

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		Edinburgh Southern Orienteering Club	
Name of person completing this form	Ewart Scott ewartscott@supanet.com	Position of person completing this form (coach, organiser etc)	Organiser
Venue for session / event / activity	Tentsmuir Forest (North)	Date for session / event / activity	26 September 2010 (Sunday)
Name of person in charge of session / event / activity		Ewart Scott	
Risk assessment signed	<i>Ewart Scott</i>	Risk assessment dated	7 th June 2010
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):	John Emeleus (Event Controller)	
	Sign and date: <i>John Emeleus</i>	John.Emeleus@blueyonder.co.uk 13 th June 2010	

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: NO467278 Grid Ref.	Place from which signed: Tentsmuir Forest signed-from Main street through Tayport at junction with Elizabeth Street.
Nearest A&E hospital:	Name and Post code: Ninewells Hospital, Dundee <i>Actual street name being sourced 16/6/10</i>	Map available (where): Event Assembly
Working telephone:	Landline or mobile: Mobile If mobile (reception checked?) Yes	Number: 07936 183001 Ewart Scott
First Aid cover	Name of first aider: St John's Ambulance or similar will be present.	Located where? Assembly Field

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):</p> <ul style="list-style-type: none"> • Cross fence from assembly area to start • Cross deep ditch on way to far start • Cross deep ditch on courses from far start • Deep Standing Water 	<p>Minor injuries crossing the fence could occur but is highly unlikely and would be low severity.</p> <p>There is a risk of drowning in the major ditches and standing water but this is low risk. All competitors from the far start are experienced Orienteers.</p>	<p>Bales of Hay will be provided to help people cross the fence. The fence is not high and there is no need to lower it. Tape will also be used to tie down the fence wire as much as possible.</p> <p>Temporary crossing points will be provided over the deep ditches and will be marked on the competition maps. Information will also be added to the final details (Mark Wood/Planner).</p> <p>Courses will be planned to avoid the deep standing water. Where this is not possible yellow and black tape will be used to mark them on the ground and ensure competitors are not able to go to the water's edge (Mark Wood/Planner).</p>
<p>Participants</p> <ul style="list-style-type: none"> • Ticks are present in Tentsmuir Forest 	<p>Ticks can carry Borreliosis (also known as Lyme disease) and can lead to serious complications including damage to the nervous system, joints, heart and other tissues.</p>	<p>Information will be added in the Final Details (Mark Wood/Planner) and a reminder to Check and Remove Ticks will be displayed in the Download Area (Ewart Scott/Organiser).</p>
<p>Other people/activities in area</p> <ul style="list-style-type: none"> • Mountain Bikers • Horse Riders <p>Members of the public walking, some may have dogs.</p>	<p>However unlikely a collision is possible between a competitor and another forest user.</p>	<p>Warning Signs for other forest users will be displayed on the main forest road running west to east. This is the main walk to the starts. (Ewart Scott)</p> <p>Information regarding “other users” will be indicated in the final details.</p> <p>Courses will be planned to minimise crossing the main forest road which runs parallel with the coast line. This is the forest road most</p>

		<p>used by other forest users.</p> <p>First Aider will be available in the assembly area.</p>
<p>Weather</p> <ul style="list-style-type: none"> • Sun • Rain 	<p>Sun Stroke or Dehydration is possible from an intense Sun. Unlikely given the length of courses on offer.</p> <p>High levels of rain may lead to the ditches overflowing and flooding around the standing water areas.</p> <p>Both situations are able to be forecasted in advance and plans made to mitigate any of the risks.</p>	<p>Sun - Water will be available at the Finish and First Aider will be located in the Assembly Area.</p> <p>Rain (during the event) – Late summer rain unlikely to cause undue problems. Organisers monitor during event with possibility of invoking compulsory wearing of waterproof jackets. Competitors</p> <p>Rain (before the event) – any flooding on the courses will be explained to competitors with information given on small notice boards in the start area.</p> <p>Ewart Scott</p>
<p>Equipment</p> <p>Generator</p> <p>Tents</p>	<p>Burns Heat from the generator/spillage of petrol when topping up.</p> <p>Electrical shock prevention.</p> <p>Guy lines from tents. Tripping hazard.</p>	<p>Knowledgeable person's installing/connecting/topping up generator.</p> <p>Siting appropriate computer equipment inside tents. Appropriate cable routing.</p> <p>None, other than keeping taped routes for competitors away from these.</p> <p>Ewart Scott</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