# GENERAL RISK ASSESSMENT [event]

# BACKGROUND

1. The [event] is to be held by Berkshire Orienteers (BKO) on [date]. The aims of this event are to provide:

* A challenging, safe and enjoyable orienteering event, over varied terrain, under conditions of mental and physical pressure.
* Raise the profile of orienteering in Berkshire and the South Central region of England.
* Ensure a competitive spirit and a sporting atmosphere.

# THE RISK ASSESSMENT

2. In common with other sports, a certain risk is involved in orienteering. Indeed, if the aims expressed at Paragraph 1 are to be achieved, the event needs to be physically and mentally demanding. This may lead to poor decision-making and physical exhaustion, which can result in difficulties that would not be encountered if these stresses not present. In order to minimise the risks involved, a General Hazard Survey (**Annex C**) and General Risk Assessment (**Annex D**) has to be completed. These 2 documents are backed up by specific individual event Risk Assessment (**Annex E**), which is made by the Organiser. Further Safety documents are: [event] Casualty Rescue Plan **(Annex F**), [event] Missing Runner Search Plan (**Annex G**), [event] Child Handover plan (**Annex H**), [event] Fire Risk Assessment (**Annex I**) and [event] Fire Incident Action Guidelines (including General Fire Safety Precautions and Refuelling Procedures for Generators) (**Annex J**), Radio Communications Plan (**Annex K**), Organisation and Contact Details (**Annex L**), Event Location Map (**Annex M**) and Hospital Details and Routes (**Annex N**).

3. The Organiser, Planner(s) and Controller(s) are to be constantly aware of the various risks involved, take the appropriate Safety Measures to minimise the risks or reduce the severity of any incident. Some of the Safety Measures that should be considered are given at **Annex A**. The duties of competitors to their own safety are given at **Annex B**. The safety priority of the Organiser is: themselves, the general public, the competitors, and other officials.

4. It should be emphasised that the risk inherent in orienteering is generally very low. Historically, serious difficulties have normally only arisen with older age groups such as M/W 65+, poorly planned courses (particularly the run-in), and elite competitors, whose regular demands on their bodies may exceed those to be expected. As a general principle, the quality of the courses should not be compromised, given the low risk assessment, as long as the appropriate safety measures are taken.

5. The General Hazard Survey and General Risk Assessment for participation in [event] are at **Annexes C and D** respectively.

6. The Organiser must hold a list of event officials.

7. This document and the associated annexes have been prepared with cognisance to the following:

* National Governing Body (British Orienteering) Rules, Guidelines and associated documents ([www.britishorienteering.org.uk](http://www.britishorienteering.org.uk))
* The Good Practice Safety Guide for small and sporting events taking place on the highway, roads and public places (Red Book), Home Office, 25 August 2006
* Guide to safety at sports grounds (The Green Guide), Department of Culture, Media and Sport, 5th Edition, 2008
* A Guide For Event Organisers, Event Safety Guide, Wycombe District Council Safety Advisory Group (SAG)
* Event Safety Guidance and tips for Organisers, West Berkshire Safety Advisory Group (SAG), Draft Version 2.1

[name], BKO

[event] Safety Officer

[date]

**Annexes:**

1. Safety Measures.
2. Competitors' Duties.
3. General Hazard Survey – [event]
4. General Risk Assessment – [event]
5. Specific Risk Assessment
6. Casualty Rescue Plan
7. Missing Runner Search Plan
8. Child Handover Plan
9. Fire Risk Assessment
10. Fire Incident Action Guidelines (including General Fire Safety Precautions and Refuelling Procedures for Generators)
11. Radio Communications Plan
12. Organisation and Contact Details
13. Event Location Maps
14. Hospitals Details and Routes
15. [Spare]

## ANNEX A TO

GENERAL RISK ASSESSMENT [event]

## 

# SAFETY MEASURES

1. The role of the Controller is to approve or disapprove decisions on event safety. See British Orienteering Rules, Appendix E: Event Safety, Version 2.0 Effective January 2011.

