
| Low temperature / rain / wind / snow | Hypothermia | High | Very Low | Is there any risk of bad weather? How exposed is the competition area?If appropriate, the Organiser will make it compulsory for competitors to carry a cagoule. **Organiser** |
| High temperatures / strong sun | There is no significant likelihood of the weather being hot enough to cause problems with hyperthermia / sunstroke. |  |
| **Missing competitor** |
| A competitor failing to return from his or her run due to being injured or ill and being unable to summon assistance; e.g. due to being unconscious. | Competitor not receiving urgent medical assistance and / or suffering from exposure. | High | Low | After the last start time, the Computer Operator will download the Start SI box and use the “missing competitors” facility in the event management software to check that everyone who has punched at the Start has downloaded.The Organiser will take appropriate steps to find or account for any missing competitor(s) in compliance with British Orienteering’s Missing Competitor procedure. **Organiser** |
| **Covid-19 and other respiratory infections** |
| Transmission of Covid-19 or other respiratory infections. | Participants catching Covid-19 or other respiratory infections. | Low /Medium (depending on age and vaccination status) | Low | The information on the event web site will ask people not to attend this event if they have respiratory infection symptoms. **Organiser**Orienteering is naturally distanced sport that takes the form of a time trial (as opposed to a “mass start” race) with each senior person competing individually on a range of different courses in a large area. While on their runs, competitors are only likely to come into close contact very occasionally – and for very short periods of time – in the vicinity of controls. |
| **In the parking area** |
| Low temperature / rain / wind / snow | Hypothermia | High | Very Low | Is there any risk of bad weather? How exposed is the competition area?If appropriate, the Organiser will make it compulsory for competitors to carry a cagoule. **Organiser** |
| Generators | Generators will not be used at these events. |  |
| Computers and associated equipment | Electric shock | Medium | N/A | The computer and associated equipment will be operated by an appropriately experienced person. |