

MDOC URBAN STREET LEAGUE: Safety Notice (2018/9)

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 Advice:

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 Event 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*
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 Event Organiser may recommend trail shoes*
11. *When you're 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.*

Public Liability Insurance Cover [this was clarified during 2014]

- *After taking part in 3 events, participants who are not members of British Orienteering are not covered by its Public Liability Insurance.*

Existing Medical Conditions

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