

OTHER SPORTS (ARCHERY / FELL RUNNING / ORIENTEERING & WOODLAND ACTIVITIES) RISK ASSESSMENT

Benefit statement

Archery is an enjoyable and rewarding sport. People are taught skills and have the opportunity to demonstrate their learning. There is a great sense of achievement in hitting the target and refining your skills.

Fell running engages participants in both personal and group competition, in an activity that requires both physical and mental stamina.

Orienteering and woodland activities provide the opportunity to work in teams and learn basic map reading. Looking for remote markers means that people really do need to use the skills that have been taught.

Introductory statement

Currently archery is only provided via third party suppliers. OutdoorLads ensure that suppliers have valid insurance covering them for the activity to be delivered. The OutdoorLads Organiser of the activity, is merely there as a liaison between the delivering organisation and OutdoorLads participants.

For every fell running and orienteering / woodland session there will be a dynamic risk assessment on arrival and will be on going throughout the activity session. Events will be led by a suitably experienced leader who has undergone training to ensure he be capable of leading a fell running or orienteering / woodland event.

With special regard to fell running, this activity frequently results in participants being in remote areas in poor weather conditions in difficult terrain. The basic assumption therefore has to be that the individual is responsible for his own safety.

Clear briefings & supervision is given throughout the event. All participants are asked to share relevant previous & existing medical issues prior to being able to register for the activity. Leader to group ratio amended as required by the delivering organisation. All accidents and incidents are recorded and appropriate action undertaken as required.

<u>ARCHERY</u>			
Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	Injury due to being shot	Only source activity from a reputable provider. Only the archers are allowed in the area. Ensure safety curtain is operational. Ensure participants understand and adhere to the safety procedures. Check equipment is serviceable, set up correctly and appropriate to the groups needs and abilities. Ensure arrows are long enough for the bow and archer who is using them.	



	Misfire	Ensure provider has briefed the group to leave arrow where it is until all participants have been told it is safe to collect their arrows.	
	Uninvolved person walking into line of fire	Only use reputable providers with good local knowledge and ensure that they have put up warning signs.	
KIT	Impact with bow string	Protected arms with long sleeves and/or arm protectors. Brief on not over straightening the bow arm. Use finger guards when necessary. Use an appropriate strength bow for the archer.	
	Impact with arrow	Ensure participants understand safety procedures. No horseplay. Take care.	
	Removing arrows from archery butt	Ensure group is briefed on how to retrieve arrows, including to look behind them before pulling the arrow out.	
	Holding arrows 'point up' when walking back	Ensure group is briefed on the appropriate way to walk back with arrows.	
WEATHER	Sunburn	Remind participants about sun protection.	

FELL RUNNING

		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
Hazards arising from activity			
GENERAL	Injury due to falling over	Supervision, choice of route, appropriate footwear. First aid kit & space blanket carried by Organiser.	
	Rock fall	Clear briefing given at start of session to provide awareness of such hazards and throughout activity to maintain awareness of hazards.	
	Getting lost / split up.	Experienced organiser with local knowledge equipped with a map and compass. Ensure group is aware of the specific route to be taken.	
	Darkness	Realistic plan for the day, with cut short options. Torches carried if suspected back late or in the dark.	
WEATHER	Extreme weather	Organiser to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route &	Weather forecast to be reviewed prior to setting out.



	<p>Sunburn / heat exhaustion / heat stroke</p> <p>Hypothermia / hyperthermia</p> <p>Dehydration</p>	<p>move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity. Space blanket carried by Organiser.</p> <p>Ensure participants have suitable & adequate clothing.</p> <p>Remind participants about sun protection.</p> <p>Organisers should be First Aid trained.</p>	
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ORIENTEERING / WOODLAND ACTIVITIES

Hazards arising from activity		Control measure(s) in place to reduce risk from each hazard	Arrangements to ensure the control measure(s) continue to be effectively implemented
GENERAL	<p>Injury due to falling over / cuts</p> <p>Getting lost / split up.</p> <p>Darkness</p>	<p>Members in a minimum of pairs with instructions to keep together. Appropriate clothing and footwear for conditions. Course appropriate to ability and experience of group. First aid kit carried by Organiser.</p> <p>Ensure groups operate in a minimum of pairs. Use a time limit or whistle to signal the group to return. Set clear boundaries which members will recognise. Brief members on a procedure if they become lost.</p> <p>Realistic plan for the day, with cut short options. Torches carried if suspected back late or in the dark.</p>	
WEATHER	<p>Extreme weather</p> <p>Hypothermia / hyperthermia</p> <p>Sunburn / heat exhaustion / heat stroke</p>	<p>Organiser to check weather forecast prior to activity & observe conditions throughout. If necessary change plans, amend route & move to safety.</p> <p>Organisers will modify or curtail the activity if prevailing conditions are inappropriate for the group or the planned activity.</p> <p>Ensure participants have suitable & adequate clothing plus access to warm (or cold) drinks / sources of energy.</p> <p>Remind participants about sun protection.</p>	Weather forecast to be reviewed prior to setting out.

