

HEAT INJURY PREVENTION - AOA ENDORSED CONTROL MEASURES

1. **Factors.** Organisers should study the guidance and consider the threat of Heat Injury to soldiers when orienteering, recognising the following factors, specific to this individual military training activity; in that soldiers:

- a. can control their own levels of physical duress;
- b. are aware of their fitness standard;
- c. are a 'trained soldier' and have been instructed in Heat Injury prevention (i.e. not recruits under training); and,
- d. have entered the course suitable for their individual physical and technical ability.

2. **Duress Levels.** Organisers should also seek advice from local commanders and understand the duress level soldiers will be exposed to by the daily reported Wet Bulb Globe Test (WBGT).

3. **Control Measures.** Once the organiser has conducted a dynamic risk assessment, control measures that could be introduced are:

- a. Registration in the shade;
- b. Start and finish in the shade;
- c. a 'visible' water point at the Start;
- d. 'verbal' instructions on heat risk;
- e. a sign at the start which 'informs' competitors of symptoms of heat injury;
- f. 'common to all courses' water station;
- g. the enforcement of water carriage;
- h. delaying the activity until it is cooler;
- i. a manned check point / control where all competitors report on their health status;
- j. a manned check point / control where a trained person assesses health status;
- k. stopping the activity if the risk is deemed too high; and,
- l. cancel the activity.

4. **Management Decisions.**

- a. The organiser owns the risk on the day of the activity.
- b. The MLS Chair owns the decision to cancel the activity prior to event day.
- c. The AOA Chair owns the control measures.