



**HILLGROVE HIGH SCHOOL**  
Naval Junior Reserve Officers' Training Corps (NJROTC)  
4165 Luther Ward Rd  
Powder Springs, GA 30127

07 Aug 2024

From: Hillgrove High School NJROTC  
To: NJROTC Area NINE

Subj: **2024 "MOUNTAIN MADNESS" NJROTC ORIENTEERING MEET - LETTER OF INSTRUCTION (LOI)**

Encl: (1) A-9 Annual Orienteering Waiver/Indemnity Form – *Complete and uploaded prior to the event*  
(2) Orienteering USA Interscholastic Scoring Guidelines  
(3) Meet Start Sequence  
(4) Operational Risk Management (ORM) Analysis  
(5) Hillgrove NJROTC CPO W-9 Form (See email attachment)

**1. GENERAL.** Procedures for the 2024 Mountain Madness Orienteering Meet are provided. This LOI sets forth the rules and regulations governing the conduct of participating schools, officials, and cadets. It also establishes guidelines for entry, event operation, and regulations for safe conduct of the meet. The event is hosted by Hillgrove HS NJROTC with assistance from members of Forest & Wildlife Management Service (FWMS). The host school will be allowed to participate as FWMS personnel will design and set courses and score the event. The event will be held on **Saturday, 28 September 2024 at Chattahoochee Bend State Park**, 425 Bobwhite Way, Newnan, GA 30263. For additional park information, visit the park website [HERE](#). There is a \$5 fee to park (cash is quick and easy); school buses are exempt.

**2. ELIGIBILITY.** This event serves NJROTC Areas NINE, however, (N)JROTC teams from other areas are encouraged to enter as space allows. Entry may be limited to male competitors, by course; YELLOW – 115, ORANGE – 100, and GREEN – 60. There is no limit to the number of runners a school may register.

**3. RESPONSIBILITIES.**

**A. HOST UNIT.** The host NJROTC unit has shared responsibility for the successful conduct of the orienteering meet. Responsibilities include promulgating this directive, as well as specific administrative and logistic information, start and finish areas, results area setup, medical assistance area, water stops, judges/scorers, and awards.

**B. INDEMNITY FORMS – DUE 17 SEP 2023.** Participating units are responsible to have each competitor complete and return an Indemnity Form (Encl 1) to their respective instructor. **Cadets should complete indemnity forms and return to their SNSI/NSI. Instructors will verify accuracy and completeness of forms. Forms and names must then be scanned and uploaded via the links below:**

a. [Enter runner names and events cleared to participate in HERE!](#)

b. [SNSI/NSI scan and upload completed indemnity forms to your school folder HERE!](#)

**4. REGISTRATION.** Select the links to enter TEAM REGISTRATION and RUNNER INFO below. Instructors wishing to participate may run any course.

(1) **TEAM REGISTRATION.** Team registration is not complete until the \$130 Registration Fee is received. *Deadline for registration 17 Sep 2024.*

(2) **INDIVIDUAL RUNNER INFORMATION.** Add individual runner information here. *All runner information is due NLT 1200, 18 Sep 2024.*

**5. AREA NINE CHAMPIONSHIP QUALIFICATION.** Specific qualification requirements are set in the Area-NINE/TEN Orienteering Championship Standing LOI.

**A. QUALIFICATION.** ALL Area 9 units are eligible to compete in the Area Championship, so be held at Hard Labor Creek State Park on Dec. 14, 2024, so long as they participate in at least two of the Area 9 sponsored orienteering events this fall; Mountain Madness, Jolly Roger, Veteran's Day Meet. Those not competing in at least two of these events will NOT be eligible to compete.

