

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

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)