



Name of activity	Orienteering		Reference number							
Location of activity	Onsite		Ratio for activity			1:!2				
Level of qualification needed to lead	BOF Teacher Leader Part 1 or 2 Instructor or club coach award, alternatively in house training and assessment									
This document must be read in conjunction with	Activity Standard Operating Procedures									
Key: L – Likelihood, S – Severity, R – Risk					Risk Score 1- 2 = Low 3- 4 = Medium 5- 6 = High					
Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R	
Orienteering	Trip Slip or Fall	Any member of the group. Abrasion cut bodily injury	2	2	4	Briefing about terrain if running type competition	1	2	3	
Orienteering	Road traffic accident	Any member of group crossing the road or walking along the road impact injury fatality	2	3	5	Supervision of road crossing with some groups briefing of road hazard	1	3	4	
Orienteering	Lost or Misplaced	Any member or members of the group worried frightened psychological harm	2	2	4	Coaching lesson plan progression relocation skills briefing on what to do if unsure of location	1	2	3	



Activity Description	Foreseeable Hazard	Who might be harmed and how?	L	S	R	Control measures	L	S	R
Orienteering	Tick bite	Any member of the group, concern discomfort infection Lyme Disease	2	3	5	Avoid bracken consider r long sleeve top and bottoms. Brief group about Tick Bites and what to look for. Ensure visiting staff are aware of signs and symptoms of Lyme disease	1	3	4
Orienteering	Fall from fence or Wall	Any member of the group impact injury from falling of wall or fence bruising possible head injury or broken bone	2	3	5	Course chosen to avoid climbing walls and fences briefing of hazard there is no need to climb any fence or wall	1	3	4
Written by: Mike Margeson			Date November 2011			Signature Mike Margeson			
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National Centre, Lakeside

Activity Risk Assessment - Orienteering

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