

Activity Risk Assessment		Orienteering	
Date of Initial Assessment	5/09/2023	Date of Initial Management Committee Approval	5 th September 2023
Latest assessment review	1 st February 2025	Review approved and issued by Management Committee	1 st February 2026
Signature	TF	Signature	PEC

Hazards	Existing Control Measures	Who is at Risk?	What has changed that needs to be thought about and controlled
Natural Hazards Causing slips, trips and falls and other injuries	<ul style="list-style-type: none"> - Leaders to ensure everyone is wearing adequate footwear at all times and clothing (possibly long-sleeves and trousers). - Torches to be used at night. - Check the route for natural hazards. - Safety talk before the activity. Leaders to identify any hazards. - Reduce hazards within the route. E.g. clear away debris, remove rocks/branches if possible. - To keep away from fences, stinging nettles, thistles and the ditch that is down the side of the hill when doing activities. Explain the ditch is an out of bounds zone. - Ensure the route can be safely walked and that the terrain and length is appropriate for Beavers/Cubs. - To consider personal circumstances of all involved, including if any adjustments need to be made. - First aid kit and mobile phones to be carried by first raiders incase of injury. 	All involved	
Unacceptable Behaviour	<ul style="list-style-type: none"> - Young people to be briefed on appropriate behaviour, expectations and safety at the start of the activity. - Leaders to monitor mood and behaviour throughout the activity. - Whistle to be used to stop the activity. - Pre-arranged meeting point at the end of the activity. 	Young People	
Participants Getting Lost	<ul style="list-style-type: none"> - Assess the area before the activity for risk of getting lost, consider sizes of the area and where out of bounds areas will be. - Ask young people to stay with a buddy at all times. - Ensure young people know the boundaries of the area and where the pre-arranged meeting point is at the end of the activity. - Ensure there are multiple leaders supervising around the area and possibly multiple check-in points along the route. 	All involved	

	<ul style="list-style-type: none"> - To blow a whistle so participants know when the activity has ended. - Head count at the start and end of activity. - Conduct head counts at check-in points. - If dark, ensure young people have a torch with them. - Ensure leaders know alternative routes or have a sufficient map. 		
Harmful Plants Causing stings, rashes or illness when eaten	<ul style="list-style-type: none"> - Ensure all young people know the dangers of eating unknown plants including mushrooms and berries. - Leaders to check route for plants before the activity. - Warn participants of stinging nettles or other harmful plants. - Make this an out of bounds area where possible. 	All involved	
Insect Bites/Stings	<ul style="list-style-type: none"> - Leaders to check route area for insects/nests before activity. - Participants to be advised in safety briefing. - To ensure a first aid kit and first aider are available. - Participants to be advised about long-sleeves/trousers. 	All involved	
Hot Weather Causing sunburn/heat stroke/dehydration Wet Weather Causing slips, trips and falls	<ul style="list-style-type: none"> - Leaders to check weather conditions before orienteering. - Leaders to ensure all participants are wearing appropriate clothing (hats) and suncream. - Suncream to be applied regularly. - Drinks available and regular drink breaks. - Try to run activity in the shade if possible. If not possible, ensure there is shade during the drink breaks. - Leaders to supervise and keep an eye out for young people who may be getting sunburn/too hot. - Assess weather before starting activity. Wet weather could cause more slips, trips and falls and/or exacerbating natural hazards. If too wet, change activity or area. - Ensure young people are wearing adequate footwear and appropriate clothing - waterproof coats/trousers. 	All involved	
Darkness Causing injury/getting lost	<ul style="list-style-type: none"> - Ensure all young people have a torch. - Leaders carry torches to safely manage first aid and deal with any other incidents. - Ensure young people know rules e.g. out of bounds area, no running (if necessary). 	All involved	

	<ul style="list-style-type: none"> - Pre-arranged meeting point at the end of the route. - All involved to wear hi-vis jackets. 		
Equipment Causing injury	<ul style="list-style-type: none"> - To ensure all equipment is safe to use before the activity. Any damaged or broken kit not to be used and reported. - To ensure participants and leaders know how to use the equipment safely. - Safety briefing issued at the start of the activity. - Anyone using equipment unsafely will be asked to stop the activity. 	All involved	
Emergency First Aid	<ul style="list-style-type: none"> - Ensure there is a qualified first aider present throughout the activity. - Ensure there is a first aid kit available during the activity. - For a bigger route, may need multiple first aiders/first aid kits. To ensure the size of the route is appropriate for the amount of supervising leaders, first aiders and first aid kits. - Leaders to carry mobile phones for emergencies. 	All involved	Ensure inhalers are available for those who are asthmatic.

A Safety briefing should be conducted before the start of the session by the leader in charge. All instructions are provided in the given activity guidance pack.

Reviewed: 1st February 2025

By: The Oaks Management Committee