

Seven Springs Outdoor Activity Centre - Orienteering Risk Assessment

Description of activity - Leaders running their own sessions with any section OR trained orienteering coaches leading sessions at Seven Springs.

Activities include:

- Indoors
 - Exercises using paper, pens and playdough
 - Running relays / obstacle courses
- Outdoors
 - Walking/running between cones
 - Walking/running between different parts of the campsite

Instructions to leader / coach

Take a copy of this risk assessment and sign each box to say you have completed the actions in the “control measures” column. Please leave a copy in the back of this file.

Hazards Identified	Existing control measures	Initial Risk Rating	Control Measures	Residual Risk Rating	Signature of guider / coach if actions done
Slips / trips /falls Leaders, participants and non participants at risk of tripping over vegetation or other obstacles or falling from height leading to broken bones, cuts, bruises or twisted joints	<ul style="list-style-type: none"> • First aid kit and first aider required on site at all times 	High	Leader or coach to: <ul style="list-style-type: none"> • Advise participants to be careful when running and to take care on uneven ground and around other people • Ensure participants have adequate footwear suitable for running • Advise participants to put pencils in pockets before running • Ensure cones and any other equipment is removed out of the way of all site users when not being used • Advise participants to keep 3 meters away from tents to avoid tripping over guy ropes • Advise non participants in your group or other users of the site that girls may be running around the site 	Low	
Vehicles Leaders and participants at risk of impact injury from being struck by moving vehicles	<ul style="list-style-type: none"> • Permanent orienteering course markers do not require participants to go into areas where cars may be 	Low	Leader or coach to: <ul style="list-style-type: none"> • Tell participants not to go into car parks or onto Corks Lane 	Low	

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Bacterial agents/living organisms Leaders, participants at risk of illness or infection from bites, stings, bacteria or scratches	<ul style="list-style-type: none"> Animals not allowed on campsite All participants have consent forms and health forms if staying overnight which includes any allergy information 	Medium	Leader or coach to: <ul style="list-style-type: none"> Brief group to wash hands before eating or drinking Ensure all participants are wearing long trousers, long sleeves and sturdy footwear if going in the woods 	Low	
Falling trees / branches / objects Leaders and participants at risk of breaks, cuts and bruises from being struck by falling trees and branches	<ul style="list-style-type: none"> Trees surveyed regularly 	Medium	Leader or coach to: <ul style="list-style-type: none"> If dangerous trees or there are excessive wind conditions, ensure participants do not use the part of the course that goes into woodland 	Low	
Temperature / weather Leaders and participants at risk of illness through hypothermia or hyperthermia		Medium	Leader or coach to: <ul style="list-style-type: none"> Ensure all group have adequate clothing and waterproofs, or sunhat and suncream if sunny If forecast is for torrential rain, consider cancelling the session Ensure water or hot drinks are available for anyone who needs them 	Low	
Exhaustion Participants at risk of illness from over exertion		Medium	Leader or coach to: <ul style="list-style-type: none"> Monitor group as the activity progresses and identify anyone who is struggling and advise them to reduce their participation / speed or sit out of the activity 	Low	
Chemical agents Participants at risk of illness from allergic reaction to playdough	<ul style="list-style-type: none"> All participants have consent forms and health forms if staying overnight which includes any allergy information 	Medium	Leader or coach to: <ul style="list-style-type: none"> Check for any allergies and not use playdough if anyone is allergic to it 	Low	