

**BUCS ORIENTEERING
CHAMPIONSHIPS PRE-EVENT
INFORMATION**

**UNIVERSITY OF
EDINBURGH**



21st/22nd February 2015

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Participation Statement (Please Read)

Edinburgh University Orienteering Club (EUOC) would like to warmly invite you to compete in the 2015 British University Orienteering Championships. The club has worked hard with assistance from various clubs and individuals to organise a competitive and enjoyable weekend for student orienteers from across the country.

We have a high number of entries this year therefore courses have been planned and controlled to an exceptionally high standard by members of CLYDE, KFO, ESOC and FVO. We hope that everyone will enjoy the events on both Saturday and Sunday as well as the social on Saturday night. Note that all competitors take part in events at their own risk.

Enjoy the weekend!

Edinburgh University Orienteering Club (EUOC)

Note from Ed Nicholas

Chair of the BUCS Orienteering Sports Advisory Group

It is great to be at another BUCS Orienteering event and excitingly for me this is my first as Orienteering Sports Advisory Group Chair. I am always very impressed with the high levels of effort that go into running this event and massive credit to the students who make the champs happen. Thanks to Kristian and his team from Edinburgh University OC and local orienteering clubs for what will be an excellent two days which I am very hopeful you will enjoy. I should add that it is interesting times for student orienteering and I look forward to speaking to all the club captains on Saturday night about the future and what can be done. I wish you and your teams all the best and happy competing.

Ed Nicholas

Orienteering BUCS Sports Advisory Group Chair

BUCS Orienteering Championships 2016

An offer has already been received to host the 2016 Championships. Any other bids should be sent to Ed Nicholas as soon as possible.

Individual Competition

Saturday 21st February 2015, Devilla Forest

ARRIVAL

Location

Devilla Forest, Kincardine, Fife.

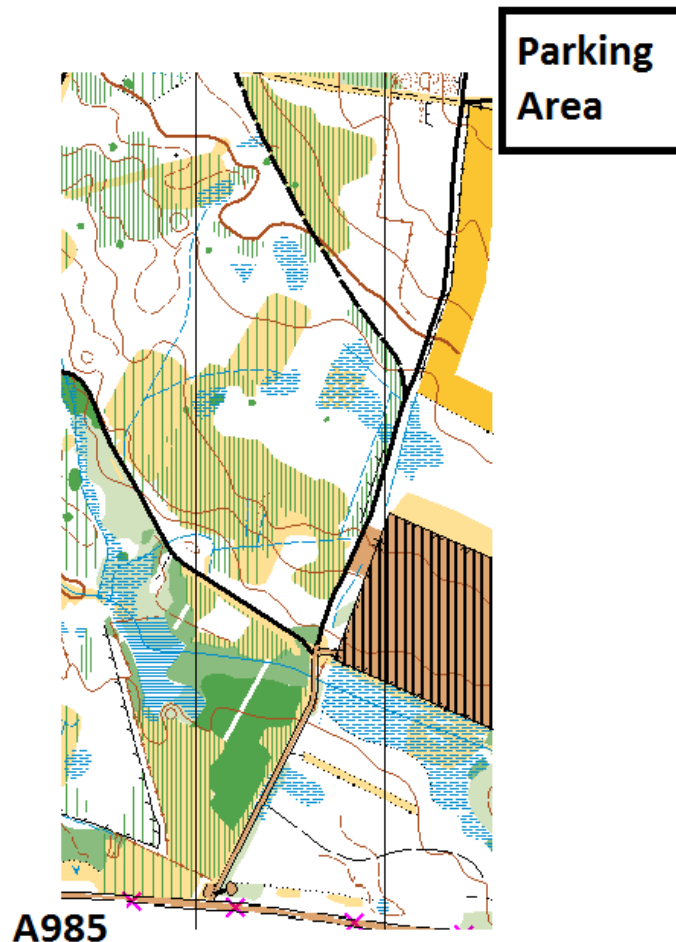
Access by road to Devilla can be made by heading north on the A90 across the Forth Road Bridge. At Junction 1 on the A90, turn left onto the A985 (signposted for Kincardine, Dalgety Bay and Inverkeithing). Continue along the A985 for 10 miles, crossing 4 roundabouts (3 straight away in Rosyth and then another one after about 5 miles just after Crombie) in this time.

Event parking will be signposted from the A985. Coaches should not attempt to drive into the event parking. A separate Drop-off point will be advised further along the A985. Competitors will walk through the forest to the assembly, avoiding the A985. Please be aware this is a busy road. It is suggested that coaches continue along the A985, turning at the roundabout outside Kincardine and reach the drop off on the correct side of the road for the forest.

Public transport links are not strong in the area of the event. If any University has problems with travelling to the events, please contact the organiser who will try to assist in making arrangements.

