



Orienteering Queensland Safety Information for Events

- Fill in car registration number and phone number (mobile preferred) on **entry card**, this helps organisers confirm which competitors are still on courses. Newcomers also please fill in address details so we can contact you later about forthcoming events
- Have a **drink** before you start a course, and if possible take a drink bottle. Water is provided on longer courses and this is indicated in control descriptions, but taking your own enables you to have a drink when you need it
- Easy and very easy courses almost always follow linear features such as roads, tracks, fences, major creeks
- Always **report to the finish** table even if you haven't finished your course
- Where competitors enter as a group, they should **stay together** for the duration of a course
- Note the **course closure time**, this is stated with the course/event information for the day. You must return to the finish by this time irrespective of whether you have finished your course
- **Safety bearings** should be provided with the course/event information, and are the direction to a prominent feature on the map eg: main road, railway line. Use this when lost if confident to do so, otherwise remain in one place on a track as these are always searched first, or if you locate a control, stay by the control, as these will be visited by control collectors
- Carrying **whistles** is recommended for bush events, these are used to attract attention of others if injured. **Distress signal** is a 6 short blasts, wait ten seconds then repeat for as long as necessary. If in doubt just blow your whistle.
- Where applicable follow normal **traffic rules** eg: crossing roads
- Take note of **any other safety information** provided at events and if any essential information is not provided eg: course closure time or safety bearings, please ask about this before you begin your course.
- Orienteers who encounter an injured person must abandon their course and offer assistance.