2. The Organiser should conduct a standard British Orienteering Risk Assessment for their day event, taking into account the specific circumstances of that event and the terrain. This day Risk Assessment shall be reviewed and signed by the Controller. Depending on the results of that Risk Assessment, the Organiser should consider implementing the appropriate safety measures in conjunction with the Planner and Controller, examples of which are given below. Note that this list cannot be comprehensive:

* Publish a warning of the general risks inherent in orienteering.
* Publish details of specific dangers to be encountered in the event.
* Remove specific hazards.
* Mark specific hazards on the ground and/or the map.
* Ensure that courses avoid specific hazards.
* Establish safe areas, not visited by courses, for wild animals.
* Provide safe crossing points over linear hazards.
* Ensure that crossing points are used, either by siting controls nearby, or by patrolling.
* Ensure safe Parking and Assembly Areas, with safe access and egress into and out of the Parking and Assembly Areas, and the safety of parking marshalls, drivers, passengers, competitors, officials, traders and other members of the public
* Ensure the safety of event attendees on transport routes in the vicinity of the event and into and out of the Parking Area
* Provide refreshment points at the Finish and/or on courses.
* Provide First Aid facilities/personnel at the Finish, Assembly Area and/or in the terrain.
* Provide shelter at the Assembly Area, Start, Finish and/or in the terrain.
* Have static or roving patrols in the terrain.
* Ensure that courses are appropriate to the level of ability expected to take part.
* Discourage those without the necessary skills from entering difficult courses. (Entry on the day only)
* Ensure that competitors carry/wear appropriate safety equipment/clothing.
* Encourage competitors to warm-up correctly and provide an area in which to do so.
* Ensure that competitors can be easily accounted for.
* Have a warning system for competitors that have exceeded expected completion times.
* Consider separate starts and finishes, or starting and finishing lanes, for older and younger competitors.
* Avoid ground with concealed holes, especially for the run-in.
* Avoid having a downhill run-in.
* Have search and rescue teams on stand-by.
* Ensure communications with emergency services are in place.
* Be familiar with the specific [event] safety documents provided in this document as Annexes F to N.

## ANNEX B TO

GENERAL RISK ASSESSMENT [EVENT]

# COMPETITORS' RESPONSIBILITIES

All competitors have a duty to avoid injuring themselves or others. These duties are amplified below:

* Only enter courses appropriate to your level of ability and fitness.
* Ensure that you are aware of any safety information given by the Organiser.
* Obey the safety instructions of the Organiser.
* Wear suitable protective clothing – full leg and torso cover is to be worn.
* Should carry a whistle and be aware of the distress signal (six short whistle blasts, wait one minute and then repeat until found).
* If injured, do not aggravate the injury by continuing.
* Use refreshment points, even if not hungry/thirsty.
* Always report to the Finish, or otherwise let the Organiser know that you are no longer on the course.
* Stop if you feel unwell.
* Assist other competitors in difficulties.
* Retire if conditions dictate.
* Bring to the Organiser's attention any hazards encountered on the course.
* Inspect yourself for and remove ticks as soon as possible.
* Do not train or compete when ill or injured.
* Do not enter areas marked as out-of-bounds.
* Be aware of your physical limitations.
* Try to avoid making decisions, particularly those involving the assessment of physical risks, when in oxygen debt.

## ANNEX C TO

GENERAL RISK ASSESSMENT [EVENT]