Parking

Event parking is available at Righead Farm (FK10 4AT) within a field. Directions to the parking are from the Forth Bridge travelling from the east along the A985. The major warning feature is that the main road enters the forest (both sides). The road signed on the right, as well as for Righead, is for the sawmill (James Callander). Parking will be 1km down this small road. A map showing the event parking is shown on the next page.



EVENT

Assembly

The finish is 1.3km from the parking along forest tracks. Note finish is back along the drive in therefore please watch out for people walking when you arrive. The start is a further 700m from the finish along forest tracks. Assembly is in the woods adjacent to the finish. The distances are the same from the bus drop off point at the main road to the start and the finish.

Enquiries, the race finish and Download will be found at assembly. Hired SI cards will be available in the University information packs; lost SI cards will incur a £30 charge. Please declare Sunday's relay teams at enquiries before 1600.

This is a popular area with walkers, cyclists, horse-riders and runners so please be aware of their presence.

No formal catering will be provided for the event so please bring plenty of water and refreshments

Permission has been granted to use toilets at The Walled Garden, Righhead Farm, FK10 4AT. Please be respectful and therefore take off all shoes before entering. A café is also available but please note that they do not accept card payments.

Numbers

All competitors must wear a start number on their front, the right way up. Numbers will be displayed on the start list and will be available in the University information packs (which can be collected from registration).

Start

You will be called up 4 minutes before your start time. There will be a timed start; if you miss your start time you will be allocated a new start time at the discretion of the start official, however your time will not be adjusted. Helpers will have an open, punching start. Start times are between 1200 and 1430.

Courses

Subject to controlling:

Course (number)	Distance (km)	Climb (m)
Men A (1)	9.6	185
Women A, Men B (2)	7.3	135
Women B, Men C (3)	4.6	120

Terrain

The majority of the area is high visibility pine forest, with low lying contour detail and slow runnability underfoot. There is rock detail, water courses and some areas of low visibility scattered throughout the map. Areas of felling marked with green hashing are slow going.

Map

1:10,000 with 5m contour intervals.

Punching

SportIdent (SI) electronic punching will be used for all courses. Control flags will be hung on metal stakes along with the SI box. Hired SI cards (as requested with entries) will be available from enquiries on the day and should be handed in after the race. If the SI unit fails to register, punch your map with the backup pin punch attached to the metal stake.

Finish

The finish is within the assembly area. Courses close at 1600. You must download at assembly, even if you do not complete the course – **this is a safety check**. Maps will have to be handed in after competitors finish and placed in University bags until the final start time is passed.

Safety

All competitors take part in this event at their own risk and are responsible for their own safety. The risk assessment will be available at the end of this document. Please dress suitably for the weather conditions, which may be wet and cold.

Clothing:

- Appropriate footwear for running off paths
- Whistle and compass
- Full leg cover
- Breathable T-shirt
- Cagoule

Whistles are compulsory and each competitor will be checked at the start. If you encounter an emergency, blow three sharp blasts of your whistle followed by a pause – then repeat.

Cagoules may be compulsory so please come equipped. If cagoules are compulsory, a sign will be displayed at assembly. **Bring a cagoule**

because you will not be allowed to run without it in adverse weather conditions.

Results

Will be on display in assembly when available and a full set of results will be available at the social. Results will also be uploaded online after the event.

Prize Giving

Prize giving will take place at the social on Saturday night.

Officials

Planner: Alasdair McLeod (CLYDE)

Controller: John Emeleus (KFO)

BUCS Coordinators:

- Kristian Roberts (07594929474; bucs2015.euoc@gmail.com)
- Heather Hale (07540950844; bucs2015.euoc@gmail.com)

Thank you for all those who have been involved in making this event happen. In particular:

- KFO
- ESOC
- Robin Strain and his Download Team

Relay Competition

Sunday 22nd February, Barr Wood

ARRIVAL

Location

Barr Wood, Stoneywood, Falkirk, FK6 6

Take junction 6 off the M9 Northbound. It is the junction after the Kelpies horse structure. Travel south on the A872 for a couple of miles and turn right. It is the first junction with a signpost. The road bends left but you turn right. Enter through a gate and the parking is up the track slightly.

Public transport links are not strong in the area of the event. If any University has problems with travelling to the events, please contact the organiser who will try to assist in making arrangements.

Competitors are reminded to stay on tracks on the way to assembly.

Parking

Parking is within the Scout Camp car park. Coaches will not be able to drive up the track so will have to drop off at the main gate.

EVENT

Assembly

It is an 800m walk from the car park to the assembly but further for those being dropped off by a coach.

The start/finish, download and enquiries will be found at the assembly area. Hired SI cards should be collected before the race and returned to Download after the race; lost SI cards will incur a £30 charge.

No formal catering will be provided for the event so please bring plenty of water and refreshments.

Portable toilet facilities will be available in the car park however queues are likely.

