

MDOC NIGHT STREET LEAGUE: Safety Notice (2019/20)

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.

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