**B. DUAL QUALIFICATION.** A qualified unit may field multiple teams without restriction.

## **6. OPERATIONS:**

**A. STANDARDS OF CONDUCT.** The conduct of participants should be in keeping with the highest standards of the NJROTC program. Cadets WILL NOT be permitted to participate in the meet without the presence of an instructor from his/her unit, without prior approval from host unit. Advisors, parents, and friends are welcome as observers but must not interfere in any way with the conduct of the meet. Instructors are responsible for the adequate supervision of their cadets and parents. Instructors are asked to ensure the immediate vicinity around their bus or other vehicles is cleaned prior to departing the park.

**B. EVENT COSTS.** All costs will be tabulated on the Mountain Madness Meet registration page. Event Team Registration fee is due 17 September 2024 registration deadline.

- a. Team Registration: \$130.00 per team
- b. Each Runner: \$20.00 per runner (includes runner fee, map, e-stick, bib, and lunch)
- c. Additional lunches are \$8.00 each

**Mail Event Fees To:** Hillgrove H.S. NJROTC  
Attn: LCDR Ron Hojnowski  
4165 Luther Ward Rd.  
Powder Springs, GA 30127

**Make checks payable to:**  
**"Hillgrove NJROTC CPO."**

**C. TEAM COMPOSITION.** Each team may consist of up to 15 runners, with no more than 5 competitive runners on each course (Yellow, Orange, and Green/Brown). Teams desiring to field multiple teams should clearly identify their teams/members on the individual runner page. (Ex. Team A and Team B, or Team Black and Team Silver, etc).

**D. COURSES:** WHITE (Beginner), YELLOW (Experienced Beginner), ORANGE (Intermediate), and BROWN (Advance Female)/GREEN (Advanced Male). Cadets will only run one course at the meet.

**(1) WHITE (Beginner).** Course length is typically 1.5-3 KM. The white course requires basic orienteering and compass skills. White course runners will remain on paths, trails, and roads, etc. If a runner has never successfully completed a yellow course on their own, they should run White in competition. Time limit is 120 minutes.

**(2) YELLOW (Experienced Beginner).** Course length is typically 2-4 KM with expected winning time of 40 minutes or less. The Yellow course requires basic orienteering skills with successful experience on at least two beginner level (White) orienteering courses. Some off-trail navigation may be required, and good compass skills are important. Time limit is 120 minutes.

**(3) ORANGE (Intermediate).** Course length is typically 3-5 KM with an expected winning time of 50 minutes or less. Orange level courses require open forest navigation skills with knowledge of collecting and catching features for most controls. *Orange runners should have successfully completed at least two Yellow courses in either practice or competition.* Time limit is 180 minutes.

**(4) BROWN/GREEN (Advanced).** Course length is typically 4-6 KM with an expected winning time of 60 minutes or less. Green level courses require open forest navigation with collecting and catching features for all controls. Controls are well-spaced and good compass and map reading skills and knowledge is required. *Participants should have successfully completed at least two Orange level courses and be in good physical condition.* Time limit is 180 minutes.

\* Instructors please ensure competitors have the skills necessary to complete their assigned course. A cadet should not run a course above their experience level, with “hopes” of finishing. This results in discouraged cadets who are unable to finish and often results in search parties to find lost cadets. **A good rule of thumb is that a runner should be able to complete their course in 18-20 minutes per KM or faster to run at that level in competition.**

**DO NOT REGISTER A CADET FOR A COURSE WHO DOES NOT MEET THE ABOVE CRITERIA!**

**\*\* All participants are REQUIRED to check in at the finish to download, even if they are overtime or have not completed their course.**

**E. AWARDS.** Medals will be presented to the top five male individual runners and top three female runners on each course. 1<sup>st</sup> – 3<sup>rd</sup> place team trophies will be awarded for each course and 1<sup>st</sup> – 5<sup>th</sup> place trophies for overall team results.

**(1) POINTS.** The overall meet champion and final team results will be determined by the total cumulative points earned on the Orange, and Brown/Green courses, as outlined in the matrix below.

