

SAFETY GUIDELINES

REVIEWED JAN 2026

The Orange Runners Club recommends that caution be taken by members when participating in Club events and activities. Each participant must be a **member** of Orange Runners Club.

ALL NOMINATED RUNNING/WALKING EVENTS

In particular, please be aware of and observe the following:

- Should you have an injury or **medical condition**, seek advice and act on the recommendations of an appropriate medical professional before you participate and for you to be considerate of others if you are unwell.
- Remember it is recommended to **'warm up'** before and **'cool down'** after a Club event.
- Always listen carefully and comply with any **race and safety briefings** held before the commencement of any event or published in the press, on social media or contained in Club emails.
- Every member must wear a **timing chip – besides for the participant's time it is a notification that a participant has commenced and finished the nominated event. Please ensure you cross the timing mats at the beginning and end of the run or otherwise instructed at the briefing.**
- Ensure adequate quantities of water/hydration fluids are consumed prior to, and after an event - waters/hydration drinks are to be provided by oneself.
- Wear **appropriate clothing** for the weather conditions, apply **sunscreen - "slip, slop slap"**
- Run/walk on the right-hand side of roads used by vehicles and on the left-hand side of paths used only by cyclists and/or pedestrians.
- Running with headphones is at your own risk. If wearing **headphones** please keep to the side of the road / path / track and it is recommended to listen at a volume level that allows you to respond to the sound of approaching runners, vehicles or other hazards or perhaps one earpiece in the ear.
- Runners and walkers in groups are asked to always leave room for faster runners to pass in either direction without them having to leave the track / path and risk injury on uneven ground (for example no more than two people abreast for all events).
- It is requested that members do not bring their dogs to Elephant Park for Wednesday events. It is preferred that dogs are not brought to Sunday events. If you bring a dog, please ensure that it is kept on a short leash, close by your side, and ensure that you clean up after your dog. NO dogs are allowed at Gosling Creek.
- Bicycles and scooters are not permitted. People pushing strollers (or with small children) are asked to start events at the rear of the group, keep to one side of the road / path / track and maintain their current course if approached by a runner or walker. The only exception here is for experienced pace runners and have the knowledge to position themselves appropriately.

- Make every effort to give way to members of the public.
- If you hear or see a runner or walker approaching behind you, maintain your current course without stopping or stepping to one side. The person that is overtaking will then be able to pass you without a collision. Parents are encouraged to explain and make this known to their children.
- It is suggested that children under the age of 12 be kept within arms distance of an adult.
- Be aware of and warn others of potentially dangerous animals (e.g. Snakes, kangaroos, dogs).
- When you finish an event, move well away from the finish line to avoid possible collisions with others finishing at speed (parents are asked to advise their children accordingly). AND so that multiple recordings are not made by your timing chip, thus making your time hard for the timing personnel to determine.
- Club members are asked to look out for and alert others where members' safety could be improved.

• **FIRST AID PROVISIONS**

1. **ORC EMERGENCY PHONE No: 0497 223 298**
2. If transportation, assistance, or an ambulance is needed, please ring our emergency number and give us details. The phone is located with our timing personnel, and they will follow club protocol for any procedure/s. A booklet is located with the timing personal on these basic procedures (Appendix: A) and run locations (Appendix: B).
3. A **first aid kit** is available at the start line of all events.
4. A number of the committee volunteers have first aid qualifications, so if an incident occurs, please inform a member of the Committee immediately. If assistance is required. If the first aid kit is used, details must be reported in the Incident Register, which can be found in the first aid bag.
5. Snake bite bandages are carried by several members during the warmer months on Sunday runs. The club has provided a number of sessions on "how to" use these bandages. If you are unaware of how to bandage a snake bite, please talk to our Health & Safety Coordinator. It is now suggested protocol to have these practices in place by governing "running" bodies.
6. A **defibrillator** will be available at each Wednesday and Sunday event.
7. Should you observe any incidents for which **preventative** measures could be taken – please discuss them with a member of the Committee immediately

TRAIL RUNNING

Additional to the above general safety guidelines, the following guidelines apply to the Orange Runners Club trail runs, and participants under 16 years of age must run with a parent/guardian (member of ORC).