Numbers

All competitors are expected to wear a number on their front, the right way up. These will be in team envelopes, available to collect at the individual race on Saturday before the relay on Sunday.

First runners will wear the red bib, second runners the white bib and third runners the blue bib.

Courses

You must follow the taped route to the start or risk your whole team being disqualified as the route to assembly goes through the area.

Warming up is allowed along the route to the start and on the grass in between the start and finish tunnels.

There will be a 120m taped route from the changeover to the start kite.

Course	Distance
Men	5.1-5.4
Women	4.0-4.3
Ad Hoc	2.9-3.1

Start/Finish procedure

Handover procedure will be directed using tapes. If time allows we will demonstrate what you have to do beforehand. The men's relay will start at 10:00, shortly followed by the women's at 10.10 and the ad hoc at 10:20. You must hand in your map after you finish.

Mass start

Teams will be called up 5 minutes before the start. Runners will assemble in numerical order on the start line and sealed maps issued.

Maps may only be opened after the start. Follow tapes to the Start flag which is marked with a triangle on the map. There is no need to punch at the Start flag.

Start of 2nd and 3rd legs- After the incoming runner has touched the outgoing runner. The outgoing runner can open their map and proceed to the start flag - follow tapes for 150m . there is no need to punch at the Start Flag

Spectator Control

You will be able to see the progress of the race via the spectator control at the edge of assembly.

Mini mass starts

These will be called at the planners' discretion, once the majority of teams have changed over successfully. Sufficient notice will be given to allow competitors to get ready for their start, please follow all instructions given.

Terrain

Barr Wood is a well used scout camp with plenty of man-made features such as huts, fenced areas and outdoor equipment. The area has a mixture of open areas, very open deciduous forest, younger less visible forest and thicker coniferous forest. The bracken is dead at the moment making for good visibility and fast running. There is a little rock detail and contour detail at the top of the hill. The men's course visits an open area with gorse that has been grazed by cows and sheep though no livestock are expected to be present on the day of the race.

Some plantation woodland has been cleared and remaining trees have suffered wind damage. The cleared areas are crossable but slow, any wind blown areas are best avoided by those that wish to return promptly.

The plantation woodland is edged by uncrossable deer fences (2.5m high) there are some marked crossing points. In a few places the fence has been damaged by falling trees and may also be crossed at these points. Compulsory crossing points are marked on the map

with this symbol:)(and on the description sheet. Fences that are forbidden to cross are marked with a red line.

Map

1:7500 with 5m contours.

Punching

SportIdent (SI) electronic punching will be used for all courses. Control flags will be hung on metal stakes along with the SI box. Hired SI cards (as requested with entries) will be available from enquiries on the day and should be handed in after the race. If the SI unit fails to register, punch your map with the backup pin punch attached to the metal stake.

Safety

All competitors take part in this event at their own risk and are responsible for their own safety. The risk assessment will be available at the end of this document. Please dress suitably for the weather conditions, which may be wet and cold. The clothing list is similar to that for the individual race.

Prize Giving

Prize giving will be held as soon as possible after the majority of teams have finished.

Officials

Planner: Rebecca Harding (ESOC)

Controller: Ted Finch (FVO)

BUCS Coordinators:

- Kristian Roberts (07594929474; bucs2015.euoc@gmail.com)
- Heather Hale (07540950844; bucs2015.euoc@gmail.com)

