

High Adventure Orienteering Risk Assessment

Last Review of this risk assessment: 01/05/2021

Minimum Leader qualification:		In house training and assessment or an appropriate level of experience.			
Max group size with Leader:		Off site 16, on site 24			
All Instructors should be making dynamic risk assessments on the day taking into account the weather conditions, the group's ability & any other factors that may change.					
Essential equipment					
Personal: suitable footwear, weather appropriate clothing, food and drink.					
Group: maps , compass, whistles, stop watches, clipboards, appropriate clothing and footwear, pencil, paper, food and drink.					
Instructor: Phone, first aid kit, group shelter, torch, hot drink, emergency food, whistle, knife, spare emergency clothing for group (cannot supply for full group, must have a some basics, EG: hats, gloves, etc..)					
Activity/ Process/ Operation	What are the Hazards to Health and Safety	What Risks do they pose and to whom?	Risk Level	What precautions have been taken to reduce the risk?	Risk Level Achieved
			H/M/L		H/M/L
During the activity	Slips, trips and falls.	All staff and participants.	M	Ensure the group are wearing appropriate footwear.	L
				Brief group on the terrain so they can be aware of it and can be ready.	
	Weather related injuries.	All staff and participants.	M	Make sure everyone is wearing appropriate clothing for the weather.	L
				Appropriate measures taken due to the weather. E.g. hot drinks to warm up or breaks to cool down.	
	Getting lost.	All participants.	M	Brief the group appropriately so that they know what to do if they do get lost.	L
				Set clear boundaries on where they should and should not go.	
Keep track of which controls group are sent to.					
			Give the participants clear time limits so it is clear how long they should be.		

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				Teach basic nav skills to help them return to you.	
	Bites, stings and abrasions.	All staff and participants.	M	Medical forms filled in with any allergies Monitor any bites and stings. Brief group on problem areas such as brambles and nettles.	L
	Remote supervision.	All participants.	H	All staff to be familiar with the area. Set clear boundaries on where they should and should not go. Have a clear designated point where the group can find staff. Set time limits that the participants have to get back within.	M

The following Risk Assessments are site specific. All site specific Risk Assessments only have addition information specific to the site. The Risk assessment above still applies to these sites, the following is additional information.

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			H/M/L		H/M/L
Setting up	Slipping on the hill walking up and down to the venue.	All staff and participants	M	Make sure everyone is wearing appropriate footwear. Brief the group before setting off so they are aware of the slippy ground.	L
During the Activity.	Livestock being in the field.	All staff and participants.	M	Brief the group on how to behave around the animals. Gather and send the group to a point that is furthest away from the livestock where possible.	L