


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		Cleveland Orienteering Klub (CLOK)	
Name of person completing this form	Phillip Batts	Position of person completing this form (coach, organiser, etc.)	Organiser / Planner
Venue for session / event / activity	Preston Park	Date for session / event / activity	Wednesday 29 th June 2022
Name of person in charge of session / event / activity		Phillip Batts	
Risk assessment signed		Risk assessment dated	18 th June 2022
Risk assessment checked by	Caroline Mackenzie	Sign and date: <i>Caroline Mackenzie</i> 19 th June 2022	

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: TS21 2DN / NZ346287	Place from which signed: Follow brown "Preston Park" signs from the A66 and/or Yarm Road.
Nearest A&E hospital:	Name and postcode: North Tees Hospital TS19 8PE Phone: 01642-617617	Map available (where): On-line
Working telephone:	Landline or mobile: Mobile If mobile (reception checked?) Jan 2022	Number: 07973-870529 (Caroline Mackenzie)
First Aid cover:	Name of first aider(s): Phill Batts	Located where? Download, on the grass area north of the Preston Park cafe

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.

Hazard	Possible outcome	Severity	Likelihood	Mitigation
People likely to have Covid-19 attending the event.	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Medium / high (depending on vaccination status)	Medium / Low	<p>The event information on the CLOK web site will ask people not to come to the event if (a) they have tested positive for Covid-19 within the five days leading up to the event, or (b) they have symptoms of a respiratory infection and you have a high temperature or feel unwell. Organiser</p> <p>Note: This is in line with the Government advice for “People with symptoms of a respiratory infection including COVID-19”.</p> <p>Anyone who has pre-entered for the event and is then unable to participate due to self-isolation will be given a refund of any entry fees that they have paid. (The refund will be in the form of a credit that they can put towards entry fees for future events.) Organiser</p>

Hazard	Possible outcome	Severity	Likelihood	Mitigation
<p>Transmission of the coronavirus from an asymptomatic or pre-symptomatic Covid-19 carrier to other people participating in the event.</p> <p>Participants coming into close contact at Registration or at the Start.</p> <p>Competitors coming into close contact during their runs.</p> <p>Participants coming into close contact immediately after finishing.</p> <p>Participants coming into contact in the car parking area.</p>	<p>Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.</p>	<p>Medium / high (depending on vaccination status)</p>	<p>Low</p>	<p>Competitors will be required to pre-enter via the Racesignup online entry system.</p> <p>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. School children can run in pairs.</p> <p>There will be no results display at the event. Results will be published afterwards. Organiser</p> <p>The car parking arrangements will allow effective social distancing. Organiser</p>
<p>Participants picking up coronavirus by handling contaminated objects; e.g. cash, hired SI cards, paper maps, SI boxes, etc.</p>	<p>Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.</p>	<p>Medium / high (depending on vaccination status)</p>	<p>Very Low</p>	<p>Loaned SI cards will be available, but will need to be pre-ordered before the event. Organiser</p> <p>CLOK will not collect any car parking fees at the event.</p> <p>No drinks will be provided at the Finish.</p> <p>Download will be positioned so that there is sufficient space to allow socially-distanced queueing. Organiser</p>
<p>Participants picking up coronavirus by touching contaminated objects in the competition area; e.g. gates, stiles, etc.</p>	<p>Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.</p>	<p>Medium / high (depending on vaccination status)</p>	<p>Very low</p>	<p>The scientific evidence is that fomite transmission of SARS-CoV-2 is a much lower risk that was thought during the early months of the Covid-19 pandemic. Also, the Omicron variant, which is now dominant, is much less likely to cause severe illness than previous variants, particularly in fully-vaccinated people.</p>

