

# Orienteering



**Reviewed By**

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## Activity Scope

This risk assessment refers to Orienteering conducted under the direct supervision of a qualified YMCA Instructor. All information supplied is based on best practice for the relevant activity.

## Risk Assessment

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:

RISK ASSESSMENT MATRIX		CONSEQUENCES				
		Minor – first aid treatment only.	Significant – treatment required by a medical professional.	Substantial – overnight hospitalisation, multiple medical treatments, short-term rehabilitation.	Major –permanent impairment or loss, long term rehabilitation.	Disaster – fatality, multiple Major consequences.
LIKELIHOOD	<b>Almost Certain</b> – expected to occur in most circumstances.	HIGH	HIGH	EXTREME	EXTREME	EXTREME
	<b>Likely</b> – probably occur in many circumstances.	MODERATE	HIGH	HIGH	EXTREME	EXTREME
	<b>Possible</b> – might occur in some circumstances.	MODERATE	MODERATE	HIGH	HIGH	EXTREME
	<b>Unlikely</b> – could occur in unusual circumstances.	LOW	MODERATE	MODERATE	HIGH	HIGH
	<b>Rare</b> – possible only in exceptional circumstances.	LOW	LOW	MODERATE	MODERATE	MODERATE

# Risk Level for Orienteering

The risk levels for this activity have been measured using the risk assessment matrix . The highest individual risk assessment level associated with the activity determines the overall risk level given.

	Initial risk level (before controls)	Action required/approval
<b>Moderate</b>	Some chance or an incident or injury requiring first aid.	<ul style="list-style-type: none"> <li>✓ Risk level not acceptable - Control measures must be implemented to reduce risk to acceptable level.</li> <li>✓ Documented Safe Operating Procedures required for Orienteering activity. To be approved by Camp Manager and WHS Manager.</li> <li>✓ All instructors must be provided with training in SOP prior to taking Activity.</li> <li>✓ Obtaining parental permission is recommended.</li> </ul>

## Hazards and suggested control measures

Listed below are the indicative hazards/risks and the suggested control measures.

Hazards/risks	Control measures
<b>Biological material</b> <ul style="list-style-type: none"> <li>• Bodily fluids (e.g. blood, sweat, saliva)</li> </ul>	<ul style="list-style-type: none"> <li>• Participants 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.</li> <li>• Have sufficient and suitable containment material (bandages, etc) available</li> <li>• Ensure that personal items are not shared.</li> </ul>
<b>Equipment</b> <ul style="list-style-type: none"> <li>• Equipment failure</li> </ul>	<ul style="list-style-type: none"> <li>• Use, maintain and store equipment according to manufacturer's specifications</li> <li>• Conduct regular equipment checks prior to start of sessions. All equipment to be in a clean and serviceable condition prior to use.</li> <li>• Routine checks for worn or faulty equipment, and adhere to manufacturer's guidelines for life of equipment</li> <li>• Ensure all safety equipment is in place and in good condition and discard immediately if not suitable.</li> <li>• Ensure wet equipment is dried before storing.</li> <li>• Provide specific (written and verbal) training to instructors in use of equipment and awareness of safety requirements.</li> </ul>