- Complete the 'sign on' sheet for all trail runs before the event commences and 'sign off' once finished so that all participants can be accounted for – the run leader to organize.
- The first aid kit and defibrillator to be available at the start location of the event – the run leader to organize.
- All participants must be present for the Race Briefing (it is recommended that members arrive 15 minutes prior to the start time).
- Each participant must take on the event the following mandatory equipment:
 - Self Sufficient minimum of 500ml of water.
 - Space Blanket.
 - Whistle (pea-less that will work in wet weather).
 - Bandage (snake/broad bandage 7.5cm wide by 2.3m long unstretched) and knowledge of how to use.
 - Mobile phone in working condition with fully charged battery.
 - Location of chosen trail participating in.
 - ORC Chip Number.
- It is suggested the brighter colour clothes be worn – easier to site in the 'bush'. The following equipment is suggested for adverse weather conditions (i.e. heat, cold or wet weather):
 - Thermal attire.
 - Lightweight waterproof jacket.
 - Beanie.
 - Gloves.
 - Additional water in hot weather.

TOGETHER WE ACHIEVE INDIVIDUAL GOALS

FIRST AID EMERGENCY PROCEDURE

*Timing personnel to ensure phone is charged

*Receiving an emergency call list of information to obtain

1. Who is calling?
2. Who is injured? (name, Male/ female, approx. age)
3. Type of injury? (including conscious or unconscious, any bleeding, possible broken bones etc.)
4. Injured person's location?
5. Assessment made of assistance required?
 - a. Transportation?
 - i. Either of the timing persons to travel to the location or ask a committee member at the finish line to drive to location and assist.
 - b. Assistance needed with additional person/s?
 - i. If another ORC member is not in the location. Either of the timing persons travel to the location or ask a committee member at the finish line to drive to location and assist.
 - c. First aid kit or defibrillator needed at location.
 - i. Either of the timing persons travel to the location or ask a committee member at the finish line to drive to location and assist, with the equipment.
 - d. AMBULANCE ETC is needed.
 - i. CALL 0 0 0
 - ii. Identify yourself, our club and emergency service needed
 - iii. Give location details – as per provided in folder (Appendix B)
 - iv. Give details of injured persons – who and injury.
 - v. Ask other members to be in appropriate positions to give / show ambulance directions to injured person
6. If possible, two people (adults) to be present with the injured person.

APPENDIX: B

RUN LOCATIONS RUN NAME ADDRESS - STARTLINE COORDINATES

BALDWIN'S RUN

"Burrawang"

50 Calvert Lane, Forest Reefs

Approx 18kms south of Orange.

Through property gate, then gate/paddock about 100m on your left.

Latitude: -33.454 S Longitude: 149.086 E

BARGWANNA ROAD

2nd car park area

Bargwanna Road, Orange

Southern end of Gosling Creek Reserve

Latitude: -33.3081° S Longitude: 149.0710° E

BERRILEE FOREST

Berrilee Forest Fire Trail, Springside

Approx, 2 kms long Berrilee Rd from the intersection of Cadia Road turn left on Berrilee Forest Fire Trail. Continue 800m along track to location.

Latitude: -33.3587 S Longitude: 149.0564 E

BULGAS ROAD

30 Bulgas Road, Orange

500m from the intersection of Ophir Road and Bulgas Road.

