

Risk Assessment – Orienteering

Date: September 2024

Potential Hazard	Who is at Risk	Likelihood	Severity	Risk Rating	Preventative Measures
Uneven ground causing slips, trips & falls	Participants	4	1	4 LOW	<ul style="list-style-type: none"> - Group to wear appropriate footwear for the terrain they will be covering - Try to avoid areas where you know ground conditions have deteriorated due to weather, activity etc
Lost participants	Participants	1	3	3 LOW	<ul style="list-style-type: none"> - Participants must be in groups of no less than 3: one to stay with injured participant & one to return to leaders - Leaders must check the route before the activity - Ensure participants know the meeting point, boundaries & out of bounds areas, meeting time and that each group has a watch - Ensure clear instructions are given and that all participants understand how to use a map - Group participants according to their ability where possible - Leaders must remain at the meeting point for the duration of the activity
Adverse Weather – Lightning, high winds & exposure	Participants	1	4	4 LOW	<ul style="list-style-type: none"> - Appropriate clothing must be worn for the weather conditions - Group leader to monitor the weather & adjust the activity as appropriate - All staff must follow the RoSPA 30/30 rule for lightning (on-duty manager will inform group if activity is to be abandoned) - If lightning occurs suddenly then the group should vacate the area immediately - During high winds the activity routes may be adapted to avoid areas at risk from falling branches (on-duty manager will advise)
Existing medical condition	Participants	2	3	6 LOW	<ul style="list-style-type: none"> - Leaders to ensure the appropriate health & parental consent forms are used. - Ensure necessary medication available if needed. - Ensure all leaders are aware of the OAC's accident/emergency procedures. - Group to have access to a mobile phone.

Operating Notes:

Signed:

On behalf of:

Date:

Likelihood of Occurrence	Severity of Outcome				
	1 Negligible	2 Slight	3 Moderate	4 Severe	5 Very Severe
1 Very Unlikely	LOW (1)	LOW (2)	LOW (3)	LOW (4)	LOW (5)
2 Unlikely	LOW (2)	LOW (4)	LOW (6)	MEDIUM (8)	MEDIUM (10)
3 Possible	LOW (3)	LOW (6)	MEDIUM (9)	HIGH (12)	HIGH (15)
4 Probable	LOW (4)	MEDIUM (8)	HIGH (12)	HIGH (16)	HIGH (20)
5 Very Likely	LOW (5)	MEDIUM (10)	HIGH (15)	HIGH (20)	HIGH (25)

Likelihood of occurrence X Severity of outcome = Risk Rating

Example:

Likelihood (possible 3) X Severity (Moderate 3) = Risk Rating (Medium 9)