





<b>Trail Runs</b>  	<b>What are the specific risks?</b> <u>Disorientation</u> Although trail runs are along paths and therefore navigation is relatively easy: <ul style="list-style-type: none"> <li>• The OS maps are often less accurate than our normal orienteering maps would be.</li> <li>• There are no controls on the ground to provide a definite location.</li> <li>• The amount of terrain that would need to be searched is huge compared to a SOG event.</li> <li>• These are evening sessions with less search time before darkness falls</li> </ul>	<b>What is expected of participants to help keep themselves safe?</b> All participants: <ul style="list-style-type: none"> <li>• All participants should consider running with a phone</li> <li>• All participants should wear a watch and ensure they return by the agreed time</li> <li>• Where there is a choice of different length trails, all participants should register their intended route at registration</li> </ul> Juniors: <ul style="list-style-type: none"> <li>• Younger juniors (12-) and less experienced older juniors (e.g. not yet able to complete a green course on their own) should always be accompanied by an adult.</li> <li>• Experienced older (14+) juniors may run as a pair/group without an accompanying adult if they have parental permission but should carry a phone.</li> <li>• 16+ juniors may run alone but should carry a phone.</li> </ul>
	<u>Country roads</u> Organisers will avoid road crossings / running along roadside wherever possible BUT: <ul style="list-style-type: none"> <li>• Traffic can be relatively fast along country roads</li> <li>• Roads are not street lit and visibility can be poor</li> </ul>	Where road crossings have >30mph traffic or where routes go along roads with no separate footpath all participants need to take extra care. All participants: <ul style="list-style-type: none"> <li>• All participants are strongly recommended to wear high visibility clothing</li> </ul> Juniors: <ul style="list-style-type: none"> <li>• Juniors (14-) should be accompanied by an adult</li> <li>• All juniors should wear high visibility clothing</li> </ul>
<b>Street Runs</b> 	<b>What are the specific risks?</b> <u>Traffic</u> Street runs are in residential areas with low traffic volume and organisers avoid roads with speed limit >30mph or which are not street lit. They also organise street runs only as training/fitness exercises with no published results so participants are not under time pressure at road crossing BUT <ul style="list-style-type: none"> <li>• Traffic still presents a danger to runners</li> </ul>	<b>What is expected of participants to help keep themselves safe?</b> All participants: <ul style="list-style-type: none"> <li>• All participants are strongly recommended to wear high visibility clothing</li> <li>• All participants should cross roads in a safe manner, using designated crossing points where appropriate and always obeying the green cross code.</li> </ul> Juniors: <ul style="list-style-type: none"> <li>• Juniors who are still at primary school should always be accompanied by an adult</li> <li>• Less experienced older juniors (e.g. not yet able to complete a green course on their own) should always be accompanied by an adult</li> <li>• Experienced juniors of secondary school age may run individually or as a pair/group without an accompanying adult if they have parental permission but should carry a phone.</li> <li>• All juniors should wear high visibility clothing</li> </ul>
	<u>Pedestrians</u> <ul style="list-style-type: none"> <li>• Runners can present a danger to others</li> </ul>	All participants: <ul style="list-style-type: none"> <li>• Moderate your speed to the conditions and take particular care at corners</li> </ul>
<b>After Dark</b> 	<b>What are the specific risks?</b> <u>Disorientation</u> <ul style="list-style-type: none"> <li>• Trail runs may be in unlit areas</li> </ul>	<b>What is expected of participants to help keep themselves safe?</b> All participants: <ul style="list-style-type: none"> <li>• Bring suitable lighting for taking part in winter evening events</li> <li>• For sessions in unlit areas, bring backup lighting or run in pairs/groups</li> <li>• Bring lighting to any event where sunset is within an hour of the close time in case you are late back or need to help search for another competitor</li> </ul>