


## 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.

This risk assessment covers the mapping / planning / set up of a permanent orienteering course (POC) or virtual orienteering course (VOC) for use by individuals at their own risk. If used as part of an activity or event then there will be a separate risk assessment to cover that usage which will include the registration areas, interactions with other users of the area, conditions on the day, etc.

<b>Name of Club / satellite club name / after school club</b>	Southdowns Orienteers		
<b>Location of VOC</b>	Various locations within SO's area		
<b>Name of person completing this form</b>	Neil Crickmore	<b>Position of person completing this form (coach, organiser etc)</b>	VOC co-ordinator
<b>Risk assessment signed</b>		<b>Date</b>	29 <sup>th</sup> June 2020. All events added after this date will be checked for compliance and any specific hazards identified in the activity details.
<b>Risk assessment checked by (club safety officer)</b>		<b>Date</b>	Original check 29/06/2020 Rechecked 24/09/2020 (VOCs) Rechecked 19/12/2020 (VOCs including SOGLs)

### Specific Risks Identified for this POC/VOC

Hazard	Possible outcome / injury		Mitigation	
	Notes on potential severity	Likelihood	What control measure?	Who is Responsible?
<b>SPECIFIC HAZARDS FOR THIS COURSE WHICH ARE NOT COVERED BY THE GENERAL CONDITIONS BELOW</b>				
NONE				

### Generic Risk Assessment for POC / VOC

Hazard	Possible outcome / injury		Mitigation	
	Notes on potential severity	Likelihood	What control measure?	Who is Responsible?
<b>Car parking</b>				
<ul style="list-style-type: none"> <li>Moving vehicles</li> </ul>	Collision with other vehicle or pedestrian – serious injury or death	LOW	For VOCs on open access land, planner will suggest a suitable safe parking area individuals to use	Planner
<b>General consideration of hazards in event area</b>				
<ul style="list-style-type: none"> <li>Uneven surfaces</li> <li>Slippery surfaces</li> <li>Tree roots/branches</li> </ul>	Tripping / slipping – minor injury	HIGH	Courses planned to be appropriate to those likely to be taking part	Planner
<ul style="list-style-type: none"> <li>Slopes/steps</li> </ul>	Falls – minor, or possibly major, injury	HIGH	Courses planned to avoid dangerously steep slopes and to traverse the slope rather than head straight down if appropriate.	Planner

Hazard	Possible outcome / injury		Mitigation	
	Notes on potential severity	Likelihood	What control measure?	Who is Responsible?
• Vegetation	Scratches or stings – trivial injury Damage to eye – major injury Head bump – minor or possibly major injury	HIGH LOW LOW	Courses planned to avoid worst undergrowth areas and routes into or out of a control which might be likely to have eye level branches.	Planner
• Wire / ruined fences	Scratches – minor injury	HIGH	Courses planned to avoid any barbed wire or ruined fences that would need to be taped or have crossing points created for an ordinary orienteering event. Safe crossing points used where relevant.	Planner
• Walls to be climbed	Slipping – minor injury Falling – major injury	LOW	Courses planned to avoid climbing dangerous walls and to use safe crossing points if necessary.	Planner
• Litter (glass, used needles)	Glass cut – minor injury Needle-borne infection – major injury	LOW	Courses within well maintained woodland / farmland / parkland with no risky areas	Planner
• Water (streams, rivers, ponds)	Drowning – serious injury or death	LOW	Courses planned to avoid any uncrossable rivers / ponds / marshes and to use safe crossing points where appropriate.	Planner
• Cliffs / crags	Falling – serious injury or death	LOW	Courses planned to avoid cliffs or crags or to approach from the bottom only	Planner
• Traffic (including road crossings)	Collision between runner and vehicle – serious injury or death	LOW	Where possible, courses planned to avoid crossing anything other than minor access roads with speed <20mph. If (for example longer trail run VOCs) other roads need to be crossed, this will involve minor country roads or 30mph urban roads only and courses will cross using any available safe crossing points and/or be at a location with good visibility for both runners and drivers. All major roads will only be crossed using safe crossing points such as bridges, tunnels, or controlled crossings.	Planner
• Rail / tram lines	Collision between runner and vehicle – serious injury or death	NONE	Courses will not cross rail / tram lines other than at safe crossing points	Planner
• Mineshafts / caves	Falling – serious injury or death	NONE	Areas selected to avoid mineshafts and caves	Planner
• Military debris	Trips, cuts, scratches – minor injury Explosion – serious injury or death	NONE	Areas selected to avoid military debris	Planner
• Wildlife	Snake bite – serious injury or death Wasp/bee/hornets sting – serious injury if allergic, else minor Farm animals	LOW	Areas selected to avoid likely problems with bee hives / livestock. Participants are pointed at a 'keeping safe' leaflet which instructs them to respond appropriately to conditions on the day.	Planner
• Danger of ending up off map	Lost competitor	LOW	Courses planned to avoid any indistinct boundaries	Planner
<b>Other people/activities in area</b>				
• Walking dogs • Cyclists • Horse riders	Attacked by uncontrolled dog – major injury Collision with cyclist – major injury Collision with / kicked by horse – major injury	LOW	No different to other users of open access land	Planner
• Pedestrians - street events	Collision between runner and pedestrian - minor injury	LOW	No different to other runners exercising on streets	Planner
• Forestry operations or park maintenance	Injured by machinery or falling tree – major injury Brashings / rutted tracks – minor injury	LOW HIGH	Participants are pointed at a 'keeping safe' leaflet which instructs them to respond appropriately if to conditions on the day.	Planner
• Shooting / archery / golf	Accidental shooting – serious injury or death Hit on head by ball – major injury	LOW	Only open access land is used	Planner
• Stranger danger	Vulnerable person injured by stranger	LOW	Courses avoid any known risky areas	Planner

Hazard	Possible outcome / injury		Mitigation	
	Notes on potential severity	Likelihood	What control measure?	Who is Responsible?
<b>COVID-19 considerations</b>				
<ul style="list-style-type: none"> <li>People with Covid-19 symptoms attending the event.</li> </ul>	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Low	Symptomatic sufferers should already be following government 'stay home' advice. Activities are available to individuals in their own time so no pressure to attend if unwell.	Organiser
<ul style="list-style-type: none"> <li>Transmission of the coronavirus from an asymptomatic or pre-symptomatic Covid-19 carrier to other people participating in the event through close contact at registration / start / during run / at finish / download / in assembly areas or carpark</li> </ul>	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Medium	Participants are pointed at a 'keeping safe' leaflet which instructs them to maintain social distance and try again another time if this is not going to be possible.	Organiser
<ul style="list-style-type: none"> <li>Participants picking up coronavirus by handling contaminated objects; e.g. cash, hired SI cards, paper maps, SI boxes, etc.</li> </ul>	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Low	Participants bring own GPS device for MapRunF and own map	Organiser
<ul style="list-style-type: none"> <li>Participants picking up coronavirus by touching contaminated objects in the competition area; e.g. gates, stiles, etc.</li> </ul>	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Low	Virus is not thought to survive well on outdoor surfaces. Participants are pointed at a 'keeping safe' leaflet which instructs them to sanitise/wash hands to minimise this risk.	Organiser
<b>Emergency considerations for lone users</b>				
<ul style="list-style-type: none"> <li>Participant suffers injury or medical problem and needs emergency help</li> </ul>	Unable to get suitable help resulting in worsening of condition or potentially death	Low	Participants are pointed at a 'keeping safe' leaflet which provides advice about letting people know where they are going and use of aids such as emergency text and What3Words to help summon aid / locate them.	Organiser