

# SAFETY WHEN USING VIRTUAL/PERMANENT ORIENTEERING COURSES

Please note that, from an insurance point of view, MapRunF virtual orienteering courses and permanent orienteering courses are activities you accept full responsibility for your own safety when doing – they are not events registered with British Orienteering so are NOT covered by British Orienteering's insurance; do NOT have a planner making last minute checks that conditions are safe; and do NOT have someone checking that you are back safely!

Things we would suggest you consider in order to keep yourself safe:

## Things to do with conditions on the day

- Check the weather conditions and sunset time for yourself.
- Run within your capability in the conditions.
- Adjust what you are doing to fit the conditions you find – e.g. if the field around a control is full of bulls then JUST LEAVE IT OUT!
- Make sure you are suitably clothed and wearing suitable footwear for the conditions.
- Be aware that ticks are common in many of the forest areas and can carry infections such as Lyme Disease and Tick-Borne Encephalitis. Please wear full leg and abdomen cover in the forest and check for ticks afterwards and seek medical advice if you develop flu like symptoms or a spreading circular rash after being bitten. There is an excellent government leaflet here:  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1148613/Tick-awareness-A5-leaflet-April-2023.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1148613/Tick-awareness-A5-leaflet-April-2023.pdf)

## Things to do with being out somewhere on your own / getting help in an emergency

- Take a mobile phone with you.
- Register your mobile phone with the UK 999 text service (it is often possible to get a text message through even when reception is too poor to support a voice call). Text 'register' to 999. You will get a reply with instructions to follow. More information is here <https://www.emergencysms.net/>.
- Download the What3Words app to your phone so that you could tell the emergency services your position to within a 3m square. More information is here <https://what3words.com/about-us/>.
- Download the Ordnance Survey app OSLocator which allows you to get your current position as a grid reference or latitude/longitude in order to tell the emergency services <https://getoutside.ordnancesurvey.co.uk/guides/oslocate/>
- Set up the ICE number and emergency details on your phone.
- Make sure someone knows where you are and how long you are expected to be and that they have the ability to communicate with you. (Do they also have the What3Words app? Do they have a copy of the map? Could you enable location tracking on your phone so they can trace you more precisely?).
- Carry a whistle.
- Wear something high vis.
- Carry ID / emergency contact details plus any medical details such as allergies etc. that you would like someone to be aware of if they found you unconscious.