<b>COURSE</b>	<b>POINTS</b>
<b>WHITE/YELLOW:</b>	No points toward overall team score awarded.
<b>ORANGE COURSE:</b>	1 <sup>st</sup> (400), 2 <sup>nd</sup> (390), 3 <sup>rd</sup> (380), 4 <sup>th</sup> (370), 5 <sup>th</sup> (360), 6 <sup>th</sup> (350), 7 <sup>th</sup> (340), 8 <sup>th</sup> (330) ....., 40 <sup>th</sup> (10)
<b>GREEN/BROWN COURSE:</b>	1 <sup>st</sup> (600), 2 <sup>nd</sup> (585), 3 <sup>rd</sup> (570), 4 <sup>th</sup> (555), 5 <sup>th</sup> (540), 6 <sup>th</sup> (525), 7 <sup>th</sup> (510), 8 <sup>th</sup> (495) ....., 40 <sup>th</sup> (15)

**(2) TROPHIES AND MEDALS:**

<b>COURSE</b>	<b>TROPHY CUPS &amp; MEDALS</b>
WHITE COURSE:	1 <sup>st</sup> – 5 <sup>th</sup> place individual medals male, 1 <sup>st</sup> – 3 <sup>rd</sup> female, No team trophies
YELLOW COURSE:	1 <sup>st</sup> – 5 <sup>th</sup> place individual medals male, 1 <sup>st</sup> – 3 <sup>rd</sup> female and 1 <sup>st</sup> – 3 <sup>rd</sup> place team trophies
ORANGE COURSE:	1 <sup>st</sup> – 5 <sup>th</sup> place individual medals male, 1 <sup>st</sup> – 3 <sup>rd</sup> female and 1 <sup>st</sup> – 3 <sup>rd</sup> place team trophies
GREEN/BROWN COURSE:	1 <sup>st</sup> – 5 <sup>th</sup> place individual medals male, 1 <sup>st</sup> – 3 <sup>rd</sup> female and 1 <sup>st</sup> – 3 <sup>rd</sup> place team trophies
OVERALL	1 <sup>st</sup> – 5 <sup>th</sup> place team trophies

**(3) TIEBREAKER.** In the event of a tie, ties will be broken as follows:

(a) **INDIVIDUAL COURSE TROPHIES/PLACE.** Ties will be broken based on the team with the fastest (highest finishing) male or female runner on that team/course according to OUSA points system.

(b) **OVERALL TROPHIES/PLACE.** Team with the highest overall finish on the varsity (Green/Brown) course. If a tie remains, the team with the highest finish on Orange.

**F. LUNCH.** Lunch is included in the cost of the event for each cadet. Additional lunches may be purchased for \$8.00/each. Lunch will consist of a (cheese)burger or Italian Sausage (Brat), bag of chips, snack, and a sports drink. Additional items may be sold a la carte.

## **7. SEQUENCE OF EVENTS (DAY OF MEET).**

**A. REGISTRATION.** Instructors/Team Captains ONLY will check in upon arrival. Remaining payments will be made at this time. Each team will receive team packets containing meet notes, runner bibs, rental finger sticks, start times, food tickets, directions to closest medical facilities, etc. All runner changes will be made at this time and coordinated through the FWMS representatives.

**B. EQUIPMENT.** Cadets must supply their own compass (base plate type or thumb compass is recommended), wristwatch, safety whistle, assigned e-stick (or rental), shoes/clothing suitable for terrain and weather conditions, and a *camelbak type water carrying device*. ALL above items are REQUIRED!

