

# Activity-in-a-box

## Orienteering

### What's included?

- 10 Orienteering flags
- 10 Punches
- 10 Laminated maps
- 5 Compasses
- 5 Whistles
- 1 Answer card
- 40 Punch cards (consumable) – additional cards available at a cost of £2 per 40 cards – please request when booking

### Indoor or outdoor?

Outdoors

### Instructions for set-up

- You will need to set up the orienteering course.
- Using one of the maps, place a flag and punch within each of the circles shown on the map (by e.g. tying to a tree).
- It doesn't matter which flag and punch are located within each circle.

### Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Always stick with your team (minimum of two in a group). Carry a whistle for use in case of emergency.
3. Wear shoes and suitable outdoor clothing for the weather; carry water if it's hot.
4. Do not cross any fence lines or streams: these mark the boundaries of the site.
5. Take extra care in wet conditions – no running if it's slippery.



*This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.*

<b>Risk Assessment prepared by</b>		<b>Date of assessment</b>	
<b>Leader in charge</b>		<b>Nominated first aider</b>	
<b>Location</b>	24 <sup>th</sup> Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY		

<b>Risk and hazards</b>	<b>People at risk</b>	<b>How is risk controlled?</b>	<b>People responsible for controls</b>
Uneven ground may cause injury from slips, trips and falls; low hanging branches may cause bruising, abrasions and eye injuries	All participants	<ul style="list-style-type: none"> <li>• Participants must wear appropriate outdoor footwear</li> <li>• Leader to check the route and identify/clear any significant hazards</li> <li>• Safety briefing to be provided which mentions the hazards</li> <li>• Ensure adequate adult supervision throughout</li> <li>• In wet conditions specify that participants walk rather than run as paths may be slippery</li> </ul>	
Puncture injury from sharp punches	All participants	<ul style="list-style-type: none"> <li>• Warn the participants to keep fingers out of punches</li> <li>• Supervise younger children throughout</li> </ul>	
Very hot or cold weather may cause hypothermia, sun stroke, sun burn or heat exhaustion	All participants	<ul style="list-style-type: none"> <li>• Participants must wear appropriate clothing and footwear for the weather</li> <li>• Water to be available</li> <li>• Activity cancelled in the event of extreme weather</li> </ul>	
Streams on site – risk of drowning	All participants	<ul style="list-style-type: none"> <li>• There is a stream marking the boundary to the site: ensure participants know that they must keep away from this</li> <li>• Locate an adult in the woods to supervise</li> </ul>	
Participants may become lost	All participants	<ul style="list-style-type: none"> <li>• Ensure that all participants are aware of site boundaries</li> <li>• Course to be completed in pairs (as a minimum); and adult should accompany younger children</li> <li>• Group leader to monitor finishers' and ensure everyone has returned</li> <li>• Provide whistles in case of emergency</li> </ul>	