



ORIENTEERING

Safety Guide

Outdoor Activity Provider

6

Key Benefits

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Control Measures

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Checklist Items

KEY BENEFITS

Navigation Skills

Develops practical map reading and compass use.

Decision Making

Builds independent thinking under pressure.

Physical Fitness

Combines cardio with varied terrain challenges.

Outdoor Exploration

Access to forests, parks, and varied environments.

All Ages & Abilities

Courses for beginners to elite competitors.

Problem Solving

Mental challenge combined with physical activity.

KEY HAZARDS & CONTROL MEASURES

Getting Lost

- ✓ Safety bearing taught to all participants
- ✓ Course closure time enforced
- ✓ Missing person procedure in place
- ✓ Boundaries clearly marked on maps

Terrain Hazards

- ✓ Appropriate footwear required
- ✓ Dangerous areas marked out of bounds
- ✓ Course design avoids worst hazards
- ✓ Briefing covers terrain challenges

Roads & Traffic

- ✓ Crossing points identified on map
- ✓ Marshals at busy crossings
- ✓ Briefing highlights road crossings
- ✓ Course design minimises road use

Water Features

- ✓ Deep water marked as out of bounds
- ✓ Safe crossing points identified
- ✓ Controls not placed near water edge
- ✓ Participants warned in briefing

Weather

- ✓ Weather forecast checked
- ✓ Appropriate clothing advised
- ✓ Event cancelled in severe conditions
- ✓ Water available in hot weather

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Course

- Hazards identified and mapped
- Controls checked
- Out of bounds marked
- Safety bearing set

Event

- Weather checked
- Closure time set
- First aid available
- Missing person procedure

Participants

- Registration complete
- Emergency contacts
- Safety brief given
- Finish download tracked



RISK ASSESSMENT
WIZARD

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