

PHYSICAL ACTIVITY SAFETY CHECKLISTS

ORIENTEERING

Orienteering is a running sport that involves navigation with a map and compass, using markers to guide the participant.

Risk Factor Rating

2

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies*

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Orienteering Federation coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill

All sessions are conducted in a safe environment, with students being aware of the potential risks involved in orienteering

Basic safety with reference to various terrains (including road safety) is received prior to participation

Skills/movements are learned in proper progression

Coaches monitor weekly training load (distance and increases) of participants

Students are competent with a compass before entering competition

Length and difficulty of course must be appropriate for ability level of the athletes

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **in-the-area supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries and lost runners

Pre- and post-run/race check-in system is in place

* See camping checklists for safety information when camping overnight.

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Facility/Environment

Local weather conditions, forecast, humidity, and windchill are checked prior to outdoor session
Control stations are clearly marked
Runners must be briefed on the course prior to run
Marshals are stationed at accessible points throughout course

Equipment

Equipment to be used is suitable and in good condition
Most recent edition of area maps are used
Compasses are in good repair
All participants carry a whistle
Portable media players (such as an MP3 player) are not permitted while running
First aid kit and phone are available

Clothing/Footwear

Appropriate footwear is worn
Laces are tied and open-toed shoes are avoided
Jewelry is removed or secured when safety is a concern
Appropriate clothing is worn, permitting unrestricted movement; extra clothing is available for pre- and post-run/race
Suitable clothing and protection is used for weather, sun, insects, and vegetation
Clothing must meet requirements of club or competition

Other Considerations

The student has completed a regular medical checkup and a medical history prior to starting the program
The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
Registration in an accident insurance plan is encouraged
Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
The activity is suitable to the student's age, ability, mental condition, and physical condition
The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher