

# Risk Assessment for Orienteering

This risk assessment is provided as guidance only. It identifies some of the potential risks and recommended precautions when using the orienteering courses at Warmley Forest Park and Siston Common.

Please note it is your responsibility to carry out your own assessment as conditions will vary and the parties involved in setting up the course cannot be held responsible for any accidents, injuries, losses or damage which may occur.

For further guidance please refer to the downloadable teachers and group leaders information or telephone 01454 863592. We recommend a pre-visit prior to bringing a group to the course if you are unfamiliar with Warmley Forest Park.

<b>LOCATION</b>	Warmley Forest Park and Siston Common. Start post code BS30 5JB
<b>ACTIVITY</b>	Using the Orienteering courses and Nature Trails
<b>PERSONS AT RISK</b>	School aged children (aged 4-16) and adult helpers, school staff, members of the public, special needs groups

## EMERGENCY NUMBERS

Emergency Services **999** or **112**

## HOSPITALS

**Frenchay** – Nearest Accident and Emergency Department – Tel. 0117 970 1212  
Postcode: BS16 1LE

**Southmead** – Minor injuries unit – Tel. 0117 950 5050 Postcode: BS10 5NB

**Bristol Childrens Hospital** – Accident and Emergency Department – Tel: 0117 921 5411  
Postcode: BS2 8BJ

<b>HAZARDS</b>	<b>LEVEL OF RISK</b> (LOW, MEDIUM OR HIGH)
<b>Outside Environment</b> 1. Terrain – trips, slips and falls 2. Weather 3. Watercourses	LOW LOW LOW
<b>Dogs</b> 1. Dog faeces 2. Attack by dogs	LOW LOW
<b>Missing participants or marshals</b>	<b>MEDIUM</b>
<b>Supervision and personal safety</b>	<b>MEDIUM</b>

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HAZARDS	RISK CONTROL MEASURES
<p><b>Terrain</b> – uneven ground – injury from slips, trips or falls</p>	<ul style="list-style-type: none"> <li>• Participants must wear appropriate outdoor footwear</li> <li>• In preliminary safety talk, leader to identify hazards of uneven terrain</li> <li>• Leader to identify course with terrain and length appropriate to the mobility needs of the group</li> <li>• Ensure adequate adult supervision (see supervision and personal safety)</li> <li>• In wet conditions group leader should specify that participants walk rather than run around courses as paths may be slippery.</li> </ul>
<p><b>Weather</b> – hot or cold weather - hypothermia, sun stroke, sun burn or heat exhaustion</p>	<ul style="list-style-type: none"> <li>• Participants must bring appropriate clothing and footwear – as a minimum a warm jumper, hat, gloves and waterproof coat in winter and a waterproof, sun hat, sun screen and water bottle in summer</li> <li>• Spare clothing and drink advised to be brought by school/group leader</li> <li>• Choose an appropriate course for your group</li> <li>• Participants should be clearly briefed about weather in preliminary safety talk</li> <li>• Event cancelled in the event of very high winds, heavy rain or storms</li> </ul>
<p><b>Ponds</b> on site - drowning</p>	<ul style="list-style-type: none"> <li>• There are 2 ponds in the Forest Park as indicated on the map and 1 pond near to post 41 on the longer trails.</li> <li>• For school or special needs groups, locating a marshal adjacent to the ponds is advised</li> </ul>
<p><b>Dogs</b> – injury from attack or contact with faeces</p>	<ul style="list-style-type: none"> <li>• Participants should be clearly briefed about dogs. If approached by a dog stand still, give no eye contact and fold arms in</li> <li>• If participants come into contact with dog faeces instruct them to wash it off immediately. Leader to have wipes available.</li> </ul>
<p><b>Missing participants</b></p>	<ul style="list-style-type: none"> <li>• Runners should be sent out in pairs (as a minimum). For younger groups an adult should accompany each group</li> <li>• Participants should be clearly briefed about boundaries in the preliminary safety talk</li> <li>• The group leader must bring a student list and monitor finishers' control cards to ensure everyone has returned</li> <li>• Choose an appropriate course for your group</li> <li>• Marshalls can be located by potential exit points</li> <li>• Whistles can be issued ICE</li> </ul>
<p><b>Supervision and personal safety</b></p>	<ul style="list-style-type: none"> <li>• An accompanying teacher/helper will have the responsibility as a back marker when walking along paths to the start of the course</li> <li>• A clear finish time and meeting place should be set before participants start the courses</li> <li>• Students should be made aware of appropriate behaviour at the start</li> <li>• The group leader must carry safety equipment including; first aid kit and mobile phone</li> <li>• Supervision ratios will fulfil LEA guidelines for each age group</li> <li>• Participants should be instructed to stay in their group and not approach strangers</li> <li>• Marshalls should wear a bib to ensure they are easily recognisable.</li> </ul>
<p><b>Roads</b> – injury from road traffic accident</p>	<ul style="list-style-type: none"> <li>• The long loop trails include crossing of minor roads and using bridges/tunnels to cross the ring road A4174. It is strongly recommended that groups using these trails have adults in each group.</li> <li>• School groups are advised to use the very easy, easy and medium trails which are within the Forest Park and do not include roads.</li> </ul>
<p><b>Environmental impact</b> – damage to the Forest Park or common</p>	<ul style="list-style-type: none"> <li>• Leader to emphasise ethic of leave no trace in briefing – ie no litter and to have respect for plants and wildlife when on site</li> </ul>