GENERAL HAZARD SURVEY

[Event]. [Date]

|  |
| --- |
| GENERAL HAZARD SURVEY SHEET |
| Association: **SCOA**  Date: **[add date]**  Surveying Official: **[name], Berkshire Orienteers (BKO)**  **Safety Officer [event]** |
| Main Activity or Process: **ORIENTEERING** |

| **Potentially hazardous aspects** | [Date]  [Location - map name] |
| --- | --- |
| **A) Off course** |  |
|  |  |
| 1. Extreme weather | Med |
| 2. Car Parking | Low |
| 3. Traders’ equipment | Low |
| 4. Dealing with health problems and injuries | Med |
| 5. People transiting between car park, Assembly, to Start and from Finish | Low |
| 6. Assembly area layout | Low |
| 7. Bussing | N/A |
| 8. Injuries at Start/Finish | Low |
| 9. Child safety | Low |
| 10. Fire | Low |
| 11. String Course | Low |
|  |  |
| **B) Both On and Off course** |  |
|  |  |
| 12. Farm activities | N/A |
| 13. Forestry activities | Med |
| 14. Shooting and military activities | N/A |
| 15. Negotiating obstacles | High |
| 16. Trail O | N/A |
|  |  |
| **C) On course** |  |
|  |  |
| 17. Traversing rough or broken terrain and marshes | High |
| 18. Negotiating cliffs, steep slopes, mineshafts and rock faces | Low |
| 19. Running through low-hanging bushes and trees | Med |
| 20. Exposure to ticks | Med |
| 21. Heat injuries | Low |
| 22. Negotiating rivers and streams | Low |
| 23. Crossing roads/ Traffic | Low |
| 24. Cold injuries | Low |
| 25. Drinking contaminated water | Low |
| 26. Contact with animals | Low |
| 27. Insect, reptile or animal bites | Low |
| 28. Prolonged exposure to the sun and wind | Med |
| 29. Negotiating walls and fences | Med |
| 30. Control sites | Low |

## ANNEX D TO

GENERAL RISK ASSESSMENT [EVENT]

# GENERAL RISK ASSESSMENT – [EVENT], [DATE]

# INTRODUCTION

This Risk Assessment covers participation by any orienteer or official in the [Event Name] Orienteering Event. Further details of the event are given in the event final details[[1]](#footnote-1). This Risk Assessment covers those activities which are organised by BKO. Travel and accommodation matters are generally for the individuals and not relevant for the purposes of this assessment.

# 10 POINTS TO NOTE

1. Competitors' Training. Most individuals will have participated regularly in orienteering events and have displayed the level of competence consistent with the course they have entered for. All should, therefore, be capable of completing the courses entered under anything other than exceptional circumstances. The individual nature of orienteering and the terrain mean that each competitor has a duty to withdraw from a particular race at anytime, if he/she feels that the demands are beyond his/her capability to complete safely.

2. Competition Level. The competition is designed to be physically and mentally challenging to even the most capable orienteers. The terrain is technically and physically as hard as is possible to find in the area. Competitors should have entered in a class appropriate to their age, physical and orienteering ability. Course lengths and the height gain will have been planned accordingly. Recommended winning times are as per British Orienteering guidelines. The mental and physical demands can be expected to be hard, however these demands will reduce considerably, if a competitor slows down or walks. Furthermore, individuals may retire from the course at any time and are encouraged to do so if in physical difficulty. Route choice is, ultimately, the individual's responsibility. If crossing points, voluntary or otherwise, are ignored, the individual accepts responsibility for the consequences of so doing.

3. Terrain and Vegetation.

*Day 3, Cold Ash:* About 5 miles north east of Newbury, close to Junction 13 of the M4 and adjacent to the villages of Hermitage, Cold Ash and Bucklebury in a quiet rural area of Berkshire countryside. The area comprises of undulating slopes containing a mixture of deciduous and coniferous woodland which offer fast running. The area has many smaller features with some more complex contoured areas containing vague natural regenerated vegetation.

The Event Organiser will know of any specific hazards applicable to each area before each race and brief the competitors accordingly. Vegetation is not expected to be heavy at this time of year, and should not present a serious hazard to the participants. Streams are not expected to be in spate nor will there be much standing water but this can change quickly in poor weather.

4. Weather. Hot and/or cold weather could be expected at this time of year and the competitor should be prepared for extremes.

5. Equipment and Clothing. Competitors are expected to dress for orienteering and according to the information in the day event details. Whistles should be carried, and cagoules /waterproof jackets may be mandatory. Drinks are available at the Finish and longer courses.