**C. STARTING.** A one (1) or two (2) minute start sequence and a three-stage start will be utilized when practicable. **Runners should arrive at the start area at least 10 minutes prior to their assigned start time.** At stage 1, cadets will check-in, clear and check e-sticks. When signaled, runners will proceed to stage 2 (holding stage and individual clue cards), **demonstrate they know the safety bearing via compass**, and should stretch in preparation to run. Upon arriving at stage 3 (actual start), cadets will receive their pre-printed map with courses already drawn and course description on map. At this time, cadets will write their name, school, and bib number on the back of their map. **Cadets must verify they have the appropriate (color) map: this is their responsibility!**

*Competitors must have their assigned finger sticks, whistles, watch, water-carrying device, compass and bib (center chest and visible to meet officials).*

**D. RUNNING THE COURSES.** All controls must be visited in the order shown on the map. Each control will be identified by an alpha or numerical code. Upon locating a control and correctly identifying it, competitors should place their finger-stick in the control unit to electronically register their finger-stick, waiting for the flash/beep (two beeps recommended) to confirm data entry. A missed point (punch) will result in disqualification. Extra points do not disqualify a runner, so long as they visit all assigned points listed on their course/map in the correct order.

**E. COMPLETING A COURSE.** Competitors will enter the finish chute and punch the finish control box. Runners will turn in course maps to the finish crew (maps will be returned to schools after the last runner has started) and immediately report to the download station where they will have their e-sticks read into the scoring computer. After download, all rental e-sticks will be returned.

**F. RESULTS.** “Unofficial” results will be posted in a visible area (or via local area network) when practicable. Official results will be tabulated by the results crew and staff and promulgated after the meet.

## **8. DISQUALIFICATIONS.**

**A.** Overtime equals disqualification for individual results. Time computation for team results will be IAW enclosure (2).

**B.** Missing a control point on all courses results in disqualification for individual results. Time computation for team results will be IAW enclosure (2).

**C.** Lost rental e-stick equals disqualification and requires a \$45.00 replacement fee.

**D.** Unauthorized use of safety whistle. **Use for emergencies only or after courses have closed for the day. Simply being lost is not an emergency, unless courses have closed for the day.**

**E.** Completing a course other than that assigned on the official start list.

**F.** A runner and/or team may also be subject to *disqualification* for any of the following:

- (1) Receiving assistance from others in locating controls.
- (2) Participating in more than one course.
- (3) Conduct prejudicial to good order and discipline.
- (4) Possession of drugs, alcohol, tobacco products or any weapon (included knives).
- (5) Entering the scoring and judging areas without permission.
- (6) Use of any electronic navigation or communication devices during the event.
- (7) Moving or tampering with any controls.

- (8) Loud or boisterous behavior on the course. (*There should be no conversing!*)
- (9) Harassing park wildlife.
- (10) Littering or damaging park property.
- (11) Unauthorized transfer of bib number and/or finger-stick.

**9. PROTESTS.** Protests shall be made to the host meet director by the unit's senior instructor present within one (1) hour of the close of the meet. The meet director will appoint a jury to examine the alleged discrepancy with the scorer and other officials before rendering a final decision.

**10. SAFETY.** Safety is paramount! Instructors and competitors must be aware of the hazards involved in orienteering and be especially careful to negotiate difficult terrain within their skill level and ability. Competitors must drink plenty of water before starting and carry water while on the course via a camelbak water carrying device. Should competitors become hopelessly disoriented during the event or overtime, they should follow the promulgated safety bearing and proceed to the nearest road/landmark and walk to the finish. **All competitors must check in at the finish and download station, whether they have completed the course or not.**

**NOTE:** *Coaches, please make sure cadets know their safety bearing prior to beginning their course and how to read it on their compass.*

Additionally, runners should take to following precautions:

