

Safety rules of orienteering events

1. **Strictly observe all event specific rules, cautions and advice.**
2. **Carry a whistle. The emergency signal is three blasts.**
3. **You must abandon your course if you hear a distress whistle and must help participants in need.**
4. **Always return to registration at the end of the event and sign out!**

Safety recommendations while on a course

- Stop immediately if you become injured. Running 'through the pain' will only make your injury worse. Return to the start area and seek medical treatment for all injuries.
- Stop and relocate if uncertain of your location, (track back to the last point that you were certain about your location). Choose a safer route to return.
- **If you're lost or hurt stay still and blow the distress call (three whistle blows) until help arrives.**
- In case of an overdue person, the organizers will initiate a search. You can help by following the directions of the organizers.

Things that you can control !

- Choose the activity based on your ability: newcomers should start with a beginners' course and progress gradually. Warm up thoroughly before orienteering.
- To avoid tripping and falling, look up from the map and familiarize yourself with the terrain before you start running. Adjust your running speed to terrain difficulty. Practise reading the map while running in terrain.
- Wear appropriate clothes to cover skin and consider wearing eye protection. Make sure your shoes are comfortable and give good support.
- Adjust to weather conditions by dressing suitably for the temperature and weather. Drink plenty of water. In case of overheating find shade and stop and rest; cool your body with wet clothes.
- Exercise regularly to keep yourself in adequate physical condition for your activity.

WHAT TO DO IF YOU FEEL DISORIENTED

Stop!
Stay calm and think



See if you can track back to your last control or use safety bearing



If you're lost STAY in one place somewhere visible



Blow your whistle



DON'T PANIC HELP IS COMING !