6. Medical and Casualty Rescue Facilities. There is a First Aid team in the Assembly Areas and a 4x4 ambulance ready to reach casualties on courses. The Organiser has a Casualty Rescue Plan (**Annex F**) and Missing Runner Search Plan (**Annex G**).

7. Communications. All officials should have a mobile telephone and a list of numbers will be provided for all officials. Radios will be issued for the event officials on each day and officials should be instructed in their use. In the event of poor coverage, communication will have to be by runner or vehicle. A whistle should be carried during races for use in an emergency. The distress signal is six short whistle blasts, wait one minute and then repeat.

8. Wildlife. Poisonous/potentially vicious insects, reptiles and/or animals may exist in some of the race areas. These are normally shy and are rarely seen. Competitors should avoid them. In the event of a bite, medical assistance should be sought immediately. Poison should not normally be removed from the wound, as this can delay identification of an antidote. Any domestic or wild animal could be infected with disease.

9. Child Safety. ‘Lost’ children should be taken to the Enquiries tent. They should be collected by an adult preferably the parent, who may be asked for ID. The Enquiries tent may refuse to hand over the child if there is doubt about the identity of the adult. Children under the age of 14 should be accompanied by an adult (if possible) when visiting the First Aid tent. The collection of unescorted children from First Aid will require the same procedure as for collection from the Enquiries tent. The [event] Child Handover Plan (**Annex H**) shall be followed.

10. Fire. The Safety Officer has produced a [event] Fire Risk Assessment (**Annex I**) to cover all the [event] event. The [event] Fire Incident Action Guidelines (including General Fire Precautions and Refuelling Procedures for Generators) (**Annex J**) have also been published.

