

19 Sep 21

AOA Chairman  
BAOC  
Army Corps Headquarters



## EX SMART RUNNER 21 - ARMY INTER UNIT ORIENTEERING CHAMPIONSHIPS – 13-14 OCT – EVENT INSTRUCTION

### References:

- A. [2018DIN07-103 Authority for Army Orienteering - dated Oct 18.](#)
- B. [SMART RUNNER 21 - EASP](#)
- C. [SMART RUNNER 21 – Risk Assessment](#)
- D. [SMART RUNNER 21 – Safety Brief](#)

### GENERAL

1. **Introduction.** The Inter-Unit Orienteering Championships 2021 will be held in Aldershot 13-14 Oct 21.
2. **Aim.** The aim of the event is to challenge soldiers' navigation, use of ground and aerobic fitness through orienteering. The Harris event on day two also provides junior leaders the opportunity to test their leadership under the pressures of time and competition.

### EXECUTION

3. **Team Entries.** In order to ensure that enough maps are available, teams are required to pre-register online [here](#) using the PIN 5247. Registration is open until 2359 11 Oct 21. Name changes are expected and may be submitted at the event.
4. **Championships**
  - a. **Novice Coaching (13 Oct 21).** Coaching is on offer during the morning immediately prior to the championships. This will be aimed at those who require an introduction or refresher. Attendance will not be limited but units must declare their intent to attend when registering.
  - b. **Spanish Score (13 Oct 21).** Team members run individually to visit all controls in the fastest possible time. Controls can be visited in any order and the team's time is the cumulative time of every member plus any penalties. There will be a single course that all team members face regardless of experience.
  - c. **Harris Team (14 Oct 21).** The Harris format is an event where all team members receive identical maps and run simultaneously. There are two sets of controls: 'spine' controls, which must be visited by every team member; and 'other' controls, which must be visit by at least one team member. Both sets of controls can

be visited in any order, and the team's time is that of the last member to reach the finish, multiplied by four plus any penalties incurred by all team members.

## COMPETITION DETAILS

5. **Eligibility.** This is Individual Military Training<sup>1</sup> and is open to all Regular and Reservists Army units. Teams consist of four runners that are unchanged for both events. Substitutions are admissible for injuries, however teams that do are ineligible for prizes. Units may enter multiple teams.
6. **Other teams.**
  - a. **Ad Hoc.** Ad hoc military (all military runners but from different units) teams may also enter as a team in any of the above classes however they will not be eligible for the Inter-Unit Championships.
  - b. **Guests.** Service personnel who wish to run as part of a civilian team may do so. Registration is through the guest entry events for each day on <https://racesignup.co.uk/>
7. **Classes.** Each team must consist of four runners from the same unit. Each team can only be competitive in one of the following classes.
  - a. **Senior.** Team of four runners.
  - b. **Masters.** Team of four runners, all over 35 years old on 13 Oct 21.
  - c. **Female.** Team of four female runners.
  - d. **Short.** Team of four runners.
  - e. **Under 25.** Team of four runners, all under 25 years old on 13 Oct 21.
8. **Length and Difficulty.** Classes a and b will have their courses planned to be long and technically hard. Classes c, d and e will have their courses planned to be short and technically easy to moderate.
9. **Penalties.** On both days, competitors missing a control will incur a time penalty of 10 minutes per control missed.
10. **Downloading.** All competitors are to visit the download station and have their electronic card "read", even if they retire from the course. Team Captains are responsible for informing race registration that their competitors are all accounted for and downloaded before leaving each day. Failure to do so will result in safety protocols being actioned, wasting time and resources.
11. **Harris Team.** To ensure all competitors are confident with the structure of a Harris Team event, a confirmatory brief will be held immediately prior to the event on day 2.

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<sup>1</sup> As detailed in Reference A.

## COORDINATING INSTRUCTIONS

### 12. Key locations day 1.

- a. **Entrance.** Long Valley South.  
(1) Grid SU8478151070.  
(2) Nearest post code GU11 1PZ.  
(3) what3words verge.grew.passes
- b. **Car parking and assembly area.**  
(1) Grid SU8479650546  
(2) what3words cable.rinse.beams

### 13. Key locations day 2.

- a. **Entrance.** Mytchett.  
(1) Grid SU8935954887.  
(2) Nearest post code GU16 6DD.  
(3) what3words rams.overnight.encounter
- b. **Car parking and assembly area.**  
(1) Grid SU9044255134  
(2) what3words flush.milky.stuck

14. **Equipment.** Full leg cover is mandatory. Team Captains are responsible for ensuring that all team members are dressed for the weather conditions, hydrated and have a compass which they know how to use. Unit sportswear is encouraged.

### 15. Timings.

- a. **11 Oct 21.** Event registration closes.
- b. **12 Oct 21.** Start times published.
- c. **13 Oct 21.**
  - (1) 1000-1230 – Optional Novice Coaching.
  - (2) 1330 – Spanish score event start.
  - (3) 1600 – Course closed.
- d. **14 Oct 21.**
  - (1) 0945 – Harris relay brief.
  - (2) 1000, 1010, 1020, 1030 – Mass starts.
  - (3) NLT 1400 – Prize giving.

16. **Costs.** Competition costs for military personnel will be centrally funded.

