

AIR CADETS RISK ASSESSMENT PROFORMA

ACATI No 22 ANNEX F

Unit:

Activity: ORIENTEERING

Risk Assessment Number:	GENERIC RA: YES
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Relevant Publications / Pamphlets / Procedures:

**ACP 5, ACP 17,
MLTUK Hill Walking Handbook,
Langmuir’s Mountaincraft and
Leadership Book**

Assessor: _____

Date of Assessment: ___ / ___ / ___

Review Date: ___ / ___ / ___

Related RA’s (eg Manual Handling)

Trekking, Camping and Mountain Biking

The following steps relate to the Risk Assessment Process.

	Activity	Hazards Identified	Existing Controls	Residual Risk acceptable YES or NO	Additional Controls	Residual Risk Acceptable YES or NO
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	ORIENTEERING	Slips, Trips and Falls	*First aid qualified staff available and portable first aid kit on hand. *Route carefully planned, crags/steep ground identified and taped off as “Out of Bounds” and walk the course. *Cadets with old injuries are not to run on these injuries but to seek advice from own doctor. *Medical forms to be checked prior to the activity. *Protective clothing to be worn, especially legs are to be covered. *Supervising staff to ensure warm up/warm down exercises are completed immediately prior to and after the activity.	Yes		

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2		Hypothermia	<p>*Waterproof clothing to be worn in poor and wet weather. *Hot drinks, shelter and spare clothing to be carried. *Avoid overly long or open areas in bad weather.</p>	Yes		
3		Dehydration	<p>*Proper clothing to be worn for warm weather. *Sufficient fluids to be available at check points. *Cadets to be checked regularly around the course for signs of dehydration.</p>	Yes		
4		Exhaustion	<p>*As above also cadets to be briefed on safety procedures, control points and equipment to be carried i.e waterproof pens, compass and whistle.</p>	Yes		
5		Collision with Road Traffic	<p>*Routes to be planned wherever possible to avoid traffic intersections and congested areas. *Adult staff to man road crossings.</p>	Yes		
6		Panic and Disorientation	<p>*Careful planning of the course and cover maps. *Check control sites, place adults staff where cadets are likely to make major errors in map reading. *Use of control cards. Vehicle available to collect stragglers or casualties.</p>	Yes		

Details of person responsible for carrying out this Risk Assessment / Review

CONTROLS	NAME (print)	POST	DATE	SIGNATURE
Existing & Additional Controls Agreed				
Additional Controls Implemented				