

Planning Your Courses

- Avoid areas where bear encounters are likely (near rivers when fish are running in July-Sept).
- Avoid legs that require competitors to cross large roads.
- Avoid dangerous terrain, particularly on beginner courses.
- Avoid sending runners close to the edge of the map and try to bound areas used for beginner courses by major features (roads, streams, lakes, etc).

Preparing for the Meet

- Indicate on the printed map if a course has a hazard that should be avoided.
- Print your cellphone # on the map if there is coverage (check this while you are in the field).
- Include relevant safety information in the meet description that you send to the VP of Media for posting a few days before the meet.
- Verify that the meet box has everything you need including safety notebook, first aid kit, air horn, and bear spray.

At the Meet

- Have a 2nd volunteer on hand for the duration of the meet in case there is an incident.
- Carry a cell phone if there is coverage.
- Display on the white board or other sign:
 - any relevant safety information specific to this meet.
 - safety bearing for each course.
 - mandatory return time.
 - your cellphone number if it did not get printed on the map.
- Make sure participants have signed in correctly before going on a course:
 - waiver form for the season to protect club from liability
 - signature of each participant on sign up sheet so they are covered by accident insurance
 - license plate & emergency contact info in case of incident (overdue, injured)
 - save all waivers and sign up sheets and give them to the Treasurer after the meet
- Display laminated handout on orienteering safety for participants
 - it will include that whistles are required for all participants.
- Help participants select a course appropriate to their skills level.

If There is An Incident

- Work with your volunteer to evaluate the severity of the incident and use your good judgment about the appropriate response.
- Consult the safety notebook if needed for guidance on:
 - injuries
 - wildlife encounters
 - overdue or lost
- For medical emergencies, call 911.
- Fill out incident report form (copies are in safety notebook) and submit it to the VP of Events.