

ACTIVITY: TRAIL SAFETY CHECKLIST

OBJECTIVES:

Understanding the challenges and hazards of trail running, orienteering, and how to limit them.

INTRO:

Maintaining trail safety is a critical part of orienteering. It is important before you head out, to understand the environment you are going to. This means doing research about where you are heading, possible hazards, and required equipment.

Equipment

Equipment that is always a necessity for any orienteer includes the following.

- Compass

Starting off our list, we have the humble compass. Our crucial navigational tool that works in tandem with the second piece of kit on this list. (For more info on compasses, please review weeks 4 & 5 of the Level 2 Program)

- Map

The map makes up the other half of our navigational tools, and ensures that we have a frame of reference for our physical location.

- Whistle

A whistle is useful, and required at all orienteering events in Canada, due to one very important fact. A whistle is louder than your voice, and if you're lost, blowing your whistle will help others locate you

- Water Bottle

One word. Hydration.

- Situational Footwear/Clothing

It is important when you're out in the field to have the correct equipment. Using different footwear for different areas and situations is highly recommended. For example if you out in the mountains you more rugged terrain you may want something more akin to a hiking boot, while in city parks and slightly less aggressive terrain trail runners will do. It's also important to remember taking temperature into account and to bring multiple clothing layers with you. (Warm jackets, shells, socks, rain pants, etc.)

- Headlamp

Necessary for orienteering at night. It helps you see where you're headed, and makes it easier for you to be found.

- Bear Spray

If needed, or in an area with heavy wildlife presence.

HAZARDS

It is important before you head out, to understand the current conditions of where you're heading. That entails looking at weather forecasts, trail reports, current restrictions, and if it is applicable, fire hazard. Knowing these factors will better help you know what to bring and prepare for where you're heading. (I've attached some of the resources I use below)

WEATHER

https://weather.gc.ca/index_e.html

<https://www.wunderground.com/>

TRAIL REPORTS

<https://www.albertaparks.ca/albertaparksca/advisories-public-safety/trail-reports/>

<https://www.pc.gc.ca/en/pn-np/ab/banff/activ/randonee-hiking/etat-sentiers-trail-conditions>

FIRE HAZARD

<https://wildfire.alberta.ca/wildfire-status/danger-forecast.aspx>

INSTRUCTIONS:

Make a gear and conditions checklist of your own based on the list provided above. And share it with us either via the SOGO Facebook or Instagram!