

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 unable to return to the assembly point.	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. • Novice participants progress through navigationally more simple courses in order to build familiarity with navigation. 	
Concussion	Participant could hit head on low branch, run into another runner or fall over such that they	Very low	<ul style="list-style-type: none"> • Club follows NGB guidance for their sport related to concussion. Where this does not exist, club follows the Welfare@sport guidance on concussion. This includes both immediate treatment of injury, 	See BO or sports service concussion guidance welfare policy

	concuss themselves		<p>ongoing monitoring of condition and appropriate time/phasing of return to sport.</p> <ul style="list-style-type: none"> • Club Welfare Policy and Officers in place to signpost athletes to support systems if needed 	
Travelling to training/events organized by other clubs	<p>Motor vehicle accidents</p> <p>Cycling accidents</p> <p>Getting lost</p> <p>Antisocial behaviour</p> <p>Breakdown</p> <p>Vehicle unsafe to drive</p>	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 and all committee members will have lights. Torches are provided in darker evenings for runners. • Cyclists are encouraged to stick to cycle paths and wear helmets. • 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 	Captain to brief drivers and maintain list of contact details.

	<p>Self drive</p> <p>Road traffic accident Getting lost Antisocial behavior Breakdown Vehicle unsafe to drive</p>		<p>drive.</p> <ul style="list-style-type: none"> • Code of conduct in place • Appropriate insurance is in place • Use the sports service coordinated transport • Correct and appropriate storage of equipment <ul style="list-style-type: none"> - Vehicle used must be in good working order with recorded service history - Suitably qualified and experienced driver - Sufficient time provided for trip with adequate rest breaks - Appropriate insurance and breakdown cover - Code of conduct in place - Appropriately sized and maintained vehicle - Contingency measures in place to cover drive injury or fatigue 	
Doping	Illness due to recreational or performance enhancing drug use	Very low	<ul style="list-style-type: none"> • Adherence to the NGBs anti-doping policies and regulations in addition to complying with the requirements of the BUCS Clean Sport Commitment statement and WADA code. Policy details included in Code of Conduct and signed by athletes. 	See bucs anti-doping policy in club conduct

			<ul style="list-style-type: none"> • Club will not provide supplements to members. Supplements should only be used by members if advised by a suitably qualified nutritionist for specific, individual needs. • Clear club disciplinary procedures. • Club members not permitted to train if drug use is suspected. • Club Welfare Policy and Officers in place to signpost students to appropriate support. 	
General management of injuries, illness and infection	Worsen the injury/illness/infections Spreading the injury/illness/infections Cause secondary injuries/illness/infection		<ul style="list-style-type: none"> • Collection of athlete medical information with appropriate guidance to athletes. Medical information is made available to session leaders, captains and coaches as appropriate. • Appropriate supervised training plan • Access to First Aid provision • Quarantine/exclusion period • Appropriate medical support available • Return to activity guidance • Team selection policy includes fitness to play. • Personal injury insurance • Refer to welfare@sport for further guidance 	Annual Club handover ensure clear understanding of Club governance and oversight from the University Ensure Club members sign up to Club policies annually. Spectator policies clearly displayed on

				website
Participant, spectator, coach, volunteer, officials, alumni behavior/conduct Relates to anyone connected to the club	Physical or psychological injury or mental health problems caused by: aggressive or violent behavior, poor practice, rule violations, harassment or bullying.	Medium	<ul style="list-style-type: none"> • Laws of the sport • Code of conduct, health and safety, welfare and safeguarding policies and disciplinary procedures in place. • Appropriately experienced and/or qualified coaches/session leaders in place for the level of participant. • Appropriately experienced and/or qualified officials for in place for the level of competition. 	
Social activities and alcohol	During socials, participants may overdrink to a state of illness	Low	<ul style="list-style-type: none"> • Code of Conduct and Disciplinary procedures in place • If an individual turns up to train or compete having been drinking or clearly suffering from the effects of a night out, they will not be permitted to participate in sporting activities. • The club will provide non-alcoholic drink options and access to food as part of their social activities. • The club will not pressure anyone to take part or pass any form of initiation as part of their membership of the Club. Social activities will not involve, or promote, unsafe, illegal, degrading or anti-social behaviour or be based on the excessive consumption of alcohol. 	

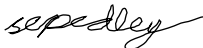

			<ul style="list-style-type: none"> • Anyone who does drink to excess will be supported in returning to their college or residence and someone, who has not been drinking and can monitor their wellbeing, will be informed of their condition. • Club Welfare Policy and Officers in place to signpost athletes to support systems if needed. 	
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EMERGENCY PROCEDURES

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

- 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

Sophie Preston	XXXX	15/10/2023	<p>Review and amendment:</p> <ul style="list-style-type: none"> • removed Covid-19 measures • general management of injuries, illness and infection section • Behaviour/conduct • Further control measures to be adopted into the travel section/self drive • Concussion • Doping • Social activities and alcohol
Sophie Preston	XXXX	13/06/2023	No changes made