

Wessex Region Night League (WSXR-NL) Guidelines 2018 – 19

1. WSXR-NL events will normally be a score event, usually of sixty minutes duration. Charges for these events are recommended as £5 to £7 for seniors, £2 for juniors. Although there are Trophies and Prizes, the League is a fun, informal competition during the Winter months and competitors are asked to treat it that way.
2. The **total points** available should come to **500** with each control worth no more than 50 points. **Penalty points** will be applied at **10 points for each minute or part thereof**, a competitor exceeds the allotted time. If any competitor visits **all the controls** their score will have added to it **five** points for each **complete** minute their time is less than the allotted time.
3. Start times should run from night fall or later and will normally be allocated at one minute intervals unless there is a time constraint on the area (such as Brownsea Island). No competitor should expect to be able to start later than 45 minutes after the first start time – Organisers do have other lives!. Courses should close approximately 70 minutes after the last start time, which should be advertised.
4. Organisers should plan between twenty and thirty controls, at least six of which should be planned to form a yellow standard linear course. Remember that night-time orienteering makes most controls more difficult. These yellow standard controls should be sited on line features, and should form a logical course for novices. **Some high-valued controls should be available near to the start/finish area.**
5. The controls for novices referred to in 4. above should ideally carry reflective tapes, together with those other controls for which reflectors are deemed appropriate, at the organiser's discretion.
6. Experience has shown that it is beneficial to have a controller for all of these events – but this is not essential. On the day, organisers will find that they do need **at least** one other person to help with registration/start/finish.
7. League Scoring: The first placed competitor will receive 500 points and all other scores scaled accordingly. 480 points are available for each of **up to 3 nominated Officials for each event.**
8. The league will be based on a competitors' best **seven** events from the 19 races advertised. Should any events be cancelled this figure may be reduced. There are two leagues: The 'Handicap League' and an 'Open League'. Trophies and Prizes will go to the first male and first female in both leagues. There will be medals for the first three in each category. There is also a prize for the person(s) attending the most events, but excludes anyone who has won a trophy.
9. Each Event will contribute £10 towards a prize/medal fund.
10. At each event, the organiser should publish a details sheet containing the following minimum information:
 - a) venue and event duration
 - b) points system including penalty and bonus points

- c) points value of each control
- d) information as to which controls form the yellow standard course
- e) information as to which controls if any have reflective tape
- f) **all relevant safety information, (see also section 13.)**
- h) nominated venue for post-event relaxation and rehydration (see section 12.)
- i) details of the type of punching (SI/SIAC/EMIT).
- j) information as to how to get results.

11. **Results.** Organisers are requested to send the results by email to the coordinator: Gavin Clegg (gavin.clegg@outlook.com) as soon as possible after the event. The results of all the events will be posted on the Wessex web-site (www.wessex-oc.org) and Wimborne web-site (www.wimborne-orienteers.org.uk) and the coordinator will send League Results to all organising Clubs for them to post on their club websites and circulate.

12. **Venue of Night (ideal, but not essential!)**

Whilst not part of the competition, a local venue for winding down purposes can be arranged. In selecting such a venue organiser should consider:

- a) If juniors under 18 would be welcome
- b) If food is available at the likely finish times,
- c) If we would be welcome give the operator some idea on numbers.

13. **Safety.**

Whilst competitors run at their own risk, weather and lighting conditions can make WSX-NL events subject to greater risks. **All** Organisers are required to undertake a safety risk assessment prior to the event. A copy of the risk assessment must be available on the night. Organisers must ensure, by means of a kit check, that all competitors have adequate equipment and reserve lighting for their capabilities. Competitors at **all urban** events (and those non-urban involving un-manned road crossings) **must** wear high vis / reflective tops – club top alone will not suffice. Organisers should not only be aware of the clubs search and rescue procedures but be in a position to implement them if necessary. A copy of the search and rescue procedures must be available on the evening. Officials must ensure they have adequate reserve lighting to carry out a search. It is recommended that the last starters be asked to stay in the assembly area after their runs until the last finisher returns, so that appropriate search facilities can be implemented if necessary. Juniors 16 and under **must** be accompanied by an adult.

Safety bearings and safety telephone number for lost competitors should always be provided, and competitors should be able to satisfy the organisers that they have suitable back up equipment for the likely climatic conditions. Whistles must always be carried.

14. The Southern Nights, British Nights (when included) and Brighton City races are all linear rather than score races. The Co-ordinator will consider the respective minutes per k of relevant competitors and place them in order of fastest first, then apply a formula to create League Points.

15. To make use of small areas some Organisers use the 'even/odd' approach. If Organisers use this system please use your discretion if a competitor punches a control out of sequence by mistake – It should not disqualify them from the competition (it doesn't in normal orienteering).

Night Events and Insurance

British Orienteering insurers base their risk assessment on our track record and on their understanding and appreciation of our rules and the steps we take to mitigate risk. Therefore it is important that organisers apply our rules strictly and are able to demonstrate and evidence good risk management.

For night events the current Safety Appendix to the rules state:

4.10 Night events

4.10.1 When the event is to be held during the hours of darkness the risk assessment must take account of additional hazards arising from this. The Organiser may require competitors to wear an article of high visibility and/or reflective clothing.

4.10.2 Competitors should be reminded of their responsibility towards their personal safety. ***It should be mandatory for them to carry a whistle and back-up lighting.*** Checks should be made before they start. If the weather justifies it then wearing or carrying a waterproof hooded jacket needs to be mandatory.

4.10.3 For Urban night events in which competitors may encounter moving traffic, the Organiser will require competitors to wear an article of high visibility and/or reflective clothing.

4.10.4 It is advisable to notify the local police about the event in case they receive reports of suspicious lights. It is also good practice to inform local residents.

Add to your event information:

“Please note that British Orienteering have confirmed that every competitor must carry a whistle and a backup light and that the organising club must physically check at the start that a reasonable percentage of participants are complying with this rule. Please bear with us while this kit check is performed.”

Just to be clear, the insurers expect events to be delivered as the rules and appendices to the rules state. If you do not deliver as the rules and particularly the Safety Appendix to the rules you risk invalidating the insurance cover.