RISK ASSESSMENT WIZARD



# ORIENTEERING

## Safety Guide

Outdoor Activity Provider

| 6 | 20 | 15 |
|---|---|---|
| Key Benefits | Control Measures | 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
- ✔ Missing person procedure in place
- ✔ Course closure time enforced
- ✔ Boundaries clearly marked on maps

### Terrain Hazards

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

### Roads & Traffic

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

### Water Features

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

### Weather

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

# PRE-SESSION SAFETY CHECKLIST

## Risk Assessment

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

## Course

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

## Event

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

## Participants

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

RISK ASSESSMENT WIZARD

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