

## Risk Assessment – Orienteering



<b>Reviewed Date</b>	01/03/2022
<b>Next Review Date</b>	01/03/2023
<b>Manager Name</b>	Paul Taylor
<b>T/A(Name &amp; Date)</b>	N/A

<b>General Information</b>	This considers orienteering which typically takes place in Swanage or around the beach area at Sandbanks.
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<b>Instructor Competence</b>	L&W Training
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<b>Ratios &amp; Remits</b>	1:15
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Identified Hazards	Who is at risk?	Example Causes	Control Measures
<b>Personal Injury</b> E.g. Slips, Cuts, Twisted Ankles	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>- Tripping over when running.</li> </ul>	<ul style="list-style-type: none"> <li>- Instructor to provide health and safety briefing to prevent injuries.</li> <li>- Instructor to carry first aid kit.</li> </ul>
<b>Difficulty controlling body temperature</b> (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> <li>- Cold, wet windy days.</li> <li>- Hot, sunny days.</li> <li>- Inappropriate clothing</li> </ul>	<ul style="list-style-type: none"> <li>- Appropriate clothing to be worn / carried.</li> <li>- Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc.</li> <li>- Appropriate group safety equipment to be carried – e.g. shelter, warmth etc.</li> <li>- Use of sun cream to be encouraged.</li> </ul>

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<b>Exhaustion</b>	Participants	<ul style="list-style-type: none"> <li>- Prolonged running</li> <li>- Course too long and difficult for participant needs.</li> </ul>	<ul style="list-style-type: none"> <li>- Set orienteering route to suit group</li> <li>- Flexible itinerary to respond to individuals needs</li> </ul>
<b>Becoming lost/ separation/non return</b>	Participants	<ul style="list-style-type: none"> <li>- Course too difficult</li> <li>- Insufficient tuition</li> <li>- Group not abiding by instructions</li> </ul>	<ul style="list-style-type: none"> <li>- Meeting point and whistle signal / time to return should be set at the start of session.</li> <li>- Appropriate instruction of map reading skills to be provided to participants.</li> <li>- Careful consideration of group competence needs to be examined before allowing group to work independently.</li> <li>- Brief participants on need to stay as group</li> <li>- Brief participants on furthest boundaries.</li> <li>- Instructor to keep record of direction group was last seen heading in.</li> </ul>

**This risk assessment in no way negates the need for continual dynamic risk assessment on session.**

**You must report incidents or near misses using company procedures.**

**If you have any concerns or questions about the risk assessment speak to your manager.**