

Club: Orienteering Club	Date: October 2017	Review Date: due October 2018
Risk Assessment: Orienteering (general risk assessment)		

Description of the activity, equipment or area under assessment

Background: CUOC is registered as a closed Orienteering club with British Orienteering, the national governing body (NGB). Any events organised by the club that are registered with British Orienteering are covered under their public liability and professional indemnity insurance. Events not registered with British Orienteering are not covered. This insurance covers Public Liability and Professional Indemnity for damages and legal costs arising out of third party loss, injury, or damage in connection with Orienteering and its associated activities. The limit of this indemnity is currently £5,000,000 for any one event. All of the events that we attend or that CUOC organise benefit from individual risk assessments that take into account the unique situation of each race. Therefore this risk assessment provides a description of only the general hazards that an orienteer might expect to encounter during their orienteering career. It is unlikely that any event could contain all of the hazards described here, but equally this list should not be regarded as definitive.

Orienteering can, for the purposes of risk assessment, be described as cross country running (in competitions and training), with the hazards of organising an event similar to any other sporting event organised in the open air without special facilities. The style of competition varies, but the majority of the time participants compete individually (i.e. not in pairs or teams). Sizes of event vary from individuals training, Local (Level D) events of 20-80 people, regional (Level C and B) events of several hundred, to International events of multiple thousands of competitors.

Although organising clubs, or CUOC if it is our own event or a training session, aim to minimise the risk members are exposed to, attention is drawn to British Orienteering rule 1.7.1: “*All competitors in any event to which these Rules apply take part entirely at their own risk. Competitors shall take into account their own ability to compete safely*”. For the purposes of CUOC, it should be assumed that rule 1.7.1 applies to all club activities.

Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Running through terrain	Injury due to trips, wildlife, dangerous vegetation, abrupt changes in height. Injuries may range from scratches to broken bones or ligaments.	Medium	The risks as compared to cross-country running are broadly similar, i.e. the frequency of serious injury is not such as to cause concern or class the activity as a dangerous sport. The risk of injury is lessened by encouraging participants to wear proper clothing, to warm up before starting, and by encouraging them to take part in club organized training sessions. All members are advised to carry a whistle when competing to aid rescue if an injury occurs. The Safety Officer brings a supply of whistles to all events. The Safety Officer brings a First Aid kit to all events and training sessions unless an external First Aid provider is known to be present. Organisers of Level B and above events ensure that first aid cover is available. Other events rely on the skills of individual club members and participants.	Safety Officer: ensure stocks of whistles are brought to events. Ensure first aid kit is brought to all CUOC organised events

			Many club members, including all coaches, are first aid trained.	
Serious disorientation	Participant could lose way to such an extent that they are unable to return to a recognised start or finish point.	Low	Participants take part in courses of difficulty appropriate to their level of skill in the sport. In many such cases it does not take a significant period of time for the individual concerned to wander into an area which they can identify on the map. In worst case scenarios, organisers always check start lists against finish lists to ascertain whether any competitors remain out in the field. If this is the case, search teams are dispatched. Instructions for search procedures are held by the organisers of the event.	Event or Activity Organiser: ensure search procedures are at events. Captain: ensure competitors enter courses appropriate to ability
Adverse weather conditions	Hypothermia, sunstroke, dehydration etc. due to weather conditions	Medium	It is the responsibility of the event organiser to determine whether it is safe to run the event. The organiser may make carrying of cagoules compulsory, give a safety bearing or provide water supplies at points on the course, and may call off event if conditions are too hazardous. Club members are advised to bring appropriate clothing to run in (e.g. thermals or sun protection) and reminded to bring a change of appropriate clothes to wear after the event. Where appropriate, the Captain or Safety Officer shall arrange for the Club emergency shelter to be brought to events or training in adverse weather. Competitors advised, and CUOC members are required, to carry a whistle at all events for the unlikely event that they need to attract attention.	Captain: brief CUOC entrants before event on likely weather conditions Organiser: assess conditions, warn in final details if necessary Captain or Safety Officer: ensure emergency shelter brought to events if appropriate
Assault	Attack in isolated areas by nefarious third party	Very low	Although orienteering, by its very nature, is carried out in isolated areas, other competitors are not far away. This reduces the risk to below that of a rambler visiting the same area at a different time. Organisers may choose to patrol the forest if the risk is deemed high. N.B In 15 years of orienteering, the author has neither encountered nor heard mention of an assault of any kind when orienteering.	Organiser: consider use of marshals
Pests	Bites and stings from pests including ticks. Possibility of subsequently contracting disease, e.g. Lyme's Disease	Low	Orienteering courses commonly pass through wild land including marsh, and it is therefore possible that pests such as ticks will be present. Whilst event organisers will make every effort to warn competitors of known concentrations of such pests, it is inevitable that participants are sometimes found to have parasites attached to them on finishing their runs. These are dealt with according to standard practices, with no ill effects to the person concerned. Participants are required at most events to wear clothing that fully covers their legs. In addition, they may also be required to wear waterproofs should the weather be inclement. Finally, appropriate sturdy footwear with good grip should be worn (mitigating the risk of injury as well as preventing the ingress of pests). There is the minimal, but none the less important, risk of disease. In addition to the standard risk of Tetanus, Lyme's disease should also be borne in mind. The risk of becoming infected is very low, but cases have been known. Participants are encouraged to visit their doctor should they suffer any illness. In the case of serious injury the medical practitioner tending to the individual concerned will administer a Tetanus vaccine, should it be necessary.	Captains: brief competitors before event on appropriate orienteering kit. Warn club of dangers of ticks and procedure to remove.