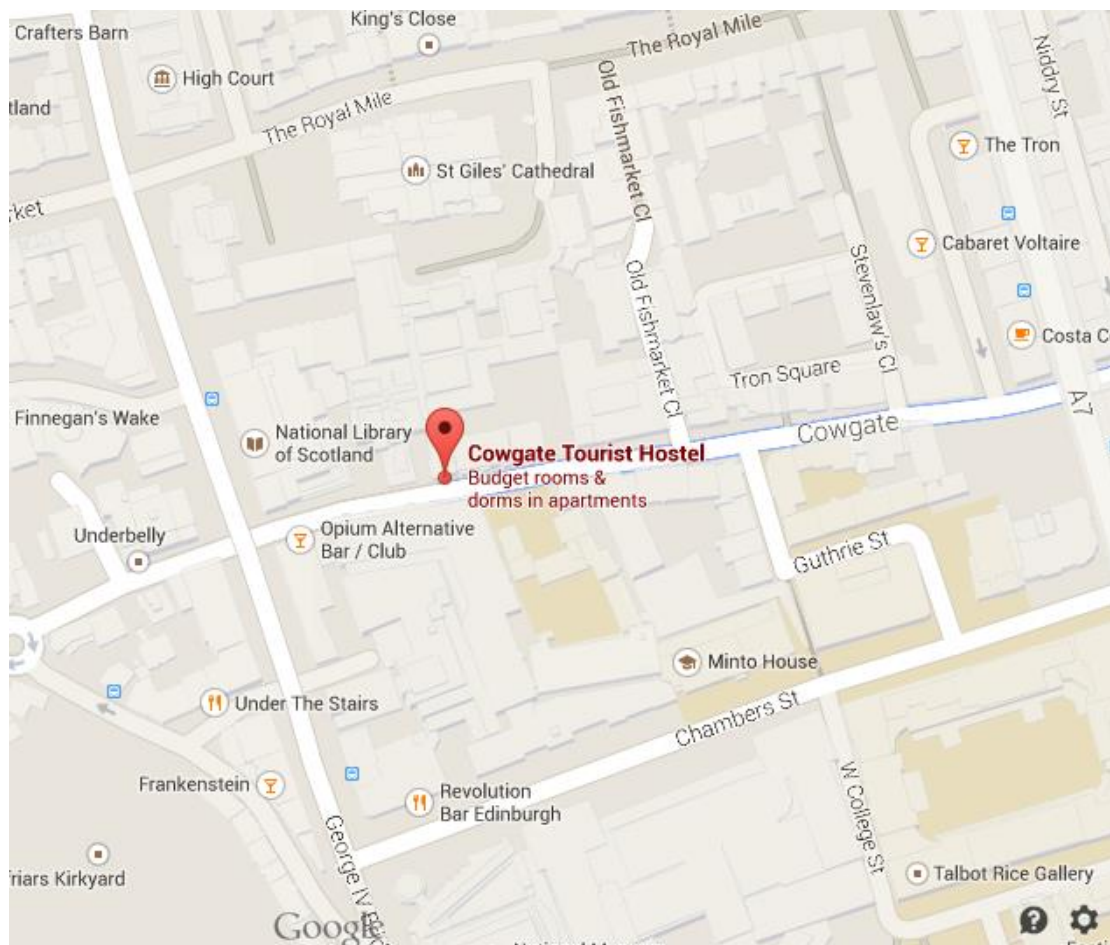
Thank you to all those who have been involved in making this event happen. In particular:

- FVO
- Robin Strain and his Download Team

Accommodation

Saturday 21st February, Cowgate Hostel

Accommodation has been booked for the Cowgate Hostel, Edinburgh, EH1 1JN. Each University will be allocated rooms depending on their size. You may have to share with another University. You will find out your rooms at check-in. Bedding is provided. Please bring a towel. There is a £20 key deposit.



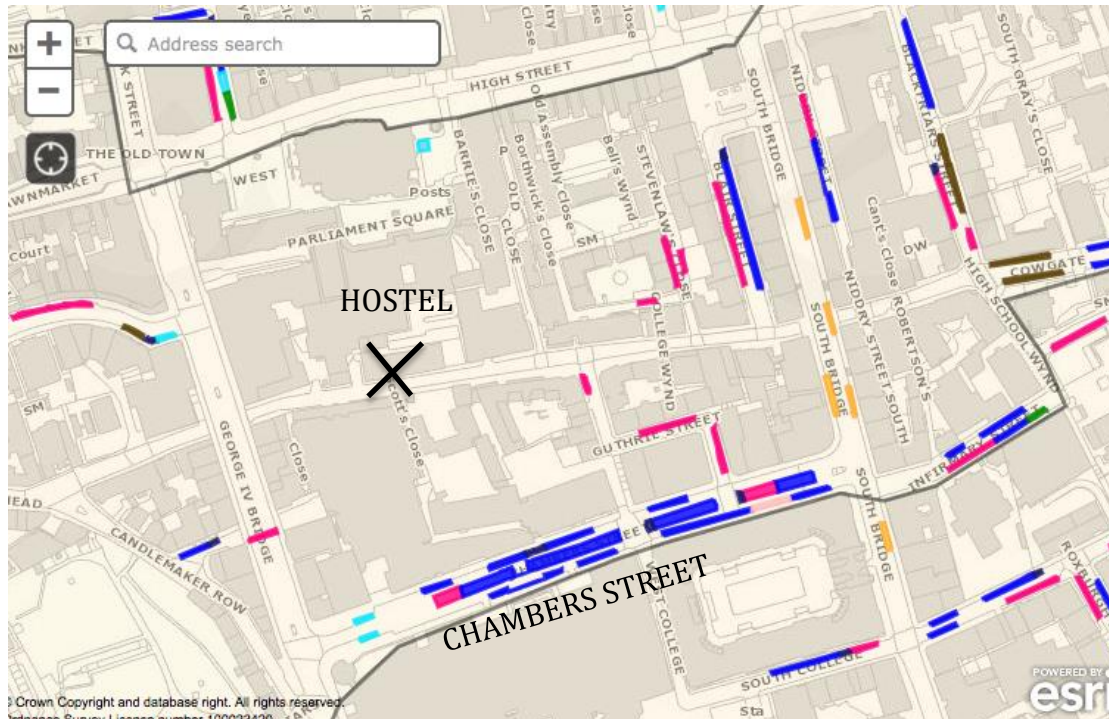
A simple cold breakfast will be available on the morning of Sunday 22nd.

