

# AKSSOC Individual Champs

## Risk Analysis and Management System (RAMS)

Club: Counties Manukau Orienteering Club

Date: 22<sup>nd</sup> May 2025

Activity: Orienteering

| Analysis |                                       | Description   |  |   |
|----------|---------------------------------------|---|--|---|
| RISKS    | Accident, injury, other forms of loss | <ol style="list-style-type: none"> <li>1. Pedestrian vs vehicle accident</li> <li>2. Lost student</li> <li>3. Medical emergency</li> <li>4. Twisted ankle</li> <li>5. Hypothermia</li> </ol>  |  |   |
|          |                                       | People  | Equipment  | Environment   |
| DANGERS  | Hazards, perils                       | <ul style="list-style-type: none"> <li>-Instructions not followed</li> <li>-Personal medical condition/special needs</li> <li>-Lack of skill – students</li> <li>-Behaviour around others at the event</li> <li>-Running on uneven ground</li> </ul>  | <ul style="list-style-type: none"> <li>-Clothing</li> <li>-Shoes</li> <li>-Compass</li> <li>-Idents</li> <li>-Watch</li> <li>-Whistle</li> <li>-Water</li> </ul>   | <ul style="list-style-type: none"> <li>-Rain</li> <li>-Cold Weather</li> <li>-Slippery/rough track</li> <li>-Bee/wasp/insect stings/bites</li> </ul>  |
|          |                                       | <p>Brief students on risks and for students to follow instructions</p> <p>Medical information obtained and understood by the teach/trip leader. Students to have their medications on hand.</p> <p>Students to have sufficient knowledge and skill in orienteering in using a map/compass</p> <p>Students to act sensibly around the event area in when running their course</p> <p>Students to always stay in control to reduce the risk of slipping and injuring themselves</p> | <p>Students to wear suitable clothing for in the forest. Orange and Red courses, students to wear long sleeves and suitable leg covering</p> <p>Students to wear suitable shoes for the forest to reduce slipping</p> <p>Students to bring their own compass and have the knowledge on how to use it</p> <p>Students to bring their own personal idents if they are not hiring one for the event</p> <p>Students to know the time, wear a watch if needed and know how long their course should take to run</p> <p>Student to carry a whistle and use if only if they require help or lost</p> <p>Students to bring sufficient water with them for the day</p> | <p>Bring appropriate clothing to keep dry</p> <p>Bring appropriate clothing to keep warm</p> <p>Bring and wear appropriate shoes for the forest terrain</p> <p>Bring appropriate medication</p> |

|                          |           |   |
|--------------------------|-----------|---|
|                          | Emergency | <ol style="list-style-type: none"> <li>1. Pedestrian vs vehicle – stabilise patient, call for an ambulance, apply first aid [first aid kit, cell phone]</li> <li>2. Lost Student – Student to use their whistle if they require assistance or lost [whistle]</li> <li>3. Medical Emergency – give medication, call for an ambulance [personal medication, antihistamines]</li> <li>4. Twisted ankle – Apply first aid [first aid kit, cell phone]</li> <li>5. Hypothermia – remove the student from the cold environment, feed them and evacuate area</li> </ol>  |
| Skills required by staff |           | Instructors/teachers to have sufficient knowledge, skills and experience in orienteering and in the forest area. Planner/Controller have sufficient knowledge of the area and where the controls are located.   |
| Emergency Strategy       |           | <p>If there is a requirement for medical attention but not an ambulance, there is an emergency centre in Waiuku.</p> <p><b>Urgent Care Options:</b><br/> <b>Urgent Care Franklin:</b> Located at 12 Glasgow Rd, Pukekohe, open daily 8am to 8pm.<br/> <b>WHC Waiuku Health Centre:</b> 30/26-30 Constable Road, Waiuku 09 235 9102</p> <p>Primary road into the forest is Wilson Road, Waiuku Forest North.<br/> For an ambulance call out, provide “Wilson Road” which will direct the ambulance into the main gate. The event centre is through the right-hand side of the Y from the gate to the far end, veering to the left and the next Y junction.</p> <p>For non-emergency requirements, there will be a first aid kit available from the registration caravan.</p> |

Name: Renée Motion

Position: Controller/Event Co-Ordinator