

## 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
<b>Slips / trips /falls</b> 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"> <li>• First aid kit and first aider required on site at all times</li> </ul>	High	Leader or coach to: <ul style="list-style-type: none"> <li>• Advise participants to be careful when running and to take care on uneven ground and around other people</li> <li>• Ensure participants have adequate footwear suitable for running</li> <li>• Advise participants to put pencils in pockets before running</li> <li>• Ensure cones and any other equipment is removed out of the way of all site users when not being used</li> <li>• Advise participants to keep 3 meters away from tents to avoid tripping over guy ropes</li> <li>• Advise non participants in your group or other users of the site that girls may be running around the site</li> </ul>	Low	
<b>Vehicles</b> Leaders and participants at risk of impact injury from being struck by moving vehicles	<ul style="list-style-type: none"> <li>• Permanent orienteering course markers do not require participants to go into areas where cars may be</li> </ul>	Low	Leader or coach to: <ul style="list-style-type: none"> <li>• Tell participants not to go into car parks or onto Corks Lane</li> </ul>	Low	

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