

## **Hazards, risk prevention and course of action in case of accidents**

### **1. Hazards related to participation in the rogaining competition**

Participation in the rogaining competition involves higher than average risks. You may get injured, acquire health disorders or die as a result of an accident. The following is an indicative list of risks, which may result in injury, health disorder or death:

#### *1.1. Risks associated with movement on the terrain*

1.1.1. The competitor may get lost.

1.1.2. The competitor may fall under attack of wild animals, domestic animals (dogs etc.) or cattle or get bitten by a viper.

1.1.3. The competitor may get bitten by an insect. Insect bites may cause life-threatening allergic reaction in some persons. Insects may also carry infectious diseases.

1.1.4. The competitor may happen in the hunting area, although the organizers have co-ordinated the event with the local hunting clubs.

1.1.5. The competitor may get injured from tree branches and fallen trees.

1.1.6. The competitor may get injuries while moving on the terrain, resulting in inability to move.

#### *1.2. Risks associated with buildings and garbage*

1.2.1. The competitor may get injured from glass pieces, barbed wire, nails, garbage or similar items from human activities.

1.2.2. The competitor may get electric shock from electric fencing.

#### *1.3. Risks associated with moving on public roads*

1.3.1. Traffic on public roads will not be closed and not regulated during the competition. The competitor may get injured from vehicles moving on roads.

#### *1.4. Risks associated with bodies of water*

1.4.1. The competitor may sink while crossing the stream, ditch, lake, marsh or other body of water.

1.4.2. The competitor may get hypothermia as a result of crossing a body of water.

1.4.3. The competitor may fall in the mud or bog pool, resulting in inability to move. This may further result in sinking.

#### *1.5. Risks associated with long competition time*

1.5.1. The cardio-vascular system of the competitor is under a strong load during the competition. The competitor may get heart failure.

1.5.2. The competitor's muscular system, joints, bones and skin may get overload injuries.

1.5.3. The competitor may get dehydrated.

1.5.4. The competitor may get carbohydrate deficit.

1.5.5. The competitor may get hypothermia.

1.5.6. The competition lasting for 24 hours is very exhaustive. The competitor may have sleep deficit. In case of driving home after the event, the competitor may cause a traffic accident.

#### *1.6. Other risks associated with the rogaining competition.*

1.6.1. During the rogaining competition, the competitor may encounter unforeseen risk situations, not listed above.

1.6.2. Several of the above-listed risks are aggravated during night-time and twilight or by bad weather conditions (wind, rain, low temperature).

### **2. Risk prevention and alleviation**

2.1. The competitor is obliged to assess all risks personally and evaluate his/her abilities to cope with these risks on the course.

2.2. The competitor is obliged not to undertake passing of a leg, if he/she feels that the leg can not be passed safely. When evaluating risks, the competitor shall base his/her decisions on the actual situation on the terrain, not on the information indicated on the rogaining map as the map may not reflect adequately the risks associated with particular legs.

2.3. If the competitor decides to undertake passing of a leg associated with high risk, the competitor shall take into account that due to the large area of the competition terrain and free choice of the route, in case of accidents or injuries it may take time before the assistance provided by organizers will arrive.

2.4. The competitor is obliged to move together with the team partner(s). Team partners can warn each other about risks encountered and secure each other in case of passing through higher risk legs.

2.5. It is advisable that the competitor carries a compass and takes note of the positions of the Sun and the Moon.

- 2.6. It is advisable that the competitor carries a sufficient amount of water.
- 2.7. It is advisable that the competitor carries a sufficient amount of high energy food.
- 2.8. It is advisable that the competitor wears clothes appropriate to the weather and carries any additional clothing items, which may be needed (e.g. raingear). It is also advisable to carry a survival bag.
- 2.9. It is advisable that the competitor takes sufficient rest before driving back home.
- 2.10. It is advisable that the competitor has health insurance which covers participation in the competition

### **3. Course of action in case of accidents**

In case of accidents, health disorders or injuries which make the competitor unable to move and/or require immediate medical assistance:

3.1. The first assistance shall be provided by the team partner(s).

3.2. The team partner(s) and other competitors are obliged to notify about the accident the organizers of the competition as soon as possible.

3.2.1. It is advisable that the team carries a mobile phone in water-proof package. The contact number of organizers to be saved in the phone is: +371 29205886. It should be taken into account that mobile connection in some parts of the terrain may be bad or missing.

3.2.2. In case the team is unable to get in contact with the organizers:

1) If the condition of the injured competitor permits, the team partner shall go to the nearest farmstead or to the nearest road to look for assistance in contacting the organizers.

2) If the condition of the injured competitor does not permit to leave him/her alone, the team partner shall give a series of short blasts on the whistle to invite other teams to help and get in contact with the organizers.

3.3. Depending on circumstances, the organizers will:

3.3.1. invite ambulance

3.3.2. arrange transport of the injured competitor to the event center

3.3.3. arrange arrival of the medical professional and/or the ambulance to the injured competitor.

The competitor shall take into account that as some parts of the terrain are difficult to access, it may take time before medical assistance or ambulance will arrive.