

# Adventure Sunderland

## Activity Risk Assessment



### Orienteering

**Location: Generic and Centre Based**

Hazard	Potential harm	To Whom	Control Measures
Person under the influence of drugs / alcohol	Personal injury	Staff and participants	Staff to exclude anyone who is apparently under the influence of alcohol or drugs. Tests or physical proof is not required, the instructors decision is final.
Dangerous Animals	Personal injury	Staff and participants	Participants told to keep away from any members of the public with animals or loose animals.
Remote Supervision	Stranger danger, extended period outdoors	Participants	Staff must ONLY let groups follow the course if they can be trusted to follow the instructions given to them. To achieve this the groups must be known to the staff, not very young and not those groups that exhibit challenging behavior.
Separation from Group	Stranger danger, extended period outdoors	Participants	Staff to insist a minimum of 3 per 'team' and that the team is never out of visual and oral contact with each other.
Group getting lost	Straying into unknown / unassessed areas	Participants	Clear boundaries to be set. Action in event of the group becoming unable to relocate to be issued before letting group out. Centre telephone number included on maps.
Traffic	Personal injury, death	Staff and participants	There should be no need to cross any roads to complete the course – staff to highlight this to the participants.

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Water	Personal injury	Staff and participants	Staff to brief group to stay away from water during this activity.
Slips, trips, falls	Personal injury	Staff and participants	Staff to brief participants on potential hazards such as glass, seaweed and discarded rope and strategies to avoid hazards. Participants to be briefed on personal responsibility in ensuring their own safety and their peers at all times.
Conflict within the group and with general public	Personal injury	Staff, participants and public	Staff fully trained and experienced in group management techniques to prevent or deal with such occurrence. Participant briefed to walk away from any potential conflict / 'stranger danger' and return to the centre immediately and inform a member of staff. Staff must not endanger themselves dealing with conflict. Activity must stop and be terminated if any issues arise that impact on the safety of staff or participants or public onlookers. Contact the police if the situation cannot be resolved internally in a timely fashion.
Effects of weather	Hypothermia, Hyperthermia, Sunburn	Staff and participants	Weather forecast obtained before activity, weather forecast posted on notice board in office. Visual inspection of weather conditions before the activity commences. Abandon if weather deteriorates. Ensure adequate warm and protective clothing for the prevailing weather. Advise all involved to use sun cream during sunny weather. Take rest breaks in hot weather. Use activity to keep participants warm in cold weather. Use group shelter to provide a temporary respite.
Fall from height	Personal injury, death	Participants	Staff to use areas away from any sudden edges.

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Risk assessments are to be reviewed on an annual basis unless an incident occurs, which then dictates immediate review of the risk assessment.

This Review completed by: Mike Clapham

Signed: *Mike Clapham*

Date: 06/01/2026

This version checked by: Mike Clapham

Signed: *Mike Clapham*

Date: 07/01/2026

To be completed by Centre Manager:

I consider this risk assessment to be suitable to control the risks to the health and safety of both employees undertaking the tasks involved and any other person who may be affected by the activities.

Name: Mike Clapham

Signed: *Mike Clapham*

Date of next review: 06/01/2027