17. **Churchill UEI.** 33C7NF
18. **Allowances.** This is an authorised exercise and participants are entitled to the normal duty allowances detailed in [JSP 752](#).
19. **Accommodation and feeding.** Units are responsible for booking any team accommodation and feeding required.
20. **Transport.** Units are responsible for providing their own means of service transport which may be used subject to the normal rules for military training. Bookings are to be charged to Purpose of Travel Code 13 (POT 13).
21. **Safety Brief.** Team captains are to ensure that all competitors have received and understand the safety brief prior to the event. A copy of the Safety Brief is at Annex A.
22. **Event support.** This is kindly being provided by 1 MERCIAN.
23. **COVID.** The competition will operate within the Force Health Protection Directive in place during the event. Testing will not be available at the event.
24. **Responsible personnel.**
  - a. Event SRO: Lt Col Richard Mawer AAC
  - b. Event Organiser: [Capt Mat Rupasinha](#) SCOTS
  - c. Event Planner: Maj (Retd) Colin Dickson
  - d. Event Controller: Mr Pete Jones
25. **Summary.** Orienteering directly supports dismounted close combat skills by developing soldiers' ability to 'read' the terrain and navigate their way through it. The Army Inter Unit Championships presents a competitive environment to test these skills under physical duress and to promote a 'warrior ethos' and will to win.

Any amendments to this instruction will be published on the [British Army Orienteering Club website](#).

M C Rupasinha  
Capt  
Inf Secretary  
07595326420

Annex A: Safety Brief

## EX SMART RUNNER 21 - SAFETY BRIEF

### General

1. **Aim.** This brief outlines the safety procedures and precautions in place for Ex SMART RUNNER 21. Participants are to ensure they are to understand this brief and any concerns should be raised with the organiser who will be present throughout the event.
2. **Participation.** Orienteering is an adventure sport which is classed as Individual Military Training by the Army<sup>2</sup>. Service personnel must ensure that they are on duty or have personal accident insurance. Civilians should ensure that they have adequate personal accident insurance. Troops should not participate if they feel unwell or have an existing injury likely to be made worse by doing so.
3. **Preparation.** Participants should ensure that they warm-up properly and that they have adequate clothing and equipment. Compasses are required, whistles recommended, and eye protection is optional.
4. **Refusal to Enter.** The organiser reserves the right to refuse participation on safety grounds or to insist participants enter a specific course at his sole discretion. This can be delegated to the entry team and event controller.
5. **Drinking Water.** Participants are to ensure they are adequately hydrated throughout training.

### Specific Dangers

6. **Unexploded Ordinance (UXO).** Some of the training will be delivered on a military training area and it is possible that UXO might be found on the area. These will appear as metal objects, such as blank ammunition, canisters, plastic/cardboard tubes or metal/plastic stakes with connecting wires. If in doubt, be cautious, avoid the item and inform event staff as soon as possible. Participants must not touch suspected UXO, regardless of experience. Once informed, the Organiser will take appropriate action to impose a safety cordon around the immediate area.
7. **Injury/Illness.** If any participant is injured or becomes ill, they should seek help from those around them initially, who should, in turn, inform event staff. If serious, call 999 as soon as possible and ensure that the Organiser is informed who will then advise on the next, appropriate measures.
8. **Exercising Troops.** If participants see other troops on the training area, please avoid running through their positions.

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<sup>2</sup> 2018DIN07-103

9. **Weather.** The organiser is to monitor the weather and, when appropriate, use a WGBT reading to judge the appropriate level of training. All participants are to ensure they have suitable clothing before starting training and that they remain adequately hydrated.
10. **Other training area users.** Dog-walkers, horse-riders, cyclists, runners, walkers and work-parties could be present on the training area. Other users should be avoided if possible.
11. **Vehicles.** Participants should take care when using or crossing any vehicle tracks or roads and are discouraged from using them as routes.
12. **Cattle.** There may be cattle grazing on the area. Avoid running near to them as you may startle them which could cause you harm. Be especially cautious if they have their young with them.
13. **Fire.** Inform the organiser by the quickest possible means.
14. **Lost.**
  - a. **Day one.** Head north to the main road. Turn east and travel to the manned entry/exit to the car park.
  - b. **Day two.** Head south to the main road. Turn west and walk to the entry/exit point into the car park.
15. **Fire.** Inform the organiser by the quickest possible means.

## **Medical Plan**

16. **Immediate Action.**
  - (1) Individual affected must stop the activity immediately.
  - (2) Seek help from other participants if required and inform the First Aider.
  - (3) An assessment is to be made of any injuries.
17. **Minor Injury.**
  - (1) Immediate first aid is to be administered by the First Aider or any other qualified person.
  - (2) If the individual can continue with training, then another assessment of the injury must be made on the completion of training.
  - (3) If the individual cannot continue with training, they are to report sick to their unit medical centre at the earliest opportunity.
18. **Major Injury.**
  - (1) Immediate first aid is to be administered by the First Aider or any other qualified person.

(2) If the situation allows for it, the casualty may be transported to the A&E Dept at Frimley Park Hospital, Portsmouth Road, Camberley, GU16 7UJ (01276 604604).

(3) Where more appropriate, the first available person should dial 999. As a minimum the individual should request an ambulance, state the number of casualties, the type of injury, the location of the casualty and an appropriate ambulance RV.

(4) Concurrently SE Ops Room-Emergency should be informed on their emergency number (01420 48 3437).

19. **Subsequent Action.**

(5) A dynamic risk assessment is to be conducted on whether training can continue.

(6) If required to prevent further injury, other participants are to help secure the area. In the event of pyrotechnics, ammunition or suspected unexploded ordnance (UXO), the area is to be cordoned off immediately and the Organiser informed.

(7) The Organiser is to ensure a Form 510 is completed.

4. If any participant has any safety, or other concerns, they should contact the Organiser: Capt Mat Rupasinha 07595326420 who will be present throughout the event.