

DRINKING WATER ON COURSES

Dehydration can have very serious consequences. If water is provided, it must be available on ALL courses except Easy/Very Easy; if water is not provided on a particular course or at all, then competitors must be widely advised PRIOR TO THE EVENT (eg via information flyer on Eventor/O-News weekly bulletin).

The separate **Course Tables** contain the minimum recommended number of drink stations per course for State Series – three stations for courses 1 and 2; two stations for courses 3, 4 and 6; and one station for course 5. These are based on median rather than winning times. People should be encouraged to have a drink almost immediately before they start, and again at the finish. Apply common sense if higher temperatures are expected, and provide additional water.

Drink stations should be roughly equally spaced, and should not affect navigation. People should not have to deviate from their preferred route choice to get a drink, nor should route choice be affected by the need for a drink. They should preferably be placed at control sites, but may be placed at compulsory crossing points, or at a location where competitors on the course could reasonably be expected to travel to without deviation. Drink stations must be clearly marked on maps; drink stations additional to those on a particular course may be shown.

Drinks should be near a drivable location, and the containers not more than 10 litres, to minimise manual handling injury risks. There should be water left in the containers after all competitors have finished – otherwise we have failed the slowest and most needy competitors, who are also out in the warmest part of the day. Total quantity should be estimated at 200 ml per person likely to pass that drinks point, ie 1 litre per 5 competitors. Sharing of drink containers should not occur and disposable cups are to be provided.

FIRE DANGER

Orienteering Victoria policy is to automatically cancel bush and MTBO events on Code Red days. On Total Fire Ban days, the Board, in consultation with event organisers and any other relevant parties, has the authority to make variations for specific events, taking into account factors such as the start times of the event, expected fire danger at the event location, the ease of evacuating competitors in the event of a fire, and the ability to communicate any decision effectively to all potential competitors. Any decision to vary the policy must be published in advance.

Park/street summer series events are exempt from Total Fire Ban cancellations. However, park/street officials have the right to cancel events, or alter or shorten courses, in extreme conditions such as high temperatures or humidity; flooding; or under any circumstance where competitors are placed at undue risk (eg unsafe creek crossings).

Notification of event cancellation or altered conditions will be via the Orienteering Victoria website. For pre-entry events, competitors may also be notified by email.

SIGNAGE

Travelling to an orienteering event can be stressful. Directional signage to events is a vital part of safety planning, and is particularly important to ensure all competitors, particularly newcomers, arrive safely and with a minimum of anxiety. All clubs have a standard set of signs, and these should be used in the following manner:

Large red and white 300m/200m/100m Turnoff signs – place either side of turnoff from major road, on which general traffic can be expected to travel at 80-100 kph, and competitors braking suddenly to turn present a danger to themselves and other traffic. These signs are designed to warn competitors that they need to slow down and prepare to turn. They should NOT be used on small forest roads with minimal traffic and slower travel speeds. For example, if your event was on Basalt Road near Daylesford, you should place a “300m” and “100m” turnoff sign on the Midland Highway on the Daylesford approach, and a “200m” turnoff sign on the Ballarat approach.

Note that the smaller “Orienteeing” directional arrow signs, often positioned at the turnoff itself, are NOT sufficient warning when competitors are traveling at speed.

Large yellow and black “Runners/Cyclists on Road” signs – place on any roads in the competition area where general traffic may reasonably be expected, and where competitors may reasonably be expected to cross. For example, the Melville Caves Road in Kooyoora State Park is used by many sightseers, and is often crossed by competitors completing courses.

“Orienteeing” directional arrow signs should be used at any intersection on minor roads or forest tracks where travel speeds are low and high volumes of other traffic are not expected. It is also helpful to place these signs midway along a long stretch with no intersections, to reassure competitors they are still travelling in the right direction.

Parking signs should be provided at the assembly area to direct competitors to the parking area. A Parking official should also be provided by the organizing club to ensure competitors park safely and appropriately in accordance with landowner requirements.

Organisers should also consider that competitors may have difficulty finding their way back to a main road from the assembly area after the event, and may like to provide directions as part of their event handout.

HEALTH AND SAFETY CHECKLIST FOR ORGANISERS

Course Setting

- Has provision been made for shortening courses at short notice in the event of extreme weather conditions (eg severe cold and rain, flooding of creeks, very hot weather)?

Equipment and personnel

- Is a first aid kit available (provided by the club or OV) and fully stocked?
- Is the Orienteeing Victoria safety kit and stretcher available at the event?
- Have the Orienteeing Victoria radios been requested for the event?
- Is a trained first aider, doctor or nurse available throughout the event?
- Has a search coordinator been appointed for the event?
- In the event of extreme weather conditions, will there be appropriate provisions for an emergency (eg sleeping bags/rugs, sufficient water for heat related problems)?
- Are hand washing facilities available at toilets?
- Are refuse bins, disinfectants and gloves available?

Provision of water

- Have sufficient quantities of water been planned for (200 to 300 mls per competitor, more in hot weather)?
- Do drinking containers and provisions comply with OA recommendations?

- Are arrangements in place for replenishment of water supplies in hot weather or where larger than expected numbers are running on a particular course?
- Is water available at the start, bearing in mind the likely temperature and the distance to the start from the assembly area?
- DO NOT recommend or plan on creeks and streams as a source of drinking water

Pre-event information for competitors

Does the handout sheet contain the following information?

- Control pick-up time and the need to abandon courses at this time
- All competitors (including DNFs) to register with the finish officials
- Direction of safety bearing
- Provision of drinking water
- The correct use of a whistle in an emergency
- Any particular safety concerns (eg traffic on through roads, fallen fences etc)

Pre-event checks by organizer/search coordinator

- Have the local police (nearest weekend operating station) been given advance notice of the event? (date, map, locality, precise assembly area etc)
- Has the search coordinator noted the location of the nearest hospital with casualty facilities?
- Has a check been made as to the suitability of an area for mobile phone use AND the location of the nearest phone for summoning help?

Organisers should refer to the OA Health and Safety Guidelines for further information.

Emergency Phone Numbers

For emergency attendance by Police or Ambulance, dial 000 in all areas

Police

Bendigo	(03) 5440 2510
Ballarat	(03) 5337 7222 or 5337 7215 for general enquiries
Castlemaine	(03) 5472 2333
Daylesford	(03) 5348 2342

Ambulance

Bendigo	(03) 5444 6988
Ballarat	(03) 5332 1631 or 13 3009
Daylesford	(008) 01 5122

State Emergency Service

Any region	132 500
------------	---------

Country Fire Authority

Headquarters	(03) 9262 8444
Bendigo	(03) 5443 7444
Ballarat	(03) 5331 7966

See also Emergency Response Plans, Event Safety Plans, and Incident Report Form on the Orienteeing Victoria website.