- A.** Avoid all park wildlife. Do not approach, attempt to touch, feed, or disturb wildlife.
- B.** Do not attempt to transit major waterways (streams or lake inlets) that are not easily crossed by foot or where you cannot see bottom. In the event of significant rains, currents can be swift and dangerous. Use a bridge where available. Swimming is not an option!
- C.** While running through the forest, be especially alert for rocks, barbed wire fences, stumps, stump holes covered by leaves. Should you become seriously injured and/or unable to return to meet HQ, summon help with your whistle. **Three whistle blasts** is the universal signal for help.
- D.** Participants must check in at the download station even if incomplete or quitting the course to avoid initiation of a search.
- E.** Note park boundaries on map. Do not leave park boundaries or traverse through any out-of-bound areas under any circumstances except in an emergency.
- F.** Should you become lost or disoriented, follow your safety bearing and proceed to the nearest paved road in the park and return to the finish area and report to the download station via the most direct route. If unable to determine your whereabouts, remain on the road for pick-up by an official.
- G.** Instructors must ensure cadets are dressed for the terrain, climate, and weather conditions. Orienteering shoes, sneakers, or light weight boots with very good traction are always appropriate with ponchos/raingear for inclement weather conditions. Cadets should have a warm, dry change of clothes available following race completion.

**11. FIRST AID.** A first aid kit/station will be provided by the host unit. A *Pre-mishap plan* provided by the host unit, will identify the nearest medical facilities and directions and will be provided in the welcome packet. **It is suggested that each school bring a basic first aid kit. Please report all injuries to the meet director.**

**12. INCLEMENT WEATHER.** Orienteering is for the most part, a rain or shine activity. The meet will be cancelled/postponed for only severe and/or dangerous weather conditions. If appropriate, units will be notified prior to beginning travel, should conditions warrant cancelation. If in doubt, call prior to departure.

**13. PARKING.** Vehicle parking is \$5.00; correct change is helpful. Chattahoochee Bend has parking boxes located in the parking lots to obtain parking decal and payment envelope. School buses will not require a parking fee. Instructors, please ensure all vehicles obtain the appropriate parking pass to support the park.

**14. SAFETY BRIEF.** Meet Safety Brief (emailed a few days prior to the event) must be completed and turned in to registration personnel upon checking in on meet day.

**15. IMPORTANT DATES.**

17 September 2024	Team Registration Deadline. \$130 Team Fee due @ Hillgrove.
18 September 2024	Individual Runner Input Complete / Indemnity Forms Uploaded
28 September 2024, 0730	Meet HQ Opens/Package Pickup for Start Block 1 Teams
28 September 2024, 0830	First Start (Starting Block 1 Schools)
28 September 2024, ~1000	First Start (Starting Block 2 Schools)
28 September 2024, ~1430	Final Meet Results (Awards Ceremony)

For additional meet information, contact:

LCDR Ron Hojnowski  
(770) 514-5098 (office)  
(985)788-8567 (cell)  
Email: [hojnowski.ronald.snsi@navyjrotc.us](mailto:hojnowski.ronald.snsi@navyjrotc.us)

# NJROTC AREA-9 2024/2025 ORIENTEERING AGREEMENT OF INDEMNITY

Parents, please initial next to all orienteering events that you intend for your cadet to participate in this school year. You may initial next to all events, thereby agreeing to this Agreement of Indemnity for all NJROTC competition events listed this year. Cadets will return this completed form to their SNSI/NSI.

Whereas Hillgrove High School NJROTC, Cobb County School District, Chattahoochee Bend State Park, and the Forest & Wildlife Management Ser. (FWMS), hereinafter called indemnities, will sponsor:

\_\_\_\_\_ **“Mountain Madness Orienteering Meet,”** to be held on (or about) **Saturday, 28 Sep 2024**

Parent Initial

Whereas McDonough High School NJROTC, Henry County School District, Dauset Trails Nature Center, and the Forest & Wildlife Management Service (FWMS), hereinafter called indemnities, will sponsor:

\_\_\_\_\_ **“Jolly Roger Orienteering Meet,”** to be held on (or about) **Saturday, 14 Oct 2024.**

Parent Initial

Whereas Lassiter High School NJROTC, Cobb County School District, Fort Yargo State Park, and the Forest & Wildlife Management Service (FWMS), hereinafter called indemnities, will sponsor:

