

MDOC NIGHT STREET LEAGUE: Safety Notice (2022/23)

COVID-19: British Orienteering's Code of Conduct (current version dated August 2021) must be observed by all participants. In particular:

- **You must not attend an event if you have any COVID-19 symptoms, or are currently required to self-isolate**
- **Be mindful of others who wish to observe social distancing.**

We will review our event safety arrangements should the Code of Conduct or Government Guidance be updated and inform NSL participants accordingly.

In case of injury:

- **Ring the Emergency number on your Answer Sheet. Also, when necessary, ring 999.**
- **Give current location (e.g. nearest control number) if you need to be picked up.**
- **State if you need to be taken direct to A&E or to the Finish.**

General Notes:

- 1. All competitors MUST wear a high-visibility top.**
- 2. Under 16s MUST be accompanied (rather than shadowed) by an adult.**
- 3. You will need a torch and, depending on the terrain and the absence of street lighting, the Planner/Organiser may recommend that you carry a back-up light and means of summoning help (e.g. a whistle).**
- 4. In case of Emergency, you are recommended to carry a mobile phone. Many modern phones have a Torch App which could be used as a back-up light.
But use it discreetly so as not to attract attention and potential mugging.**
- 5. Dress according to the weather conditions (rain/hail/cold).**
- 6. You may like to carry a compass.**
- 7. Take care crossing roads, tramlines and railway lines – even when racing to the finish!**
- 8. A person running across a road in such a way as to cause a road user to swerve, thereby causing injury to someone else (the driver or another pedestrian), is likely to be held responsible in that their actions caused the incident.**
- 9. A person running around a 'blind' street corner is responsible for not colliding with another pedestrian – so please run wide around corners.**
- 10. Take care on slippery surfaces and uneven ground; depending on the terrain, the Planner/Organiser may recommend trail shoes.**
- 11. When sharing the pavement or towpath with others "Share the Space, Drop your Pace".**
- 12. Give dogs a wide berth.**
- 13. Take care carrying your pencil/pen to avoid injury.**

Existing Medical Conditions

- **If you wish, please make the Planner/Organiser aware of an existing medical condition. The information will be passed to the Series Co-ordinator and kept in confidence.**