

Orienteering Etiquette – a few tips to make things enjoyable for all

*Minnesota Orienteering Club
January 12, 2006*

- 1. Check in:** You must check in at start and when you finish. Course time limit is 3 hours for competitors that start at the beginning of the start window, less for late starters. If you need a full three hours, plan to start early.
- 2. Order:** Visit controls in the correct order (except for special events such as score-O.)
- 3. Punching:** Move at least 5 meters away from the control after you have punched. 1) This allows other competitors easy access to punch the control without having to jostle around other people, and 2) your position doesn't give away the control location to other competitors.
- 4. Noise:** Do not shout to others in the woods. If you are in a group stay within speaking distance. Especially avoid shouting "it's over here!" - that's not fair to others on the course who want to find the control themselves.
- 5. Groups:** If you are in a group with less accomplished orienteers, let them navigate to every other control in order to practice their skills.
- 6. Following:** No following other orienteers (except when specifically allowed in Minneogot and other special events) ... run your own course and refine your orienteering skills. They may be on another course or be making an error.
- 7. Safety:** Your whistle should only be used in emergency (3 long blasts). Help those who are injured or in need of emergency assistance. A First aid kit is at the finish .
- 8. Environmental:** The park should be left in better condition than you found it. Don't damage trees and plants. Be aware of and cautious not to cause damage in sensitive areas such as wet spots and steep slopes. Artifacts in the woods should be left as you found them. Do your part to pick up trash and leave the park cleaner than you found it. Don't harass wildlife.
- 9. Other park visitors:** Be courteous and respectful of other park users. Give way on trails if necessary; horses have the right of way on trails.
- 10. Atmosphere:** Please avoid profanity and adult topics. Small children are present at almost all MNOC meets. Help us create a fun and family friendly environment enjoyable for all.
- 11. Volunteers:** Be courteous to volunteers. Everyone working at a meet is volunteering their time. Volunteers are often trying to do two or more things at once, so be patient. Consider volunteering. Course fees are usually waived for volunteers.