Parking

There is limited on-road parking surrounding the hostel and parking restrictions are in place from Monday – Saturday 08:30 – 18:30.

The closest location to park would be Chambers Street. Blue areas on the map below show parking bays, taken from the Edinburgh Council web site. For more information search:

http://www.edinburgh.gov.uk/info/20016/travel_and_parking



All valuables should be left out of sight, the organisers are not responsible for any items lost.

Train

The Cowgate Tourist Hostel is an approximately 10 minute walk from Edinburgh Waverley station.

Bus

From St Andrews Square Tram Stop, opposite the bus station, the number 8, 33, 49, 14 and 5 go to the Cowgate.

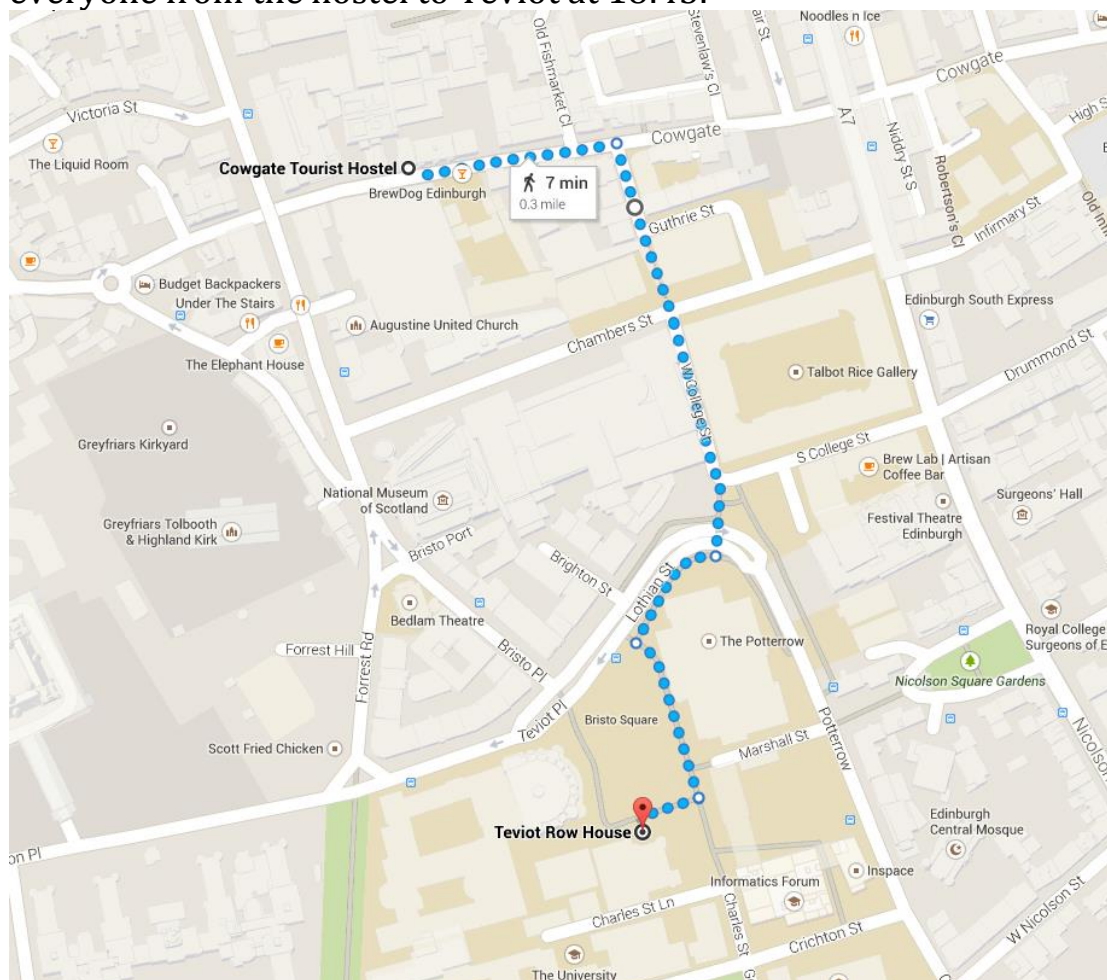
Taxi

Taxis are easy to come by. The fair from Edinburgh Waverley train station to the Cowgate Hostel would be approximately £5-£7. (City Cabs: 0131 228 1211)

Social

Saturday 21st February, Teviot Row House

The social will be at Teviot student union, which is located at 13 Bristo Square, Edinburgh, EH8 9AJ. EUOC representatives will take everyone from the hostel to Teviot at 18:45.