\_\_\_\_\_ **“Veteran’s Day Orienteering Meet,”** to be held on (or about) **Sunday, 10 Nov 2024**

Parent Initial

Whereas Hillgrove High School NJROTC, Cobb County School District, Hard Labor Creek State Park, and the Forest & Wildlife Management Service (FWMS), hereinafter called indemnities, will sponsor:

\_\_\_\_\_ **“Area-9 (State) Orienteering Championship,”** to be held on (or about) **Saturday, 14 Dec 2024**

Parent Initial

This waiver/indemnity permits \_\_\_\_\_ (Cadet Name – Please Print) to participate in the above-described orienteering events and to use various facilities at designated meet sites.

The below listed Parent/Guardian is desirous of holding indemnities free from any and all claims whatsoever, arising from the participation of the listed cadet(s) during the use of the above facilities or any facility related to or rented by host NJROTC units. NOW THEREFORE, in consideration of the aforementioned action by indemnities, the below named parent or guardian indemnifies indemnities and holds them, their agents and instrumentalities, employees and successors, harmless from any and all torts, claims, or liability arising in connection with said facilities from any loss, damage, injury, or other casualty whatsoever to the above-named cadet(s) or to any other party, person, or property, caused or occasioned by the use of any such facilities or equipment or in transporting any persons to, from, in or around said facilities or equipment, whether due to imperfections in facilities or equipment, negligence or indemnities or other person or property, or for any other cause.

The action of the indemnities in allowing the above-named cadet(s) to participate in the NJROTC orienteering meets and to use the facilities shall signify the acceptance of this offer of indemnity.

It is also certified that the above-named cadet(s) is fully covered by a valid school or other insurance program for any and all injuries that could result from the activities and events of these orienteering meets.

\_\_\_\_\_  
(Parent/Guardian Name – Please Print)

\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(SNSI/NSI Certification)

## **Scoring**

### **USA Orienteering Rules: A.36 Interscholastic Special Rules**

**(updated March 16, 2018)**

<http://www.us.orienteering.org/rules#A36>

#### **A.36.5 Scoring**

A.36.5.1 Scores for each race are computed as follows:

- a. For each Individual Interscholastic class, define AWT (the average winning time) as the average of the times of the top three individual competitors in that class (for Championships use only times from Team Championship-eligible competitors). In the event that there are fewer than three eligible competitors with a valid time in any interscholastic class, the AWT shall be calculated as the average of the times of all eligible competitors with a valid time.
- b. For each competitor in each Individual Interscholastic class with a valid result, their score is computed as  $60 * (\text{competitor's time}) / (\text{AWT for the class})$ .
- c. For competitors with an OVT, MSP, DNF or DSQ result, their score shall be the larger of  $10 + [60 * (\text{course time limit}) / (\text{AWT for the male class})]$  and  $10 + [60 * (\text{course time limit}) / (\text{AWT for the female class})]$  for their team level (Varsity, JV, Intermediate, or Primary).

A.36.5.2 Team Scoring: The best three scores from each race, for each team, are combined for a team score. Lowest overall team score wins.

A.36.5.3 Individual Scoring: The scores from each race are combined for each individual. Lowest combined score wins.

A.36.5.4 For calculation purposes the decimal should be carried as far as the used system will allow.

A.36.5.5 For display purposes the decimal should be carried one or two places, or as far as necessary to indicate an order or tie. Two decimal places are recommended.

The entire Orienteering USA orienteering rule book can be found at:

[Rules - Orienteering USA](#)



## **Orienteering Meet Start Blocks and Sequence**

Start times will be broken into two blocks. Unit Instructors/Team Captains ONLY will report to the meet registration area approximately one hour prior to the first runner start time for their team. We anticipate using a 2-minute start sequence with three stages. Runners will be called 8 minutes prior to their start. All runners should arrive at the call-up area approx. 12-15 minutes prior to their start time. Once all runners are on the course, coaches and parents should vacate the start area and move to the finish area to await cadets return.