Hazard	Possible outcome	Severity	Likelihood	Mitigation
Transmission of Covid-19 during provision of first aid.	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Medium / high (depending on vaccination status)	Low	<p>To the maximum extent possible, the First Aider will guide people to self-administer first aid or guide a member of the injured person's household to administer first aid. First Aider</p> <p>Where the First Aider needs to come into close contact with an injured person, he or she will wear a medical face mask, a plastic pinny and plastic gloves. He or she will put his or her clothes through a 60° wash after returning home from the event.</p> <p>First Aider</p> <p>If additional support required and it is not practical or safe for the school staff to take a pupil to a hospital, the First Aider will phone for an ambulance. The event is not in a remote area. NHS emergency responders will have the appropriate PPE and training in how to use it.</p>
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	<p>Each school is responsible for ensuring that alterations to their entered pupils are recorded on the Chip issue sheet and handed in to the reception CLOK official so that the timing software has an accurate record of children in the park.</p> <p>If after the pupils in a school have started the school staff become concerned that one or more pupils are unaccounted for they must report this to the reception CLOK official so that the marshals can look out for them. If they are still not found the missing competitor procedure will be followed.</p> <p>As a school prepares to leave the park it is expected that they will account for all of their pupils.</p> <p>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</p>

Hazard	Possible outcome	Severity	Likelihood	Mitigation
In the competition area				
Terrain hazards				
Running injuries	Sprained ankles, etc.	Low	Low	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 A First Aider will be available near Download. First Aider
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	There are a few sharp branches. Competitors will be expected to exercise normal caution when running near trees. The courses will be planned to be appropriate to those taking part. Planner
Cliffs / crags	There are no crags in the competition area.			
Walls / fences	Falls leading to bruising, grazing, twisted ankles, etc.	Low / Medium	Low / Medium	There will be no need for competitors to climb over walls or fences. Any competitor who chooses to climb a wall or fence will be expected to do so with due caution. Any walls or fences that should not be crossed will be shown as uncrossable on the competition maps.
Ditches	Falls leading to bruising, grazing, twisted ankles, etc.	Medium	Low	There are a few small ditches in the competition area, but they are easily visible and very shallow, so they do not constitute a significant hazard.

Hazard	Possible outcome	Severity	Likelihood	Mitigation
Lakes, ponds, streams, etc.	Drowning	High	Low	<p>The River Tees runs along the eastern edge of the park. Competitors will be expected to exercise normal caution when running close to the river.</p> <p>The courses will go along a wide path not far from the river, but there will be no need for competitors to leave the path in that area.</p> <p>A patrolling marshal will keep an eye out for school children straying off their courses in the vicinity of the river. Organiser</p>
Litter (glass, used needles)	Glass cut	Low	Very low	This type of litter is not a significant issue in the competition area.
Ticks	Tick attachment	Low	High	There have never been any known reports of 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	There is a small amount of slow-moving traffic in the car park. Competitors will be expected to take appropriate care (as per normal visitors to the park).
Pre-existing medical conditions	Competitor falling ill while out on a course.	High	Low	School staff are expected to have relevant information about pre-existing medical conditions affecting children from their school. Organiser
Other people / activities in the competition area				
Operations by Park staff	Injuries caused by interactions between competitors and park by vehicles and/or equipment.	Medium	Very low	Preston Park is open to the public and any park vehicles will be high visibility.

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Walkers and dog walkers	Collisions.	Medium	Very low	The event information on the CLOK web site and in the Racesignup online entry system will advise competitors to be aware of other users in the competition are and be courteous towards them. Organiser There will be two finish control boxes provided in order to reduce the chance of potential collisions between children and senior competitors. Organiser
Stranger danger	Abduction.	High	Very low	There will be four patrolling marshals during the schools' event. Organiser
Weather				
High temperatures / strong sun	Hyperthermia / sun-stroke	Medium	Low	First Aid will have water for any severe cases of dehydration or sunstroke. Organiser
Low temperature / rain / wind / snow	Hypothermia	High	Very Low	The risk of hypothermia is extremely low in an urban park in June. If appropriate, the Organiser will make it compulsory for competitors to carry a cagoule. Organiser
Roads, pavements and paths slippery due to being wet.	Slips / falls leading to bruising, grazing, twisted ankles, etc.	Low / medium	Medium	If pavements and paths are wet – or if it is likely that it will rain during the event – a notice at the Start will warn competitors to take care when running on wet surfaces. Organiser
In the parking area				
Generators	Generators will not be used at this event.			
Computers and associated equipment	Electric shock	Medium	N/A	The computer and associated equipment will be operated by an appropriately experienced person.