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## ***Cross-Country Running/Orienteering***

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### **Equipment**

- A fully stocked first aid kit must be readily accessible.
- A working communication device (e.g., cell phone) must be accessible.
- Determine that all equipment is safe for use.

### **Clothing/Footwear**

- No bare feet.
- No spikes/cleats of any kind.
- Appropriate clothing and footwear must be worn.
- No hanging jewelry.

### **Facilities**

- Determine that all facilities are safe for use.
- Prior to initial use of cross-country route or orienteering course, coach or convener must do a safety check “walk through” in order to identify potential hazards.
- If the cross-country route or orienteering course is on grass and/or in a wooded area, coaches or convener must do a safety check “walk through” after a substantial rainfall and/or windstorm, in order to identify potential hazards.
- If the route has been affected by weather conditions and degradations of the course occur during competition, ongoing safety assessments must be conducted by coach or convener, and the route changed if necessary.
- Coaches must familiarize athletes with the route or course before initial attempt (e.g., notice of areas to approach with caution).
- If route is using sidewalks around school, determine that athletes are not crossing busy intersections unless directly supervised.
- The competition route must have marshals stationed throughout, all hazards well marked, gate and funnel markers set to enhance safety.
- Start and finish area must provide a wide flat surface.

### **Special Rules/Instructions**

- Parents and athletes must be informed of the importance of sun protection (see Appendix A).
- Parents/guardians must be made aware of any off-campus activity and the means of transportation used.
- Minimum age requirements for competition must be rationalized, established and maintained.
- Length and difficulty of route must be appropriate to the age and ability level of the participants (e.g., primary athletes must not be out of sight for long periods of time).
- Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [see Lightning Appendix]).
- The number of participants in any one event must not present a safety concern.

Skills must be taught in proper progression.

A proper warm-up and cool-down must be included.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation (see Generic Section).

Coaches must be aware of athletes with allergies (e.g., bees).

Coaches must monitor weekly distance increases of student athletes.

No audio devices (e.g., MP3 players, ipods) may be used.

Provide opportunity for athletes to re-hydrate.

Athletes must be coached in strategies that enhance safety with “crowded” starts.

A student athlete’s fitness level must be commensurate with the level of competition.

Athletes must be made aware of ways to protect themselves from:

- UV rays (e.g., use of hat, sunglasses, sunscreen)
- insects (e.g., repellent)

Before involving athletes in outdoor activity, teachers must take into consideration:

- temperature
- previous training
- length of time athletes will be vigorously active

Adequate liquid replacement must be accessible.

## Supervision

In-the-area supervision.

Off-site orienteering ratios:

- Primary 1:10
- Junior/Intermediate 1:20

An individual who takes responsibility for providing first aid to injured athletes must be present during competition.

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Also see Generic Issues and Introduction to Activity Page Components Sections to view complete safety requirements.