Theme

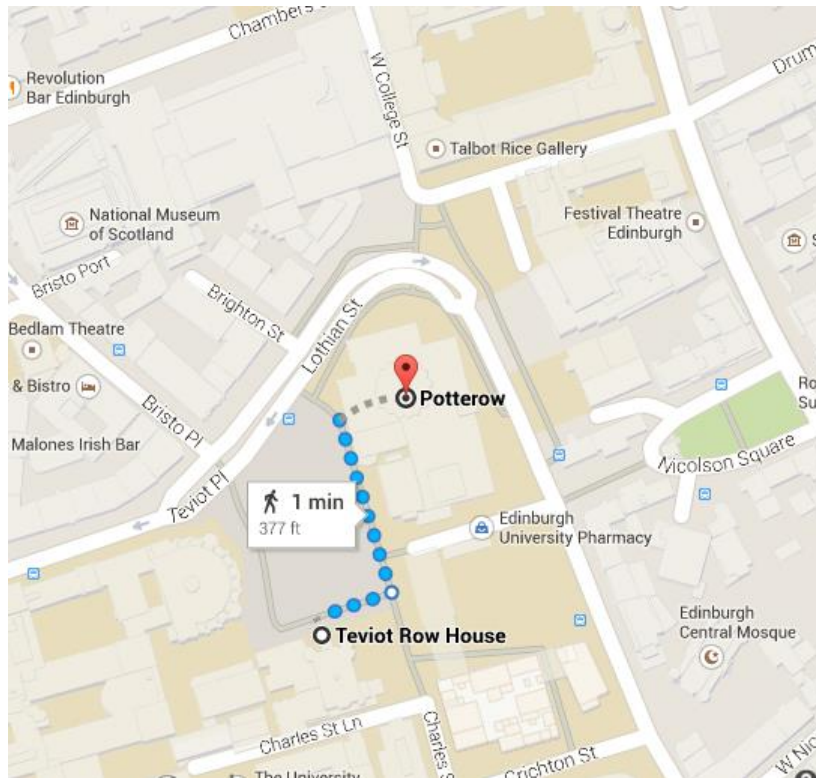
The theme for the social is **SUPERHEROES**. Details of your University superhero are on Facebook.

Meal

The meal will be a 3 course sit down meal within the Debating Hall of Teviot and will begin at 19:00.

Social

After the meal, we will go across Bristo Square to Potterow student union. Price will be £3 (£4 after midnight) for entry and you must show a valid student card and ID featuring your Date of Birth (not a student card). Entry is not guaranteed although every effort will be made to ensure that as many people as want to can get in.



Officials

Social Coordinators:

- Calum McLeod (07805516007, social.euoc@gmail.com)
- Stephen O'Reilly (07599378340, social.euoc@gmail.com)

Edinburgh University
Risk Assessments overleaf

Risk Assessment for Orienteering

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.

Name of Club / satellite club name / after school club		EDINBURGH UNIVERSITY ORIENTEERING CLUB	
Name of person completing this form	KRISTIAN ROBERTS	Position of person completing this form (coach, organiser etc)	ORGANISER
Venue for session / event / activity	DEVILLA FOREST	Date for session / event / activity	SATURDAY 21/02/2015
Name of person in charge of session / event / activity		KRISTIAN ROBERTS AND HEATHER HALE (EVENT ORGANISERS)	
Risk assessment signed		Risk assessment dated	28 TH DECEMBER 2014
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc): JOHN EMELEUS (EVENT CONTROLLER)		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: FK10 4AX	Place from which signed: This location , on the A985 Kincardine-Rosyth Road
Nearest A&E hospital:	Name and Post code: Falkirk and District Royal Infirmary	Map available (where): At the event assembly
Working telephone:	Landline or mobile:	Number:

	If mobile (reception checked?) Mobile	07594 929474 (K. Roberts) 07540 950844 (H. Hale)
First Aid cover	Name of first aider: Stephen O'Reilly (Club Safety Officer)	Located where? At the event assembly

The Risk Assessment

It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.

NB: it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.

