

APPENDIX "A" - GENERAL GUIDELINES FOR PERSONAL SAFETY IN ORIENTEERING:

1. I agree that it is my sole responsibility to act and govern myself in a manner that is safe for me and all others at orienteering events.
2. Before heading out on a course, I will know what the safety bearing is, or ask the organizers if it is not posted or listed on the map/control descriptions.
3. Should I become disoriented or lost, I will set my compass and follow that bearing to a recognizable landmark.
4. I agree to take a compass to assist in my navigation.
5. I agree to carry a whistle for my safety, if demanded by the course organizer.
6. When appropriate, I agree to wear long sleeves, full body covering, sturdy shoes, suitable ankle taping or protecting, gaiters, eye protection which is appropriate for the terrain, vegetation, and weather.
7. I agree to ensure I have the correct map and control descriptions for my desired course. I have discussed the suitability of my chosen course level with the organizers, if I am at all unsure of the difficulty of the course.
8. I agree to interrupt my event and come to the assistance of any person who has blown their whistle repeatedly or made calls of distress.
9. I agree to always report to the finish to have my name recorded as checked-in, to avoid unnecessary searches for me.
10. The possession of an orienteering map does not automatically guarantee access to the land. I agree to ask permission, if using a map outside of a sanctioned event. It is the responsibility of the organizers of events to ask for permission to use the land for any event conducted under the auspices of Orienteering Canada.
11. As a guideline, a map may not accurately represent all features found currently in the terrain. This could be due to man-made changes or nature-caused changes. It is my responsibility to use my own judgement as to what are safe areas, safe routes, and safe conditions and to avoid any of them if I consider them unsafe.
12. I agree to strictly avoid any areas which are marked as "out of bounds" on the map. On a sprint maps and maps of developed areas, the out of bounds will include any areas coloured in olive green. These areas could include flower beds, parks service yards, and some playing fields. On forest orienteering maps the out of bounds areas will include those marked with red "hatched" lines, un-crossable fences or un-crossable walls, un-crossable cliffs and rock walls, and un-crossable ponds, lakes and rivers.