# RISK ASSESSMENT

**Association:** SCOA  **Name:** [name], BKO, [event] Safety Officer

**Activity / Ex:** Orienteering [event]  **Date of Assessment:** [date]

**Review Date:** During the competition

| **Ser** | **Activity/**  **Element** | **Hazards Identified** | **Who is at Risk** | **Existing Controls** | **Residual Risk Acceptable**  **Yes/No** | **Additional Controls Required** | **Who is responsible** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **(a)** | **(b)** | **(c)** | **(d)** | **(e)** | **(f)** | **(g)** | **(h)** |
| **A**  1 | **OFF COURSE**Extreme weather or unforeseen circumstances | Traffic chaos caused by short notice cancellation and confusion | Everyone | Appropriate cancellation signage/information posts at major roads up to 10 miles from event. Cancellation notice and cancellation telephone numbers put on website immediately (together with notices on Twitter and Facebook and a notice on British Orienteering’s website). Ensure Webmaster informed of this possibility, and that they are available to do it. Put information on this possibility in the final event details. | Yes |  | Organiser |
| 2(a) | Car parking a) Entrance/Exit | Collisions. Vehicles, pedestrians  Public cars | Everyone | Signage must be well in advance of turning point. Good visibility at turning point, both directions. Signage ‘counts down’ distance to turning. Signage not obscured to drivers with high/low driving position. Marshals well briefed.  Officials should ideally stop drivers, if necessary, some distance into the forest/car park system, rather than on the main road prior to the turn. Avoid pedestrians entering/leaving by same route as vehicles, or marshal this aspect if deemed necessary. Consider marshalling exit of traffic after event, not just their arrival. Radios are useful and should be used.  Be prepared with signage and briefed marshals for public cars entering the parking system, driving against the flow of competitors cars. | Yes |  | Organiser |
| **A**  2(b) | **OFF COURSE**(continued)Car parking b) Organisation | Collisions.  (vehicles and pedestrians).  Getting stuck. Vehicle fire | Everyone | Pre-event planning and marshals well briefed. Radios. Ensure parking plan allows First aid vehicle to access remote area of car parks, when car park is full.  Parking on fields – consider the possibility of vehicles being unable to stop, or slewing sideways, on waterlogged, sloping fields. Manpower/ a tractor to be available to extricate vehicles stuck in mud etc.  Pre-event briefing for personnel of the [event] Fire Incident Action Guidelines (**Annex J**). Check fire tender access to the car park and burning vehicle.  When parking, consider leaving ‘fire breaks’ (gaps) every eight vehicles. It is unlikely that a car fire will spread. | Yes |  | Organiser |
| 3 | Traders’ equipment | Confusion in Assembly Area  Electrical cables – tripping over  Generators and fuel cans – burns  Litter bins – insect stings, anaphylactic shock  Multiple fires | Everyone | Ensure you know their business and precisely how and where they propose to ‘set up’ and that they intend to leave at a time convenient to you. Ensure they arrive before competitors use the access roads or Assembly Area. Consider taping off the ‘working area’ at the rear of their facility. They should have fire extinguishers for generators.  These should be covered or buried for the duration of the event.  Pre event briefing of [event] Fire Incident Action Guidelines ( including General Fire Precautions and generator refuelling) (**Annex J**). Access to generators/fuel cans taped off etc.  For hygiene reasons alone, traders should ensure their bins bags are replaced regularly.  Consider spreading traders out, so that in the event of a fire, it will not spread. Pre event briefing of [event] Fire Incident Action Guidelines (**Annex J**). | Yes |  | Organiser  Traders and Organiser |
| **A**  4 | **OFF COURSE**(continued)Dealing with health problems and injuries | Inability for competitors to access facility, or mobile first Aid unit to leave the Assembly field on ‘call out’  Routes to hospital and location unknown  First Aid  overstretch  Gastric upset, coma, death from poisonous berries, fungi etc | Everyone | First Aid tent clearly signed and highlighted on the Assembly field lay-out info boards. Keep exit roads/tracks clear. First Aid Team must be part of the [event] Organising Team’s radio list. Organiser with the First Aid team will coordinate Casualty Rescue. [event] Casualty Rescue plan (**Annex F**) and Missing Person Search plans (**Annex G**) produced.  List of hospitals and opening hours available.  Route cards prepared.  Consider identifying other qualified First Aiders. Provide first aid kits at remote starts.  Check for these poisonous items on the String Course or in waiting areas near Junior starts. | Yes |  | Organiser  ([event] Safety Officer will provide the 2 plans) |
