

Risk Assessment – Orienteering

Updated - 14.02.18

Required Instructor Competence	<ul style="list-style-type: none"> • Land & Wave Familiarisation • First Aid Certificate
Ratios	<ul style="list-style-type: none"> • 1:15 • Ratios should be reduced to meet the needs of participants and environment where appropriate - e.g. behavioural issues.

Identified Hazards	Who is at risk?	Example Causes	Control Measures
Personal Injury E.g. Slips, Cuts, Twisted Ankles	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Tripping over when running. 	<ul style="list-style-type: none"> • Instructor to provide health and safety briefing to prevent injuries. • Instructor to carry first aid kit.
Difficulty controlling body temperature (Hyperthermia/Hypothermia)	Instructors & All Participants/Group Leaders	<ul style="list-style-type: none"> • Cold, wet windy days. • Hot, sunny days. • Inappropriate clothing 	<ul style="list-style-type: none"> • Appropriate clothing to be worn / carried. • Appropriate amounts / type of food and drink should be carried dependent on weather conditions, terrain etc. • Appropriate group safety equipment to be carried – e.g. shelter, warmth etc. • Use of sun cream to be encouraged.
Exhaustion	Participants	<ul style="list-style-type: none"> • Prolonged running • Course too long and difficult for participant needs. 	<ul style="list-style-type: none"> • Set orienteering route to suit group • Flexible itinerary to respond to individuals needs
Becoming lost/ separation/non return	Participants	<ul style="list-style-type: none"> • <u> </u> Course too difficult • <u> </u> Insufficient tuition • <u> </u> Group not abiding by 	<ul style="list-style-type: none"> • Meeting point and whistle signal / time to return should be set at the start of session. • Appropriate instruction of map reading skills to

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		instructions	be provided to participants. <ul style="list-style-type: none">● Careful consideration of group competence needs to be examined before allowing group to work independently.● Brief participants on need to stay as group● Brief participants on furthest boundaries.● Instructor to keep record of direction group was last seen heading in.
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N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment