

Risk Assessment for Orienteering



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Reviews

| Completed By | Revision Date | Approved By | Approval Date |
|--------------|---------------|-------------|---------------|
| R Shanks | 24/7/2018 | A Daykin | 24/07/2018 |

| Risk level | Action required/approval |
|---|---|
| Low Little chance of injury or incident | <input checked="" type="checkbox"/> Manage through regular planning processes |

Minimum Supervision

At least 1 qualified Activity Instructor is to be present to run Orienteering

Recommendations

Orienteering is suitable for ages 8 and/or grade 3 and above

It is strongly recommended that at least 1 group teachers/ supervisors are present to assist with student behaviours

Qualifications

All lead Apex staff and contractors hold at a minimum, one of the following qualifications /skills sets or other recognised skill sets/qualifications from another jurisdiction, along with mandatory First Aid/ CPR and QLD Blue Card, working with children check.

- Certificate 3 Outdoor Recreation
- Certificate 4 Outdoor Recreation
- Diploma Outdoor recreation

Through the use of well maintained equipment, training and accredited staff and sound operating procedures and policies Apex Camps control the “real risks” associated with this activity

In assessing the level of risk, considerations such as the likelihood of an incident happening in combination with the seriousness of a consequence are used to gauge the overall risk level for an activity. The matrix below has been used as a guide to assist with developing the risk assessment:

| Likelihood | Consequence | | | | |
|------------------|-----------------|---------|------------|---------|------------|
| | 1 Insignificant | 2 Minor | 3 Moderate | 4 Major | 5 Critical |
| 5 Almost Certain | Medium | Medium | High | Extreme | Extreme |
| 4 Likely | Low | Medium | High | High | Extreme |
| 3 Possible | Low | Medium | High | High | High |
| 2 Unlikely | Low | Low | Medium | Medium | High |
| 1 Rare | Low | Low | Low | Low | Medium |

| Risk Level | |
|------------|---|
| Low | Little chance of incident or serious injury. |
| Medium | Some chance of an incident and injury requiring first aid. |
| High | Likely chance of a serious incident and injury requiring medical treatment. |
| Extreme | High chance of a serious incident resulting in highly debilitating injury. |

Minimum Equipment/Facilities

First aid kit suitable for activity

Communication system

Electronic and other equipment that can be damaged by water is to be carried in water resistant containers.

Leaders are responsible for determining the equipment to be carried by all participants. The following communication equipment should be appropriate for the activity and area of operations.

- Phone-line at location
- Mobile phone
- UHF Radio

Sun Safety equipment (hat, sunglasses, sunscreen, shirt etc)

Appropriate clothing and footwear (no singlets, skirts, short shorts, thongs, crocs etc)

Leader will inspect the area and ensure its soundness before commencing the activity

Emergency management plan

Drinking water (students should not share drinking containers)

Vehicular access to within a reasonable distance of the activity in case of emergency