Hazard – note under these headings (see suggested examples to consider)	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation <ul style="list-style-type: none"> • What control measure? • <u>Who</u> is responsible?
<p>In area to be used (outdoor):</p> <p>1. Tough vegetation (brashings, fallen trees).</p> <p>2. Water features: streams, wet ditches and marshes may need to be crossed.</p> <p>3. Busy road at south end of area (A985)</p>	<p>1. Small cuts, bruises, affecting a few competitors.</p> <p>2. Slips, falls into water.</p> <p>3. Running alongside road, very slight possibility of collision with traffic.</p>	<p>1. <u>Organiser</u> to warn competitors of terrain types in final details</p> <p>2. Map already shows all water features. Courses planned to avoid dangerous features (<u>Planner</u>) Reminders on written info' sheet (<u>Organiser</u>).</p> <p>3. Road declared out of bounds – marking on competitors' maps (<u>Planner</u>) and reminder in written info' (<u>Organiser</u>).</p>
<p>Participants</p> <p>1. Disorientation</p> <p>2. Tics</p> <p>3. Inadequate Footwear</p>	<p>1. Competitor get lost for a while, staying out longer than anticipated and maybe becomes tired. Might happen to one or two competitors.</p> <p>2. Small chance of picking these up, possibly serious for a few competitors.</p> <p>3. Competitor footwear disintegrates whilst running. Unlikely to happen.</p>	<p>1. Courses planned by <u>Planner</u> to a well known set of standards of difficulty (advice available for beginners). Therefore no competitor should be surprised by the level of navigational challenge. British Orienteering guidelines to be put into action if someone doesn't return from the forest.</p> <p>2. <u>Organiser</u> to warn competitors in final details that tics are an outside possibility in the forest.</p> <p>3. <u>Organiser</u> to advise that appropriate footwear should be worn in the final details.</p>
<p>Other people/activities in area</p> <p>1. Horse riders</p> <p>2. Walkers (some with dogs) & cyclists</p>	<p>1. Competitor startles horse & rider (slight chance)</p> <p>2. Collision (very slight chance)</p>	<p>1. <u>Organiser</u> advises competitors in written info' and makes owners of nearby stables aware of event.</p> <p>2. <u>Organiser</u> advises competitors in written information to be</p>

		respectful to walkers and cyclists in the forest.
Weather Cold & wet weather	Hypothermia (possible but fairly unlikely).	<u>Organiser</u> will make sure all competitors are aware of the risk (written details &, if necessary, requiring all competitors to carry a waterproof jacket).
Equipment 1. Generator 2. Cabling for event computer system and tent guy ropes	1. Burn injury caused by touching it (very slight chance). 2. Trip hazard (very slight chance)	1. <u>Organiser</u> will locate generator away from competitors and most officials, using tape to define an out of bounds area around it. 2. <u>Organiser</u> to follow standard advice on layout of computer & peripherals (in a shelter) and link to the generator. BOF guidelines on electrical safety to be followed.

Examples of hazards with the potential to cause harm

NB: this list is not exhaustive; nor will all these be present. It is given as an aid to the person completing the risk assessment.

<p>Area to be used: Indoors</p> <ul style="list-style-type: none"> • Floor surface • Other equipment/obstacles • Shared use (dining room / other activities) 	<p>Area to be used: Outdoors</p> <ul style="list-style-type: none"> • Uneven surfaces • Slopes/steps • Slippery surfaces • Tree roots/branches • Vegetation (prickly, stinging) • Wire / ruined fences • Walls to be climbed • Litter (glass, used needles) • Water (streams, rivers, ponds) • Cliffs / crags • Traffic (including road crossings) • Rail / tram lines • Mineshafts / caves • Military debris 	<p>Equipment:</p> <ul style="list-style-type: none"> • Pencils in hand when running • Pin punches • Cane tops • Tent guys • Electrical equipment – cables • Generators • Cooking equipment
<p>Participants:</p> <ul style="list-style-type: none"> • Clothing / shoes • Existing medical conditions • Unexpected reactions/allergies • Disorientation • Tiredness 	<p>Other people / activities in area:</p> <ul style="list-style-type: none"> • Walking dogs • Cyclists • Horse riders • Forestry operations • Park maintenance • Shooting / archery • Golf • Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning

Risk Assessment for Orienteering

Risk assessments are concerned with identifying the hazards (i.e. things which might go wrong or cause an accident/injury), evaluating the likelihood of a particular event occurring (i.e. level of risk) and putting measures in place needed to reduce or eliminate the risk.

Name of Club / satellite club name / after school club		Edinburgh University Orienteering Club	
Name of person completing this form	Heather Hale	Position of person completing this form (coach, organiser etc)	BUCs Coordinator
Venue for session / event / activity	Barr Wood, NW of Denny	Date for session / event / activity	22nd February 2015
Name of person in charge of session / event / activity		Kristian Roberts and Heather Hale	
Risk assessment signed		Risk assessment dated	1.2.15
Risk assessment checked by (name, position and date)	Print name & position (coach mentor, controller etc):		
	Sign and date:		

Emergency Information

Emergency access point (for emergency vehicles)	Post code / grid reference: FK6 6 / 795 860	Place from which signed: From Barr Wood campsite
Nearest A&E hospital:	Name and Post code: Forth Valley Royal Hospital, Stirling Road, Larbert, FK5 4WR	Map available (where): From the assembly point (with the organiser)

Working telephone:	Landline or mobile: If mobile (reception checked?) Mobile	Number: 07594 929474 (Kristian) 07540 950844 (Heather)
First Aid cover	Name of first aider: Stephen O'Reilly	Located where? At the assembly point

The Risk Assessment

It is essential that the mitigation column is completed in detail so that the control measures and who is responsible is fully understood in advance of the activity / session / event and that all staff / helpers are fully briefed.