Other users of terrain.	Risk of injury from other users e.g. mountain bikers, forestry work, etc.	Low	The organiser and planner will do their best to ensure that the event's courses do not coincide with any areas where other activities are occurring, and will alert participants to any known other events. Participants may well encounter persons engaged in other activities such as those aforementioned, and it is expected that they should use common sense in avoiding any incidents. In particular they should obey any signing by the Forestry Commission, for their own safety.	Organiser to warn participants if necessary
Transport	Accident when travelling to and from events, or when competing	Medium	<p>When CUOC is driving, drivers are asked for, not coerced, and briefed in the importance of regular stops to maintain concentration. This transport is covered under the relevant insurance policies in the usual manner. The conditions of hire imposed on such transport ensure that any drivers have had an appropriate amount of experience and are suitably qualified for the task. Hence the risks inherent in using any form of transport are no greater when doing so with the Club rather than as an individual.</p> <p>We often get lifts to events with older members of the local orienteering club. Inevitably we have less control over these drivers, but all are known and trusted by the captain and have many, many years of driving experience. Members are encouraged to inform the Captain if a volunteer's driving is poor. The Captain will consider removing the driver from the list of CUOC drivers.</p> <p>Roads are not normally required to be crossed when competing, but if necessary the organiser will warn competitors and provide a compulsory, marshalled crossing point if necessary.</p>	Captain to brief drivers and maintain list of contact details. Organiser to provide marshals if necessary

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Eye Protection	Yes	No	Type/standard: N/A
Ear Protection		No	Type/standard: N/A
Overalls		No	Type/standard: N/A
Gloves		No	Type/standard: N/A
Respiratory Protection		No	Type/standard: N/A
Other		Specify: Full leg and torso cover required for all non-urban events. Members advised to buy gaiters (not safety-critical, optional purchase).	

HEALTH SURVEILLANCE

Is Special Monitoring required? (e.g. hearing test, eye test, health surveillance).

Enter details.

No

EMERGENCY PROCEDURES

Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding): -

N/A

Any special First Aid Measures required?

First Aid Kit to be taken to all CUOC events and training

ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date
Matthew Vokes CUOC Captain 2012-13, UKCC Level 1 Coach	M Vokes	13/04/2013	David Maliphant CUOC Captain 2011-12		13/04/2013

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here
John Ockenden CUOC Captain 2014-15	J Ockenden	29/03/2015	None
Andrea Stefkova CUOC Health and Safety officer 2014-2015	A Stefkova	08/04/2015	None
Helen Pruzina CUOC Captain 2015-16	H Pruzina	09/04/2016	None
Paul Pruzina CUOC Captain 2017-2018	P Pruzina	10/10/2017	None