

Site:	Event Date:	Assessment Date:
Event Type:		

Description of the activity, equipment or area under assessment

Technical orienteering training at various outdoor locations in Cambridge. For trainings organized elsewhere (e.g. training tours) a further risk assessment should be made.

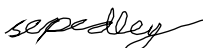
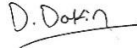
Significant hazards	What could go wrong	Risk level (High, Medium or Low)	Existing control measures	Further actions
Running through terrain	Injury due to trips, wildlife, dangerous vegetation, abrupt changes in height. Injuries may range from scratches to broken bones or ligaments.	Medium	<ul style="list-style-type: none"> Safety briefing before pointing out hazards such as roads or water features. Training rucksack is equipped with first aid kit. Several members have experience with first aid and larger events with have a qualified first aider Call 999 if there is an emergency Orienteers are experienced at navigating rough terrain and are encouraged to only go as fast as they are comfortable. At events in more remote locations, competitors are encourage/mandated to carry a whistle in order to attract attention in the event of an accident. 	Event organiser to identify specific hazards for the area and give safety briefing. This includes being aware of other site users and building works as steps will be slippery when wet
Other users of terrain	Risk of collision – cars, bikes, pedestrians etc.	Low	<ul style="list-style-type: none"> Areas are chosen to minimise interaction with other members of the public, e.g. avoiding main roads. Where such interaction is required, participants are warned of the specific hazards. Orienteers should always give way to other site users. 	Headtorches provided for participants.
Inclement weather	Hypothermia	Low	<ul style="list-style-type: none"> Remind people to dress appropriately for the weather Try to find covered shelter for assembly if possible Cancel training if necessary 	Event organiser to put out special notice if weather is to be poor – e.g. 'cagoules compulsory'
Serious disorientation	Participant could lose their way to such an extent that they are	Very Low	<ul style="list-style-type: none"> All event areas have a safety bearing/route that would allow them to find a recognisable feature and allow them to return to the start/finish of the course. 	

	unable to return to the assembly point.		<ul style="list-style-type: none"> Novice participants progress through navigationally more simple courses in order to build familiarity with navigation. 	
Travelling to training/events organized by other clubs	Motor vehicle accidents Cycling accidents	Low	<ul style="list-style-type: none"> The majority of training is planned to be within cycling or running distance of central Cambridge which is well set up for such activities People will be reminded of the need for lights when cycling at night. When motorised transport is required, lifts are often sourced with experienced drivers from local clubs or alumni who are known and trusted by the captain. In the event that driving is deemed poor, the captain will consider removing the driver from the list of CUOC drivers. When car hire is used, the companies require a significant amount of driving experience, and drivers are encouraged only to volunteer if comfortable with the drive. 	Captain to brief drivers and maintain list of contact details.
Covid-19	Transmission of covid	Low	<ul style="list-style-type: none"> Choose large outdoor assembly area with room for social distancing. Reminders not to attend events if you are ill or self-isolating. 	

EMERGENCY PROCEDURES

<p>Action to be taken in case of reasonably foreseeable emergencies (e.g. overheating, loss of electricity, flooding): -</p> <ul style="list-style-type: none"> In case of missing participant send out experienced orienteers to search the area. Also consider using mountain rescue services, who are frequently involved in larger events.

ASSESSOR

Name of assessor:	Signature:	Date	Name of Supervisor:	Signature:	Date
Sarah Pedley		15/08/22	Dominic Dakin		16/08/2022

REVIEW DATES

Reviewed by (name)	Signature	Date	Indicate changes here