| **A**  5 | **OFF COURSE**(continued)People in transit on site | Soft tissue injury/fracture  Road crossings – serious injury  Walking on roads – serious injury  Getting lost  Access to string course | Everyone | Check and tape/warn of eye level branches (children/adults), dangerous barbed wire fences near walking routes. Crossing points properly constructed over fences.  Avoid sending pedestrians to Assembly via ‘live’ vehicle tracks.  Appropriate signage on roads for vehicles and competitors.  Routes well taped/signed. Place tape just after junctions, on correct track, not just at the junction itself. Can the route be followed in reverse ? Consider the above comment again.  Is it all clear enough for unaccompanied juniors to follow the route?  Good signage.  Access path cleared if necessary | Yes |  | Organiser |
| **A**  6 | **OFF COURSE**(continued)Assembly Area layout | Prize giving podium safe. Collapse of tents, notice boards, tables, dangerous trees  Electricity pylons  Deep water  Vehicle movements | Everyone | Test beforehand, with real people  Check stability of tables, notice boards, tents and avoid putting under potentially dangerous trees  Site club tents away from them.  Ban kite flying if pylons or overhead lines nearby.  Tape/sign anything that might be considered deep water, e.g.to toddler, especially if bordered by steep banks. Warn in final details.  If practicable, ban vehicles movement in Assembly Area once competitors start arriving. | Yes |  | OrganiserM |
|  |  |  |  |  |  |  |  |
| 7 | Injuries around Start/Finish | Start box tapes – tripping, soft tissue injury Risks on run-in | Everyone | Secure loose tapes on the ground; angle stakes away from runners. Avoid risk of eye injury on overhanging branches whilst competitors are distracted by taped routes, signs or ‘Officials’  Avoid a downhill run in. Check the run in for rocks, wire, brambles etc  Run-in located within the Assembly Field on same side as club tents etc.  Run-in stakes angled away from the incoming runner. Avoid if possible tight turns in the run-in, unless the ground is dry /sandy. | Yes |  | Start team  Organiser and Planner  Organiser |
| **A**  8 | **OFF COURSE**(continued)Child Safety | Separation, wrong handover | Children | ‘Lost’ children should be taken to Enquiries. Follow the [event] Child Handover Plan (**Annex H**). For lone injured children at the First Aid Tent follow the [event] Child Handover Plan.  Organiser to make sure the First Aid team know of the Plan | Yes |  | Organiser and Enquiries |
| 9 | Fire | Generators, tents, vehicles, traders | Everyone | Pre-event briefing of [event] Fire Incident Action Guidelines (**Annex J**). For Traders see item 3 above.  Prepare a [event] Fire Risk Assessment (**Annex I**) | Yes |  | Organiser  [event] Safety Officer |
| 10 | String Course | Falling over injuries | Everyone | First Aid facilities in Assembly Area.  Good communications from String Course to Assembly Area | Yes |  | Organiser |
| **B**  11 | **OFF AND ON COURSE**Farm activities | Farm buildings and farmyards, animals, farm  machinery,  other farm related items | Everyone | Tape and sign as out of bounds as necessary. Put in event details | Yes |  | Organiser, and Planner if on courses |
| **B**  12 | **OFF AND ON COURSE**(continued)Forestry activities | Falls/crush injuries from climbing on log piles Injuries from forestry equipment  Wood ants and wasps | Everyone | Tape and sign as OOB as necessary and especially near junior courses.  Courses planned to avoid active forestry areas.  Specific hazards taped.  Advice in final details if appropriate  Tape off any active nests near control sites. | Yes |  | Organiser  Planner  Planner |
| 13 | Shooting and military activities | Shooting injuries Injuries from live ordnance | Everyone | Check with police and military that no shooting is taking place  Inform police immediately if unauthorised shooting is observed, and consider temporarily suspending orienteering.  Warning and advice in final details | Yes |  | Organiser |
| 14 | Negotiating obstacles | Fractures and other injuries at stiles, gates and fence crossings Fractures and other injuries from collapse of straw bales | Everyone | Crossings to be stable, safe as possible and passable for all who are likely to use them.  Check straw bale ‘stiles’ do not collapse with the passage of feet, or that competitors’ legs can fall down between bales. Clad with timber sheeting if necessary. | Yes |  | OrganiserM and Planner |
| **C**  15 | **ON COURSE**Trail O | Wheel chair breakdown or accident | Competitors | Pre event liaison with Trail O Organiser. Contingency plan. Whistles to be carried. | Yes |  | Organiser and Trail O Organiser |
| **C**  16 | **ON COURSE**(continued)Traversing rough / broken terrain and marshes | Risk of lower-limb injuries Getting stuck in marsh  Drowning | Competitors | Courses should be planned to avoid areas with hidden hazards and deep or uncrossable marshes.  Tape off potential dangerous areas.  First Aid facilities are in the Assembly Area. Casualty rescue plan (**Annex F**) available.  Whistles should be carried. | Yes |  | Organiser |