Hazards/risks	Control measures
<p><b>Environmental conditions</b></p> <ul style="list-style-type: none"> <li>• High temperature</li> <li>• UV radiation</li> <li>• Storms – high winds, rain, hail, lightning</li> <li>• Surfaces – slips / trips</li> <li>• Surrounds</li> <li>• Plant species</li> <li>• Fire</li> </ul>	<ul style="list-style-type: none"> <li>• Assess weather conditions before and during activity (e.g. temperature, storms, fire rating). Activity not to proceed / cease in the event of storms or high winds.</li> <li>• Instructors and participants for wear hats (when not wearing helmets) and sunscreen.</li> <li>• Instructor to utilise shade wherever possible (eg – during briefings).</li> <li>• Instructor and participants encouraged to bring drink bottles to the activity.</li> <li>• Check and assess surrounds for loose items, debris such as fallen tree branches etc, and other hazards.</li> <li>• The location should allow safe access to the staging areas.</li> <li>• Visibility and access to be considered before choosing routes.</li> <li>• Consider hazards associated with types of fencing material, gates and other infrastructure.</li> <li>• Enclosed study shoes must be worn.</li> <li>• Conduct head count at start, regular intervals during and post activity to ensure all participants are present.</li> <li>• Brief participants on what to do should they become injured or disorientated/lost.</li> <li>• Brief participants on hazardous plant species commonly found in area.</li> </ul>
<p><b>Animal bites/ diseases</b></p> <ul style="list-style-type: none"> <li>• Insects</li> <li>• Dangerous/ poisonous organisms</li> </ul>	<ul style="list-style-type: none"> <li>• Brief participants on basic snake bite treatment.</li> <li>• Encourage participants to wear long sleeved shirts and long pants.</li> <li>• Participants to apply insect repellent prior to activity.</li> <li>• Instructor to manage movement of group through environment.</li> </ul>
<p><b>Participants</b></p> <ul style="list-style-type: none"> <li>• Special needs</li> <li>• High risk behaviours</li> <li>• Medical conditions / illness</li> <li>• Participant numbers</li> </ul>	<ul style="list-style-type: none"> <li>• Obtain parental permission including relevant medical information.</li> <li>• Brief participants on behaviour expectations.</li> <li>• When participants with medical conditions are involved, ensure that relevant medical/ emergency plans and medications are readily available (insulin, Ventolin, Epipen, etc).</li> <li>• Refer to individual education plan/Educational adjustment plan/Behaviour management plan and other participant documents. Where necessary, obtain advice from relevant advisory visiting teachers or specialist teachers.</li> <li>• Ensure there is adequate adult supervision.</li> <li>• All forms of jewellery should be removed or protected (e.g. tape) before participating in the activity.</li> <li>• Participants who are actively participating in the activity, to be seen by at least one adult at all times.</li> <li>• No participant to be forced to participate beyond their readiness – “challenge by choice”.</li> <li>• Include instructions to participants including: <ul style="list-style-type: none"> <li>• The need for participants to proceed to start point if equipment fails.</li> <li>• Use of the emergency whistle.</li> <li>• The set finish time and the requirement to return at that time, whether or not they have completed the course.</li> </ul> </li> </ul>

Hazards/risks	Control measures
<p><b>Physical exertion</b></p> <ul style="list-style-type: none"> <li>• Strains and sprains</li> <li>• Exhaustion and fatigue</li> </ul>	<ul style="list-style-type: none"> <li>• Follow progressive and sequential skills development</li> <li>• Ensure the suitability and competency of participants participating in the activity</li> <li>• Constantly monitor participants for fatigue and exhaustion.</li> </ul>

Minimum equipment/facilities
First aid kit suitable for activity
<p>Communication system</p> <p>Electronic and other equipment that can be damaged by water is to be carried in water resistant containers. Instructors 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.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Phone-line at location</li> <li><input type="checkbox"/> Mobile phone</li> <li><input type="checkbox"/> UHF Radio</li> </ul>
Sun Safety equipment (hat, sunglasses, sunscreen, shirt etc)
Appropriate clothing and footwear (no singlets, skirts, short shorts, thongs, crocs etc)
Instructor will inspect the area and ensure its soundness before commencing the activity
Equipment use and maintenance log to be kept or each session
Drinking water (participants should not share drinking containers)
Vehicular access to within a reasonable distance of the activity in case of emergency

## Minimum supervision

A minimum of 1 qualified YMCA Instructor + 1 Teacher/Group Leader is to be present to run Orienteering.

It is strongly recommended that at least 2 Teachers/ Group Leaders are present to assist with participant behaviour

1 YMCA Instructor per 15 participants (minimum and maximum numbers apply. Alterations to YMCA Instructor : participant ratios must be done in consultation with Camp Management) .

All YMCA staff, contractors and volunteers hold required 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).

Emergency Procedures	Teacher/ Group Leader Responsibilities	Participant Briefing Instructor should cover	Participant Requirements
<ol style="list-style-type: none"> <li>1. Effect Rescue as required.</li> <li>2. Conduct First Aid as required.</li> <li>3. Contact Emergency Services via mobile phone.</li> <li>4. Depending on injury: stabilise patient and await ambulance or remove patient to appropriate site to recover.</li> <li>5. In the event of serious injury, suspend activity until incident can be investigated.</li> </ol>	<ul style="list-style-type: none"> <li>• Inform and liaise with Activity Instructor regarding any potential issues with group.</li> <li>• Listen to activity briefings and assist Instructor in procedural aspects of session as required.</li> <li>• Monitor and take charge of behavioural issues if needed and attend to any pre-existing medical conditions.</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge by Choice Philosophy</li> <li>• Session Objectives</li> <li>• OH&amp;S Brief</li> <li>• Safety Brief</li> <li>• Equipment Familiarisation</li> <li>• Skills Demonstration and Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Sunscreen, insect repellent.</li> <li>• Medication (if relevant)</li> <li>• Water bottle.</li> <li>• Fully enclosed shoes, hat.</li> <li>• Minimum of sleeved shirt that covers midriff when arms are raised.</li> <li>• Shorts/leggings that preferably cover knees (to prevent grazes).</li> <li>• Hair tied back, jewellery removed.</li> </ul>