### **Start Block 1 (0830)**

Team check-in: 0730-0800  
First runner starts: 0830

### **Start Block 2 (0945)**

Team check-in: 0845-0900  
First runner starts: Approx. 0945

Results will be displayed in the finish area and made available online or via Wi-Fi and updated in real-time, if possible. Please avoid congregating in the results area.

**Start Sequence:** We will use a one or two-minute start sequence and a three-stage start. There will be a beep every one or two minutes to move runners between stages. *Cadets will actually start their course at the time shown on your start list.* ***Runners should be at the check-in area at least 12-15 minutes prior to their start time.***

Example of a two-minute start interval:

1. 8 minutes prior to their start time, cadets will be called to verify they are present.
2. 6 minutes prior, they will enter the 1<sup>st</sup> stage area.
3. 4 minutes prior they will proceed to the 2<sup>nd</sup> stage; clue cards will be located here and they will demonstrate the safety bearing to event starter.
4. 2 minutes prior to their start time they will enter the 3<sup>rd</sup> stage (actual start area). Runners will receive their maps and write their bib #, school, and name on the back of the map. *They may not look at their maps until they actually start.* When they hear the beep at their actual start time, they will punch the start box, look at their maps, and begin their courses; they are now on the clock!

(Example: If the start time is 0900, they will be called at 0852. They will enter the 1<sup>st</sup> stage of the start area at 0854, 2<sup>nd</sup> stage at 0856, 3<sup>rd</sup> stage at 0858, with actual start at 0900).

\* Runners may (should) verify with a start official they have the correct map. Start officials DO NOT KNOW what course a runner should run; this is the RUNNERS responsibility. A runner may ask a start official what map they are holding to verify it is the map the runner is supposed to run.

# OPERATIONAL RISK MANAGEMENT ANALYSIS

1. Event: Mountain Madness Orienteering Meet hosted by Hillgrove High School NJROTC
2. Date: Sunday, 28 September 2024.
3. Place: Chattahoochee Bend State Park, Newnan, GA 30263
4. Risk Assessment:

## A. Orienteering Meet Site Selection: LOW

The terrain used for this event consists of hills with woods and wetlands and bordered to the Southeast by a river. Adjacent roads will be encountered. The course is free of steep inclines or declines. Some low hanging branches exist which could cause injury. Tripping hazards and risk of scratches and cuts normally associated with wooded areas exist.

## B. Weather Conditions: MODERATE

Weather conditions this time of year can be very warm, but are generally conducive to orienteering events. Anticipated weather conditions will be determined prior to the event for the need to reschedule or cancel. Rain and warm/hot temperatures alone will not cause a delay to the event. If lightning strikes are spotted during the event, the meet will be postponed/called off and runners will be recalled via air horn blast. All runners must be briefed that if they see lightning, they must return to HQ immediately and check in. All runners must hydrate prior to and during the event and are required to carry a camelbak type water carrying device.

## C. Emergency communications and transportation: LOW

Land lines, walkie-talkies and cell phones will be available at the orienteering site. The orienteering site is easily accessible to emergency vehicles. The nearest medical facility is approximately 20 minutes away. Directions to nearby medical facilities will be provided in welcome packet the morning of the event.

## D. Warm-up & Cool Down: LOW

Instructors should advise their cadets to stretch and hydrate before and after completing their course. Cadets are required to run with a camelbak type water carrying device.

## E. Proper Attire: LOW

Cadets must wear sturdy footwear with good traction. Long sleeve shirts and pants are recommended. There should be low risk due to inappropriate clothing.

## F. Animals and Insects: LOW

Deer, raccoons, possums, armadillos, squirrels, snakes, and other wildlife may exist in the park. Please remind cadets to steer clear of all wildlife. There are also many insects that inhabit this area. Bee, wasp and hornet nests should be avoided completely and not disturbed. Insect repellent is recommended.