| 17 | Negotiating cliffs, mineshafts and rock faces | Risk of impact injuries through falling | Competitors | Courses avoid steep drops. Steep drops taped. Controls placed below drops.  First Aid facilities are in the Assembly Area. Casualty Rescue plan (**Annex I**) available.  Whistles should be carried. | Yes |  | Planner and Organiser |
| 18 | Running through low bushes and trees | Risk of eye injuries from branches and twigs | Competitors | Vegetation is marked on maps showing degrees of runnability.  First Aid facilities in Assembly Area. Casualty Rescue plan (**Annex F**) available. | Yes |  | Planner and Organiser |
| 19 | Exposure to ticks | Risk of catching tick-borne diseases | Competitors | Showers/baths are provided in the accommodation. Full leg and torso cover requirement in event details for Days 2, 3 and 4.  Competitors are to inspect themselves for and remove ticks after each race | Yes |  | Competitors and Organiser |
| 20 | Heat injuries | Risk of dehydration through heat and/or exertion | Competitors | Drinks will be provided at the Finish. Drinks on courses are marked on maps.  Competitors are responsible for own hydration procedures | Yes |  | Organiser and competitors |
| 21 | Negotiating rivers, streams and ditches | Risk of drowning | Competitors | Safe crossing points will be marked on maps if necessary.  Competitors are to take great care when negotiating water features and crossing points.  Whistles are to be carried. | Yes |  | Planner and Organiser |
| 22 | Cold injuries | Risk of exposure | Competitors | The carrying or wearing of waterproof and windproof tops will be made compulsory, if weather conditions so dictate. Competitors are responsible for their suitable clothing.  Whistles should be carried.  Casualty Rescue plan (**Annex F**) available | Yes |  | Organiser and competitors |
| 23 | Road Crossings | Risk of Injury | Competitors | Competitors are check for traffic before crossing roads and obey marshals’ instructions.  Compulsory road crossing points on map  Good signage for competitors and road users | Yes |  | Organiser and Planner |
| 24 | Drinking contaminated water | Risk of illness | Competitors | Warning in event details/Assembly Area signs if necessary | Yes |  | Organiser |
| **C**  25 | **ON COURSE**  (continued)  Contact with animals | Risk of contracting animal-borne diseases | Competitors | Competitors should avoid contact with wild or domestic animals. Any animal bites to be reported to First Aid. | Yes |  | Competitor |
| 26 | Insect, reptile or animal bites | Infection, or severe illness and possibly death in case of adder bites | Competitors | Competitors should exercise caution when running through undergrowth.  Any snake bites to be reported to First Aid asap. | Yes |  | Competitor |
| 27 | Prolonged exposure to the sun and wind | Risk of sunburn or sunstroke | Competitors | Competitors responsible for own precautions | Yes |  | Competitor |
| 28 | Negotiating Walls and Fences | Risk of falling, and impact, penetration and laceration injuries | Competitors | Competitors should only use marked crossing points or stiles.  Whistles should be carried.  Fist Aid facilities are in the Assembly Area each day. Casualty Rescue plan (**Annex F**) available. | Yes |  | Competitor, planner and Organiser |
| 29 | Control sites | Tripping, injuries from falling on stakes Collisions between competitors and spectators at spectator controls | Competitors | Place stakes away from obvious tripping or falling hazards  In depressions, place control stakes carefully  Ensure that spectators can not cross the path of competitors at any time | Yes |  | Planner  Planner and Organiser |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Name | **Post** | **Date** | **Signature** |
| **Existing and Additional Controls Agreed** | [name], BKO | Safety Officer [event] | [date] |  |
| **Additional Controls Implemented** | NA | NA | NA | NA |

Notes:

* The Risk Assessment assumes that competitors observe their duties, as outlined at Annex B.
* In the ‘responsible ‘column the official named will be responsible for all the items listed for that serial number.

**ANNEX E**

**Specific Risk Assessment**

**ANNEX F**

**Casualty Rescue Plan**

**ANNEX G**

**Missing Runner Search Plan**

**ANNEX H**

**Child Handover Plan**

**ANNEX I**

**Fire Risk Assessment**

**ANNEX J**

**Fire Incident Action Guidelines (including General Fire Safety Precautions and Refuelling Procedures for Generators)**

**ANNEX K**

**Radio Communications Plan**

**ANNEX L**

**Event Organisation and Contact Details**

**ANNEX M**

**Event Location Maps**

**ANNEX N**

**Hospital Details and Routes**

**ANNEX O**

**[SPARE]**

1. Issued separately – see the official event website at: [add website address] [↑](#footnote-ref-1)