

DRINKING WATER ON COURSES

Drinking water shall be provided on all courses at intervals of no more than 20 minutes (based on expected winning times) if the temperature is expected to exceed 20°C and at intervals of no more than 30 minutes in cooler conditions. Drinks may be placed at control sites, compulsory crossing points, or at other locations providing they are clearly marked on maps and are placed so as not to influence route choice.

At least pure water of suitable temperature shall be provided to allow for 200-300 ml per competitor passing through the drinks point. Sharing of drink containers should not occur and disposable cups must be provided.

Water need not be provided at the Start or Finish (with the exception of Badge and Championship events), other than a small amount for First Aid. Competitors are encouraged to provide their own water for post-event rehydration, and to carry it during their run.

If a club is experiencing problems providing water on the course, they may apply to the Bush Committee for a special exemption. Any lack of water provision must also be widely advertised prior to the event.

FIRE DANGER

General Orienteeing Victoria policy is to cancel bush and MTBO events on days of Total Fire Ban. However, 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 alter or shorten courses in extreme conditions such as high temperatures or humidity, or flooding; or under any circumstance where competitors are placed at undue risk (eg unsafe creek crossings).

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

- Club first aid kit
- 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 on hand 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
- The correct use of 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
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Country Fire Authority

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