NB: it is not sufficient only to put warnings in preliminary information as there is no way of being sure that all participants will have read them.

Hazard – note under these headings (see suggested examples to consider)	Possible outcome / injury including note on severity and likelihood of occurrence	Mitigation <ul style="list-style-type: none"> • What control measure? • Who is responsible?
<p>In area to be used (indoor / outdoor): Slippery grass, steep slopes, prickly vegetation, small cliffs, rocky ground, ponds, marshes, large cliffs, traffic, roads, slippery road surface, crags, open water</p>	<p>Slipping/falling over, twisted ankle, cuts - Moderate severity, moderate likelihood. Falling from height - High severity, low likelihood Hit by a vehicle - High severity, low likelihood Falling and drowning in water - High severity, low likelihood</p>	<p>Courses planned away from large cliffs – Bex Harding Courses planned to avoid busy road crossings – Bex Harding. “Caution Runners” Signs to be displayed on roads near crossing points – Heather Hale and Kristian Roberts Competitors pre-warned of terrain, relevant footwear advised in the final details. Safety briefing given at the start to reinforce the safety issues – Kristian Roberts and Heather Hale Warn competitors about open water at the start – Kristian Roberts and Heather Hale</p>
<p>Participants Inadequate footwear, clothing, medical conditions, tiredness/disorientation</p>	<p>Falling - Moderate severity, moderate likelihood Hypothermia - High severity, low likelihood Unknown outcome of medical conditions - Possible high severity, possible moderate likelihood</p>	<p>Footwear and clothing recommended in the final details – Heather Hale and Kristian Roberts Cagoules may be compulsory depending on weather conditions – Heather Hale and Kristian Roberts First aid cover provided at the event in case of a medical emergency. Plan pre-established with first aiders for medical incident – Heather Hale and Kristian Roberts Action plan pre-prepared for loss of competitor (following BOF guidelines on missing persons)</p>

	Tired/lost people - Possible high severity, moderate likelihood	
Other people/activities in area Public (walkers/runners) Competitors rock climbing	Collisions between public and participants - Moderate severity, low likelihood Falling rock from competitors - High severity, low likelihood	Final details to state that competitors must respect members of the public – Heather Hale and Kristian Roberts Courses planned around highly well used public areas and rock areas – Bex Harding. Public warned of event taking place where appropriate – Heather Hale and Kristian Roberts
Weather Rain Snow Ice Wind	Falling - Moderate severity, moderate likelihood Hypothermia - High severity, moderate likelihood Disorientation - Moderate severity, moderate likelihood	Footwear and clothing recommended in the final details – Heather Hale and Kristian Roberts Cagoules may be compulsory depending on weather conditions. A no start policy will be implemented for compulsory clothing – Heather Hale and Kristian Roberts If an excessive amount of snow and ice is present, the event will be cancelled for safety reasons – Heather Hale and Kristian Roberts Contingency in place for hypothermia – space blankets, hot flasks, sleeping bag – Heather Hale and Kristian Roberts
Equipment Tent guy ropes Electrical cables Generator	Tripping over - Low severity, moderate likelihood Burning - High severity, moderate likelihood	Guy ropes and electrical cables clearly marked to make them more visible – Heather Hale and Kristian Roberts Generator cordoned off by tape and positioned away from the main assembly area – Heather Hale and Kristian Roberts BOF guidelines on Electrical Safety to be followed – Heather Hale and Kristian Roberts

Examples of hazards with the potential to cause harm

NB: this list is not exhaustive; nor will all these be present. It is given as an aid to the person completing the risk assessment.

<p>Area to be used: Indoors</p> <ul style="list-style-type: none"> • Floor surface • Other equipment/obstacles • Shared use (dining room / other activities) 	<p>Area to be used: Outdoors</p> <ul style="list-style-type: none"> • Uneven surfaces • Slopes/steps • Slippery surfaces • Tree roots/branches • Vegetation (prickly, stinging) • Wire / ruined fences • Walls to be climbed • Litter (glass, used needles) • Water (streams, rivers, ponds) • Cliffs / crags • Traffic (including road crossings) • Rail / tram lines • Mineshafts / caves • Military debris 	<p>Equipment:</p> <ul style="list-style-type: none"> • Pencils in hand when running • Pin punches • Cane tops • Tent guys • Electrical equipment – cables • Generators • Cooking equipment
<p>Participants:</p> <ul style="list-style-type: none"> • Clothing / shoes • Existing medical conditions • Unexpected reactions/allergies • Disorientation • Tiredness 	<p>Other people / activities in area:</p> <ul style="list-style-type: none"> • Walking dogs • Cyclists • Horse riders • Forestry operations • Park maintenance • Shooting / archery • Golf • Stranger danger 	<p>Weather:</p> <ul style="list-style-type: none"> • Cold / heat • Rain / snow / hail • Excessive wind • Lightning