**The Risk Assessment**

**It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.**

**NB: it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.**

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| --- | --- | --- | --- | --- | --- |
| **Hazard – note under these headings (see suggested examples to consider)** | **Possible outcome / injury including note on severity and likelihood of occurrence** | | | **Mitigation**   * **What control measure?** * **Who is responsible?** | |
|  | **Occurrence** | **Seve**  **rity** | **Likeli**  **hood** | **What control measure?** | **Respon sible** |
|  |  |  |  |  |  |
| **In area to be used (~~indoor /~~ outdoor):**  Uneven surfaces | Sprained or broken limb | Mod / high | V Low | Warning notices in final details and at or near the Start | Organiser |
| Tree roots |
| Tree branches | Damage to eyes | High | V Low | Warning notices in final details and at or near the Start | Organiser |
| Scratched face | Low | Mod |
| Deep steep-sided ditches | Difficult to climb out | High | Low | Warning notices in final details and at or near the Start | Organiser |
| Thorns & brambles | Scratched or cut limbs | Low | High | Warning notices in final details and at or near the Start | Organiser |
| Ponds / lakes | Drowning | High | V Low | Warning notices in final details and at or near the Start | Organiser |
| Traffic at public road crossings | Competitor struck by vehicle | High | V Low | Courses for juniors kept away from public roads | Planner |
| Warning notices by roadside for vehicles, marshals posted at crossing to advise competitors, warning notices in final details and at or near the Start | Organiser |
| Traffic at road crossings within Forest | Courses for juniors kept away from roads | Planner |
| Speed restrictions apply within the Forest | N. Trust |
| Warning notices in final details and at or near the Start | Organiser |
| Ticks | Competitors bitten by ticks, catch Lyme disease | High | Low | Warning notices requiring full body cover in final details and at beginning of route to the Start | Organiser |