

Risk Assessment for Orienteering

Name of Club / satellite club name / after school club		Lakeland Orienteering Club	
Name of person completing this form	Jerry Purkis	Position of person completing this form (coach, organiser etc.)	Planner/Organiser
Venue for session / event / activity	Booths Car Park Kendal	Date for session / Event / activity	Nov 10 2021 to Nov 16 2021
Name of person in charge of session / event / activity		Jerry Purkis	
Risk assessment signed	<i>Jerry Purkis</i>	Risk assessment dated	13/10/2021
Risk assessment checked by (name, position and date)	Controller Graham Capper		
	Sign and date: <i>Graham Capper</i> 14/10/2021		

Emergency Information

Emergency access point (for emergency vehicles) Kendal Booths Car Park	Grid reference: Address: Wainwrights Yard, Kendal LA9 4DP	Place from which signed:
Nearest A&E hospital: Lancaster or Barrow Alternative minor injuries unit in Westmoreland Hospital Kendal but possible no evening cover after 10pm	Name and Post code: Royal Lancaster Infirmary, Ashton Rd, Lancaster, LA1 4RP Furness General Hospital, LA14 4LF Westmorland General Hospital Burton Rd Kendal LA9 7RG	Map available (where): Hospitals are clearly signed, eg AA route maps attached
Working telephone:	Landline or mobile: If mobile (reception checked?) <i>insert</i>	Number: <i>n/a</i>
First Aid cover	Name of first aider: <i>n/a</i>	Located where? <i>n/a</i>
Search Plan	<i>n/a</i>	

The Risk Assessment

Event Organisation

These MapRun courses should be run after 18:00 during the specified week. It is possible to run them at any time but potential runners are advised to take care as pedestrian and traffic levels are likely to be higher.

The MapRun course is displayed on a mobile phone, with an extra paper copy of the map supplied, together with the key code for the MapRun course.

Individuals must contact the LOC MapRun coordinator Jerry Purkis, for this code, and a PDF copy of the map. Control of who has access to the course is therefore maintained. A course closure can be requested by contacting the South Cumbria Administrator, Jerry Purkis.

The additional 4 points (see page 3) for running a LOC MapRun course are given to the individuals.

Runners who are under sixteen can only take part if they are accompanied on their run by an adult at all times.

A LOC MapRun user-guide, giving safe usage guidelines is available on the club website.

Instructions to planners when preparing courses are to keep the control sites in safe locations, away from danger.

Competitors are requested to navigate with the paper map, keeping the phone safe and dry in a pocket.

The maps are geo-referenced and checked to make sure that the features on the map match Google Earth Pro for accurate GPS fixes.

The planner will check for accuracy of the control location/GPS signal.

Parking: Details of where to park safely will be given on the website. The start & finish location will be nearby.

Add any extra risk assessment details for your event here ...

Kendal Maprun Night Urban:

1. The Start and the Finish have been located in the outside lower car park to the north of Booths main car park.
This will reduce the risk of injury with traffic going to/from Booths car park.
2. The flood prevention scheme on the grassland between controls 3 and 4 has been added to the map to display uncrossable features.
3. A disused path up to control 8 on Castle Howe has been removed.
4. Control 20 moved to yard further north, due to uncrossable locked gates.

The Risk Assessment

Hazard	Possible outcome	Severity	Likelihood	Mitigation
Covid-19 considerations				
People likely to have Covid-19 attending the event.	Participants catching Covid-19, potentially leading to serious illness, hospitalisation and, in rare cases, death.	Very high	Medium	The event information on the LOC web site will instruct people not to come to the event if they should be self-isolating because (a) they or someone in their household has displayed Covid-19 symptoms or (b) they or someone in their household has been tested positive for Covid-19 or (c) the test and trace service has asked them to self-isolate or (d) a medical professional has advised or asked them to self-isolate.

Please note the following important points with regard to running MapRun courses.

1. As with all orienteering events and activities, you are therefore running entirely at your own risk and are responsible for your own safety.
2. LOC strongly recommends that you should tell a responsible person where you are going and when you expect to be back, not forgetting of course to tell that person when you have returned safely.
3. You should not undertake a course in unsuitable conditions.
4. You should wear clothing suitable for winter night running (hi-viz) and carry a head torch.
5. When using any of the MapRun courses, you must abide by all the current laws and rules set out at the time by central government, particularly those relating to travelling and social distancing.

Hazard – note under these headings (see suggested examples to consider)	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation • What control measure? Who is responsible? C= Competitor O = Organiser/Planner
<p>In area to be used (outdoor) Mainly urban - modern housing but also small open/wooded hill side & parkland</p> <p>Stream</p> <p>Traffic</p> <p>Other Users</p>	<p>Trip, slip and fall injuries, possible but generally not severe injuries.</p> <p>Life threatening, unlikely as would need to deliberately enter water and water levels usually low. Many bridged crossing points.</p> <p>Light, no major roads in the area. Low risk/High severity</p> <p>Light, possible pedestrians, dog walkers, cyclists. Low risk/severity</p>	<p>Warning in the pre event information.</p> <p>Warning in the pre event information. Courses planned to avoid.</p> <p>Warning in the pre event information. No U16 on courses without accompanying adult. Head torches compulsory, hi-viz clothing recommended.</p> <p>Warning in pre event information O</p>
<p>Officials All terrain risks</p>	<p>As above</p>	<p>Planner advised to carry mobile telephone and notify someone when they are in the terrain and when they expect to be out. O</p>
<p>Participants Car parking, arrival and leaving</p>	<p>Injury to pedestrians moving around the car park/roadside parking whilst cars are being parked and leaving. Possible but not likely.</p>	<p>Any issues to be flagged in pre-event details. O Participating as individuals or family units. C</p>
<p>Participants Clothing / shoes</p>	<p>Slipping, bruising/cuts, scratches from fall. Likely but not usually severe.</p>	<p>Road shoes best but runners to be told might take route choice on grassy tracks. O</p>
<p>Participants Existing medical conditions</p>	<p>Competitors with existing high-risk medical conditions, heart conditions for example.</p>	<p>Pre-event details to advise to only participate if fit to do so. O</p>
<p>Participants Unexpected reactions/allergies</p>	<p>Anaphylactic shock possibilities. Unlikely but high risk</p>	<p>Runner Self-organisation. C</p>

<p>Participants Disorientation/tiredness</p>	<p>Competitors may get “lost” due to tiredness. Low risk/severity</p>	<p>The mapped terrain is quite small with distinct boundaries. Courses are short. Pre-event details to advise competitors should let others know of their plans. OC</p>
<p>Weather Cold Rain / snow / hail Excessive wind Lightning Sun</p> <p>Flora/Fauna Brambles</p>	<p>Cold/rain & wind, hypothermia, possible if dressed inappropriately. Lightning, very unlikely. Sun stroke, winter event unlikely.</p> <p>Low risk/severity</p> <p>Thorny branches & undergrowth. Low risk/severity</p>	<p>Pre event details to advise on wearing suitable clothes for night winter running. OC</p> <p>Courses planned to easily avoid. O</p>