



ORIENTEERING

Safety Guide

Youth Group

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Key Benefits

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Checklist Items

KEY BENEFITS

Navigation Skills

Develops navigational and map-reading skills in outdoor settings.

Problem Solving

Enhances problem-solving and critical thinking through route planning.

Physical Fitness

Promotes physical fitness through walking and running courses.

Teamwork

Fosters teamwork and cooperation in group navigation tasks.

Independence

Encourages independence and self-reliance in finding paths.

Resilience

Builds resilience by overcoming navigational challenges.

KEY HAZARDS & CONTROL MEASURES**Getting Lost & Terrain**

- ✓ Course difficulty matches ability
- ✓ Clear boundaries on maps
- ✓ Emergency whistles provided
- ✓ Buddy system for beginners

Weather & Environment

- ✓ Weather forecast checked
- ✓ Appropriate clothing required
- ✓ Water carried by all
- ✓ Event postponed if dangerous

Roads & Traffic

- ✓ Course avoids busy roads
- ✓ Crossing points supervised
- ✓ Maps mark road hazards
- ✓ High-vis worn if near roads

Time & Supervision

- ✓ Maximum time limit set
- ✓ All starts/finishes recorded
- ✓ Mobile phones carried
- ✓ Search procedure ready

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 | |

Pre-Event

- | | |
|--|--|
| ☐ Course pre-checked | ☐ Weather forecast reviewed |
| ☐ Maps accurate and clear | ☐ Consent forms collected |

Equipment

- | | |
|--|--|
| ☐ Maps for all participants | ☐ Compasses available |
| ☐ Emergency whistles issued | ☐ First aid kit ready |

Participants

- | | |
|---|--|
| ☐ Appropriate footwear checked | ☐ Weather-suitable clothing |
| ☐ Water carried | ☐ Ability levels assessed |

Event Control

- | | |
|--|--|
| ☐ Start/finish times recorded | ☐ Time limit communicated |
| ☐ Emergency procedure briefed | ☐ Mobile phone contact shared |



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