Insect repellent

Orienteering compass and map

| Hazards/Risks | Control Measures |
|--|---|
| <p>Biological material</p> <ul style="list-style-type: none"> • Bodily fluids (e.g. blood, sweat, saliva) | <ul style="list-style-type: none"> • Comply with HLS-PR-004: Infection Control and Management of Prescribed Contagious Conditions and Infection Control Guidelines. Students with open cuts and abrasions are to be removed from the activity and treated immediately. If bleeding cannot be controlled completely, the participant should not be allowed to return the activity. All clothing, equipment and surfaces contaminated by blood should be treated as potentially infectious. • Have sufficient and suitable containment material (bandages, etc) available • Ensure that personal items are not shared. |
| <p>Animal bites/ diseases</p> <ul style="list-style-type: none"> • Insects • Dangerous/ poisonous organisms | <ul style="list-style-type: none"> • Brief participants on snake and animal awareness. Participants are not to enter gardens or bushland or out of bounds areas. • Instructor to show participants with detailed maps the out of bounds areas. |
| <p>Environmental conditions</p> <ul style="list-style-type: none"> • Weather • Surfaces • Surrounds • Temperatures • Isolation • Plants | <ul style="list-style-type: none"> • Ensure participants bring appropriate clothing • Brief students on what to do if they become injured or lost • Assess weather conditions before and during activity (e.g. temperature, storms) • Check and assess surrounds for loose items, debris and hazards and suitability of participants. • Consider hazards associated with types of fencing material, gates and other infrastructure. • Participants are not to enter any buildings, sheds and carparks |
| <p>Equipment</p> <ul style="list-style-type: none"> • Equipment failure • Burns from ropes and wires | <ul style="list-style-type: none"> • Conduct regular equipment checks prior to start of sessions. • Check for worn or faulty equipment, and adhere to manufacturer’s guidelines for life of equipment • Supply all equipment in a clean and serviceable condition • Check equipment before use • Provide specific (written and verbal) training in and awareness of safety requirements. |
| <p>Physical exertion</p> <ul style="list-style-type: none"> • Strains and sprains • Cramps • Exhaustion and fatigue | <ul style="list-style-type: none"> • Ensure the suitability and competency of students participating in the activity • Constantly monitor students for fatigue and exhaustion • Follow a programme of graded development in <ul style="list-style-type: none"> <input type="checkbox"/> Map and compass work <input type="checkbox"/> Basic physical fitness <input type="checkbox"/> Skills of the activity |

| Hazards/Risks | Control measures |
|---|--|
| <p>Students</p> <ul style="list-style-type: none"> • Special needs • High risk behaviours • Medical conditions • Student numbers | <ul style="list-style-type: none"> • Obtain parental permission including relevant medical information • When students with medical conditions are involved, ensure that relevant medical/ emergency plans and medications are readily available (insulin, Ventolin, EpiPen, etc) • Refer to individual education plan/Educational adjustment plan/Behaviour management plan and other student documents. • Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers • Ensure there is adequate adult supervision • Instructions to participants including: <ul style="list-style-type: none"> <input type="checkbox"/> Predetermined safety bearings <input type="checkbox"/> The need for students to proceed to a major feature if lost <input type="checkbox"/> Use of the emergency whistle <input type="checkbox"/> The set finish time and the requirement to return at that time, whether or not they have completed the course • Jewellery can be a serious hazard when undertaking many activities. All forms of jewellery should be considered in terms of the risk it presents for each activity. Procedures are in place to dissuade or protect (e.g. tape) the wearing of jewellery accordingly. |

| | | | |
|--|--|---|--|
| <p>Emergency Procedures</p> <ol style="list-style-type: none"> 1. Effect Rescue as required. 2. Conduct First Aid as required. 3. Contact Emergency Services via mobile phone, radio. 4. Depending on injury: Stabilise patient and await ambulance or remove patient to appropriate site to recover. 5. In the event of serious injury, suspend activity until incident can be investigated | <p>Teacher/group leader responsibilities</p> <ul style="list-style-type: none"> • Inform & liaise with Activity Staff regarding any potential issues with group Listen to activity briefings and assist Staff in procedural aspects of session as required, such as helping students to belay under supervision of Activity Staff • Monitor & take charge of behavioural issues if needed and attend to any pre-existing medical conditions | <p>Participant Briefing Instructor should cover:</p> <ul style="list-style-type: none"> • Challenge by Choice Philosophy • Session Objectives • OH&S Brief • Safety Brief • Equipment Familiarisation • Skills Demo & Practice | <p>Participant Requirements</p> <ul style="list-style-type: none"> • sunscreen, insect repellent • medication (if relevant) • water bottle • fully enclosed shoes, hat • minimum of sleeved shirt that covers midriff when arms are raised • shorts/leggings that preferably cover knees (to prevent grazes) • hair tied back, jewellery removed |
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