

There are at least two important aspects of safety in orienteering - safety for competitors, and safety for course planners/vetters and fieldworkers.

The following should be read in conjunction with more detailed advice on safety from the [ONSW Event Organiser Documents](#) and the safety sections of the [ONSW Organisers Rules for All Orienteering Events](#).

Safety for Competitors

Competitors check a disclaimer box about accepting personal risk when entering orienteering events. However, this doesn't prevent us from using the following non-exhaustive list of safety checks before events:

1. Avoid placement of control sites that may lead to injury (e.g. cliff edge or embankment top, at the bottom of slippery slopes)
2. Dangerous features (e.g. deep subsidence pits, old fence wire etc) are indicated in the field with hazard tape and competitors are warned in event information.
3. Set course legs that avoid potentially dangerous locations (e.g. cliff edges, busy roads).
4. Set courses within clear map boundaries to prevent competitors running off the map.
5. Ensure a safety bearing, event phone number and course closure information appears on maps.
6. Include safety information in the event information (eg. Course closure, safety bearing, hazards such as trail bikes, mine subsidence or slippery slopes, cliffs etc).
7. Put out "Wrong Way Go Back" signs for Very Easy/Easy courses where competitors might continue to head in the wrong direction.
8. Ensure that competitors are checked in at registration, start and at finish.
9. Put out "Runners on Road" and "Watch For Turning Vehicles" signs where needed.

Safety for Course Planners/Vetters and Fieldworkers

1. Leave a map and details about where you're working, vehicle location, and an estimated time of return, with others as well as who they should contact in case they have concerns.
2. Have "location sharing" activated on your mobile phone (eg. through Google Maps, Find My on Apple devices etc). This will allow your selected contacts to see where your device is located.
3. Have a GPS location application on your mobile phone (e.g. Emergency Plus, Coordinates, My GPS Coordinates). The first application provides GPS coordinates of your location to emergency services. The other two require you to send a screen shot of your location to others or to emergency services.
4. If you're working in a location where mobile service is uncertain carry one of the Club's Personal Locator Beacons (PLBs). Contact the Club's gear steward to access one.
5. Carry a paper map and compass as backup even if you are using a mapping app on a device.
6. Consider carrying some basic first-aid, in particular a bandage for snake bite (and know how to use it).
7. Consider carrying a headtorch if you intend to be out in the bush late in the day in case the light starts fading.