

## Health & Safety Risk Assessment Forest Orienteering

Hazard/Risk	Who could be affected by hazard.	Likelihood of being affected	Worst consequence of being affected	Risk Level	How hazard/risk is mitigated	Residual risk level
Collision injury caused by car or passing vehicle whilst walking along the road to/from the woods.	FST VSA VC	1	75	75	<ul style="list-style-type: none"> <li>• FST to warn of dangers involved in walking along the road, especially in low light or at night.</li> <li>• FST establish system of signaling when a car is coming, e.g. a loud whistle blast, and instruct VSA/VC on routine. All to step off the road and face the traffic and wait until it has passed.</li> <li>• FST to ensure that a VSA or FST is positioned at the back and front of the group to signal when car is coming. They should also be wearing high visibility jacket.</li> <li>• FST to ensure group is all on the same side of the road, and change sides of the road at blind spots on corners.</li> <li>• FST/VSA to ensure that VC walk in single file along the road.</li> <li>• FST to carry mobile phone.</li> </ul>	LOW
VSA/VC separated from group and lost in local area, with possibility of abduction.	FST VSA VC	1	75	75	<ul style="list-style-type: none"> <li>• FST to warn of dangers involved in walking along the road, and in rural areas.</li> <li>• FST to ensure that a VSA or FST is positioned at the back and front of the group.</li> <li>• FST to remind VSA to conduct regular head counts of group to ensure no one gets left behind anywhere along the route.</li> </ul>	LOW
Fall/trip or collision between two or more people.	FST VSA VC	2	20	40	<ul style="list-style-type: none"> <li>• FST to warn of risks in particular Area of Activity and to check the chosen sites prior to activity to ensure no unseen dangers.</li> <li>• FST to adjust spacing of VC and site hazards e.g. fencing, etc. according to weather and ground conditions.</li> <li>• FST/VSA to warn VC/VSA of particular dangers on site such as low branches on trees and tree roots.</li> <li>• FST to assess VC/VSA footwear for suitability, high type heels and platforms are not suitable.</li> <li>• FST to warn against running.</li> <li>• FST to set safe boundaries for activity.</li> </ul>	

Collision with other person/s or other object in the woods causing injury to individual/s.	FST VSA VC	2	20	40	<ul style="list-style-type: none"> <li>FST to warn of danger.</li> <li>FST/VSA to establish safe boundaries for activity ensuring all VC adhere to instruction.</li> <li>FST to check footwear and advise against unsuitable footwear e.g high/platform heels</li> <li>FST to warn against running, especially in adverse weather, light or ground conditions.</li> </ul>	LOW
Rash or sting caused by weed or other type of plant.	FST VSA VC	8	5	40	<ul style="list-style-type: none"> <li>FST to warn of danger, particularly stinging nettles, identify plant to group if not familiar.</li> <li>FST to check areas prior to activity, or at beginning of session and limit access to particularly risky areas.</li> </ul>	LOW
Stomach upset or illness as a result of contact with animal droppings, fur or remains.	FST VSA VC	1	75	75	<ul style="list-style-type: none"> <li>FST to warn VC against picking up animal droppings, fur or remains.</li> <li>FST to encourage all participants to wash hands immediately on return to centre.</li> </ul>	LOW
Reaction to plant/tree pollen that may cause discomfort to allergy sufferers, particularly hay fever sufferers.	FST VSA VC	8	5	40	<ul style="list-style-type: none"> <li>FST to warn of potential discomfort to allergy sufferers.</li> <li>Hooke Court Information to Visiting Staff to include a warning for VSA and VC to ensure precautions can be taken or medication brought with school.</li> </ul>	LOW
Stomach upset, virus or reaction caused by insect/reptile bite, or contact with poisonous plants or fungi	FST, VSA, VC, CGS	1	75	75	<ul style="list-style-type: none"> <li>FST to warn of danger caused by snakes and biting insects, VSA/VC must inform FST of anything remotely causing concern.</li> <li>FST to be aware of plants and fungi to be avoided and check activity site prior to activity taking place for potential hazard.</li> <li>FST to be aware of insects which may cause infections/reactions or diseases. Ticks may be found in bracken, and snakes in boggy areas, FST may use discretion to avoid such areas if possible during summer periods.</li> </ul>	LOW
Fall under/from foresters machinery or wood piles.	FST VSA VC.	1	75	75	<ul style="list-style-type: none"> <li>FST to warn of danger and ensure VSA/VC do not tamper or interfere with woodpiles or machinery of any kind.</li> <li>FST and VSA to directly observe and supervise group at all times and keep within visual contact.</li> </ul>	LOW
Falling branches or trees causing crush	FST VSA,	1	75	75	<ul style="list-style-type: none"> <li>FST to ensure that they visually check site at beginning of activity to assess any potential hazards from 'hung up' trees or</li> </ul>	LOW

injury, or puncture type injury to face/eyes/ears.	VC				<p>branches.</p> <ul style="list-style-type: none"> <li>• FST to warn of danger caused by low level branches and twigs, stressing this particularly in low light conditions. Further restrictions may be placed upon moving around the activity site at the discretion of FST.</li> <li>• FST must use discretion in high winds, heavy snow and adverse weather conditions before undertaking activity using guidelines issued by The Arboreal Association.</li> </ul>	
Infection in new or existing wound from water, mud or general dirt.	FST VSA VC	2	10	20	<ul style="list-style-type: none"> <li>• FST to warn of danger and provide surgical gloves and waterproof plasters to protect existing or new injuries.</li> <li>• FST to ensure First Aid Kit taken on activity and that kit has sufficient supplies to cater for size group.</li> <li>• FST to remind all VSA VC to wash hands with soap and hot water after activity or before any food is handled.</li> </ul>	LOW
Stomach upset, virus or disease caused by contact with water, mud, or general dirt.	FST VSA VC	2	20	40	<ul style="list-style-type: none"> <li>• FST to warn of danger to group if they don't follow simple safety guidelines. to include not putting fingers into mouth, chewing pencils etc.</li> <li>• FST/VSA to ensure VC do not splash water or mud whilst in or around work site.</li> <li>• FST/VSA/VC to wash hands with soap and hot water after activity.</li> </ul>	LOW

Date Reviewed: January 2026

Next Review Date: January 2027