



Generic Risk Assessment Orienteering

Hazard	Expected Outcome	Who is Affected?	Risk Before	Action Taken	Risk After
Faulty equipment	Bruises, cuts and abrasions	Group	Medium	<ul style="list-style-type: none"> All equipment should be checked by the Instructor prior to and during the session. 	Low
Misuse of equipment	Injuries due to being hit by equipment	Group/ Instructor	Medium	<ul style="list-style-type: none"> Instructor to brief group of the correct usage of the equipment. Instructors should remain vigilant to ensure groups are using equipment as briefed. 	Low
Collisions with activity equipment	Bruises, cuts & abrasion	Group	Medium	<ul style="list-style-type: none"> Any equipment not in use should be removed from the activity area. 	Low
Collisions with other participants during the activity	Concussion, bruises or abrasions	Group/ Instructor	Medium	<ul style="list-style-type: none"> Instructors to ensure participants are spaced apart when activity takes place. Instructors to ensure there is good group control during the session. 	Low
Hard, uneven and slippery surfaces	Slips, trips and falls	Group/ Instructor	Medium	<ul style="list-style-type: none"> Area checked for hazards before session. Group checked to ensure they are wearing suitable footwear. 	Low
Over-exertion	Muscle strains	Group	Medium	<ul style="list-style-type: none"> Instructor to ensure a thorough warm-up is carried out prior to the activity starting. 	Low
Losing Sight of Participants	Lost Participants	Group	Medium	<ul style="list-style-type: none"> Instructor to brief group about returning to base at a set time if they cannot find clues. Instructor to brief group about remaining in groups of at least 3. 	Low
Out of bounds areas	Injuries due to participants entering dangerous areas	Group	Medium	<ul style="list-style-type: none"> Group briefed and shown any area that they cannot enter, before starting the orienteering course. 	Low