

ORIENTEERING



Date of Assessment 01.03.11

	Casual factors, hazards, dangers	Risk management strategies, normal operation.	Site specific
People	Awareness of risks – Physical such as boundaries of course, twisted ankles – and Emotional such as the need to support each other rather than blame if participants get lost.	Identify phobias, illnesses, injuries, and ability using Personal Details Form and make an assessment as to suitability for participation. Provide adequate training / instruction based on above.	This space is to be completed on the day of the activity, identifying any specific dangers, changes since the last visit and/or difficulties/risks that will need to be assessed before, during and after the session.
	Overestimate of ability Inadequate training / instruction Safety / rescue procedures.	Assess ability from questioning. Provide adequate training/ instruction for each section of the climb. Instructors trained in medical / rescue techniques.	
	Group control (anxiety/excitement).	Instructor trained and experienced in group management.	
Equipment	Clothing/equipment insufficient or incorrectly used, or left at home. Inadequate footwear. Lack of fluids or foods.	Correct clothing worn and any personal kit checked to make sure it's suitable and safe for use. Kit List sent prior to activity. Spare equipment if needed to address the weather conditions or if participants have forgotten to bring any items. Spare food and drink.	
	Inadequate footwear	Appropriate footwear must be worn at all times. Kit list provided prior to activity.	

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Environment	Weather conditions making uncomfortable for participants.	Weather checked by instructors prior to activity. Ensure clients have appropriate clothing for activity and spare clothing for emergencies.	
	Falling rocks, slippery ground, trees and roots.	All instructors trained in relevant emergency procedures and first aid.	
	The general public/animals using the same spaces, access restrictions.	Initial safety briefing given about the environment, including, safety and awareness of other people/animals etc., access rights, the country code etc.	