

Cross Country Running/Orienteering

Generic Section

Elementary - Interschool 2015

Interschool competitions must follow the regulations and rules of the local governing body (e.g. athletic association) and/or Provincial Sport Organization for the activity.

Links to the Provincial Sport Organizations for this activity are: www.athleticsontario.ca; www.orienteeingontario.ca.

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.

The wearing of jewellery during practices and competitions must meet the rules of the governing body of the sport/activity and local athletic association. Where jewellery is not addressed by the governing body of the sport/activity or the local athletic association, refer to the Generic Section.

Facilities

Determine that all facilities are safe for use.

When running off school site:

Prior to initial use of the route, coach or convenor 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.

Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

f route is off school property, 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

Fair play and rules of the sport must be taught and strictly enforced.

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).

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, previous concussion, orthopaedic device) may affect participation (see Generic Section).

Athletes must be instructed in basic road safety.

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.

Environmental considerations

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes [see Appendix F - Lightning Protocol]).

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

- environmental conditions (temperature, weather, air quality, humidity, UV index, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing).

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.

[Also see Generic Section to view complete safety requirements.](#)

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