

All school coaches/parents/guardians are asked to please personally review this section with your juniors.

Welcome cadets and students to the Southeast Interscholastic Orienteering Championships. The Georgia Orienteering Club wishes to provide all our competitors with a wholesome and challenging orienteering environment within the guidelines of Orienteering USA (OUSA)'s rules.

We also want to ensure our meet is consistent with orienteering's long tradition of fair play, honor and respect for the environment. Many of our junior competitors may be new to national orienteering competition. We cannot overemphasize the need for our junior competitors to follow the orienteering rules and etiquette contained in this handout explicitly. Many participants have spent hundreds of dollars to participate in this event. Their success this weekend factors into their national OUSA ranking, which for some of them ultimately determines selections to national and world cup competition teams. Any serious breach of fair play or course etiquette that might nullify a competition course or individual's performance could be extremely costly.

Orienteering rules of etiquette you must be familiar with and follow:

- Always check in at the Finish and Download Station, even if you do not complete a course. Checking in can avoid a long and expensive search. There is a 3-hour time limit on the courses.
- Do not offer or ask for assistance. Orienteering is an individual sport. You should only ask for assistance if you are completely lost or injured and plan to quit the course by returning by the most direct route to the finish.
- Do not shout or make excessive noise in the woods. Shouting "It's over here" for instance, helps your competitors as much as your friends and it is disturbing to people who wish to find the controls legally, to wildlife and other park users. Move away from a control after punching. Do not sit at the control, particularly water stops, and socialize. Again, you are assisting your competition by drawing even more attention to the control.
- Assist an injured competitor. If another competitor is hurt and in need of assistance, help to the best of your ability or go to summon help. Report the injured competitor's bib number and exact location to officials at the Finish or Start line.
- Do not tamper with controls. If a control has fallen, return the control to the original height if possible. Tampering with or vandalizing any control marker or interfering with another competitor will result in disqualification for you and your team and may result in expulsion from future competitions.
- Whistles: Whistles are ONLY used to summon help in a serious or life-threatening emergency. The emergency signal is three short blasts. Whistles are not to be used if you are simply lost unless the courses are closed. **If you are lost after the courses close, you are already disqualified, and it is an emergency. Please blow your whistle so that we can locate you before it gets dark. If you are carrying your cell phone, you can also call Fred Zendt, the Search and Rescue coordinator at 678-640-5828. Program this number into your cell phone now. Use your compass to follow the safety bearing of the day to the nearest road.** If you are injured, and can make it to a park road, do not leave the road, but proceed as best

you can toward meet HQ, the Finish or Start lines and ask a meet official for assistance. Always yield to cars and walk well off the road surfaces.

- Respect other park users and the wildlife. If you encounter other hikers or other park users, give them space.
- Please don't litter. Water cups at water stops, candy wrappers and other trash should be deposited in the trash bag provided or any park receptacle.
- Visit the controls in order. The course is designed to be challenging at your ability level if you go in order. You will not gain advantage at this particular event by going out of order. It is against the rules and your Ecard will indicate any deviation from your assigned control order.
- Make your own decisions out on the course. Don't just follow another competitor. If you are sure they are on your same course, try to figure a way to out-smart them by taking a faster or easier route choice.
- Water Stops are important to prevent dehydration. Do not deprive other competitors of water by leaving water bottles uncapped to spill over. Take only what you need and move out. Exercise good hygiene by using a clean cup provided. Do NOT drink directly from the containers.
- Please respect off-limits and out of bounds areas, including private residences and park-only maintenance areas. (Ranger residence yards included).
- Dress for Success. Take a look around. Most of the successful sport orienteers are wearing lightweight running attire including sneakers or cross-country type cleats. Sport orienteering is not a paramilitary operation. Leave your war paint at home.

Electronic Punching

GNC 2020 will use Electronic Punching using the Sport-Ident System. Each participant (except Map Hike & Extreme-O) will be required to have an SI Ecard (finger stick). If you do not own an Ecard, you must rent one. Participants who lose or damage a rental Ecard will be charged a \$50 replacement cost payable before you leave the meet site. Be sure you use the same Ecard for both Saturday and Sunday. Ecards must be "Cleared and Checked" at boxes provided prior to going to the Start line. Rental Ecards will be supplied with an attached pink "leash" and cord-lock. Rental Ecards must be worn with the leash and cord-lock tightened around the wrist. The Ecard itself can be worn on either hand on any finger, but not on the thumb.

We have found that, if properly secured, the risk of loss of an Ecard on the course is minimized. School coaches are encouraged to monitor their teams' rental Ecards. **Make sure each participant is using the Ecard with the number that is assigned to him or her.** If you have any problems with your Ecard, report the issue to the Download station near the Finish prior to going to the Start line, if possible. Please be careful when E-punching. Check the code carefully before you punch. Hold the finger stick in the hole in the Control long enough to hear it beep once and/or see its light flash, or your "punch" will not have been registered in the electronic system and you will not get credit for that Control. One beep is sufficient. Too many beeps will fill up your Ecard! If there is no beep or flash, the electronic punch may be malfunctioning; if so, punch a reserved box on your map with the pin punch attached to the control flag to prove that you visited the control. The same applies if the electronic punch is missing.