

# Safety in orienteering situations



Cut these out to prompt conversations on how to be safe when orienteering.

<b>Hazard</b> Running injuries – including shin splints, strains, sprains and blisters	<b>Hazard</b> Skin injuries – abrasions, cuts, bruises	<b>Hazard</b> Dehydration	<b>Hazard</b> You're lost or injured
<b>Hazard</b> Impact injuries – from falling on steep, rocky, slippery or loose terrain	<b>Hazard</b> You haven't finished the course and it's getting late	<b>Hazard</b> Your map gets wet	<b>Hazard</b> You're orienteering in a new place
<b>Hazard</b> Eye injuries – from tree branches hitting into the face	<b>Hazard</b> Inexperience at orienteering	<b>Hazard</b> You hear a distress whistle	<b>Hazard</b> Ticks and insect bites
<b>Hazard</b> Being unfit	<b>Hazard</b> Running in all weather	<b>Hazard</b> Sunburn	<b>Hazard</b> Nettle stings or cuts from brambles