

HEAT INJURY PREVENTION MEASURES

[An individual's guide to Climatic Injuries](#)

[A Commander's guide to Climatic Injuries](#)

With the increase in summer temperatures becoming more common, 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.

Organisers should also seek advice from local commanders and understand the duress level soldiers will be exposed to by the daily reported Wet Bulb Globe Test (WBGT).

Once the organiser has conducted a dynamic risk assessment, control measures that could be introduced are:

- Registration in the shade;
- Start and finish in the shade;
- 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;
- stopping the activity if the risk is deemed too high; and,
- cancel the activity.