

HEAT PREVENTION MEASURES

In light of recent events, organisers of AOA sponsored orienteering events and competitions must ensure they comply with the guidance on climatic injuries; in particular heat. Organisers should study the guidance and consider the threat of Heat Injury to soldiers when orienteering, recognising the following factors, specific to this individual military training activity; in that soldiers:

- can control their own levels of physical duress;
- are aware of their fitness standard;
- are a 'trained soldier' and have been instructed in Heat Injury prevention (i.e. not recruits under training); and,
- have entered the course suitable for their individual physical and technical ability.

Control measures could be:

- a 'visible' water point at the Start;
- 'verbal' instructions on heat risk;
- a sign at the start which 'informs' competitors of symptoms of heat injury
- 'common to all courses' water station;
- the enforcement of water carriage;
- a manned check point / control where all competitors MUST report on their health status;
- a manned check point / control where a trained person assesses health status;
- delaying the activity until it is cooler; and,
- stopping the activity if the risk is deemed too high.

Risk Assessments:

- Organisers must ensure that a 'dynamic' risk assessment is made during all orienteering activity and a formal decision made to stop the activity if it is assessed that there is a risk to life.

See also

Individuals: http://www.baoc.info/sites/default/files/2015/06/25/20131210-ADR002636_Final-Climatic_Injury_Flet_WEB.pdf

Commanders/Organisers: http://www.baoc.info/sites/default/files/2015/06/27/20131210-ADR002361_Final-Comds_Climatic_injury_A5_WEB_SPR.pdf