

Activity Risk Assessment: - Orienteering

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged risk	Control Measures	Managed Risk
1	Getting lost/overdue	Students	Medium	Briefing on map work and boundaries of the area. Students placed into groups of at least three. Matching session to group's ability. Giving map to each group where appropriate.	Low
2	Falling/injury	Students	Medium	Ensure adequate footwear. Brief on dangers. Ensure group knows what to do in the event of injury.	Low
3	Falling into lake	Students	High	Brief group on care around water. Exclude controls if student ability dictates or their general behaviour is deemed inappropriate.	Low
4	Hypo/ Hyper and Exposure	Students	Medium	Instructors should ensure that the group is appropriately clothed for the weather. (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.) Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. Group needs safety bag readily available. Instructor to ensure this.	Low
5	Traffic	Students	Medium	Brief students to take care at bottom of drive and around cars.	Low
6	Arrows	Students	High	Brief students to take care around marked archery areas. Do not use controls within or behind archery areas when archery is in progress.	Low