Latitude: -33.2694 S Longitude: 149.1368 E

CLERGATE SCHOOL

Clergate School

114 Gazzard Lane, Clergate

Latitude: -33.1918 S Longitude: 149.1129 E

CSU

Buganha Way – North end of Carpark

Charles Sturt Uni

Leeds Parade, Orange

Latitude: -33.2461 S Longitude: 149.1151 E

ELEPHANT PARK SUNDAY

Elephant Park,

Woodward Street, Orange

Near amenities block

Latitude: -33.2884 S Longitude: 149.0854 E

ELEPHANT PARK WEDNESDAY

Elephant Park,
Woodward Street, Orange
Near amenities block
Latitude: -33.2884 S Longitude: 149.0854 E

EMU SWAMP ROAD

Wentworth Mine Park.
Emu Swamp Road, Lucknow
Latitude: -33.3482 S Longitude: 149.1669 E

ENDEAVOUR OVAL

Elephant Park,
Woodward Street, Orange
Near amenities block
Latitude: -33.2884 S Longitude: 149.0854 E

FAVELL ROAD

Byng Church
651 Byng Rd, Byng
Latitude: -33.3497 S
Longitude: 149.2546 E

FEDERAL FALLS

Federal Falls Campground
Towac Way,
Mt Canobolas Summit
Latitude: -33.3489 S
Longitude: 148.9778 E

FIELD OF DREAMS

Waratahs Sportsground,
Telopea Way, Orange
Enter via Platinum Way, Carpark at Tiger Park Shed
Latitude: -33.2510 S
Longitude: 149.1008 E

FOUR MILE CREEK /PINE ROCKS

Cnr Four Mile Creek & Pine Rocks Roads
300m from this corner turn left and follow track for about 100m
Latitude: -33.4074 S Longitude: 149.0116 E

FOURTH CROSSING

Fourth Crossing Picnic Area 1519 Ophir Road, Ophir

Latitude: -33.1635 S Longitude: 149.1896 E

GOSLING CREEK

Gosling Creek Reserve

Forest Road, Orange,

Start line just east of amenities and playground.

Latitude: -33.3257 S Longitude: 149.0928 E

HIGHLAND HERITAGE

Highland Heritage Estate,

4968 Mitchell Highway, Orange

Just inside main gate to your left

Latitude: -33.3182 S Longitude: 149.1449 E

HINEY ROAD

Cnr Forest Road and Hiney Road, Huntley

50m onto Hiney Road

Latitude: -33.3536 S Longitude: 149.0823 E

JACK BRABHAM

Sir Jack Brabham Park

Huntley Road, Orange

Near canteen / amenities Blocks

Latitude: -33.3103 S Longitude: 149.1017 E

KINROSS FOREST

Kinross Mountain Bike Park

Bulgas Road Clifton Grove

3.3km along Bulgas Road and turn left and car park 100m on your left.

Latitude: -33.2693 S Longitude: 149.1656 E

KINROSS LANE

Kinross Lane, Clifton Grove

100m on the right of Banjo Patterson Way bordering with Lower Lewis Ponds Clifton Grove

Latitude: -33.2556 S

Longitude: 149.1674 E

LAKE CANOBOLAS

147 Lake Canobolas Road, Nashdale.

Southern carpark on the west side of the lake near the last wharf

Latitude: -33.3046 S Longitude: 149.0260 E

MACQUARIE WOODS

Macquarie Woods Forestry Reserve
Macquarie Woods Drive, Vittoria
area off Cashens Lane
Latitude: -33.4130 S
Longitude: 149.3059 E

MITCHELL'S WAY

Mitchells Way
1242 Cargo Road Orange.
Turn left and drive up 500m on Mitchell Way to start line.
Latitude: -33.3026 S Longitude: 148.9584 E

PINNACLE

Pinnacle Reserve Carpark
Latitude: -33.3464 S Longitude: 149.0292 E
Cnr 1189 Pinnacle Road & Walkers Lane, Canobolas

PLOUGHMAN'S WETLANDS

Ploughman's Wetlands
Opp 212 Ploughman's Lane, Orange
Latitude: -33.2849 S Longitude: 149.0681 E

SHIRALEE

112 Shiralee Road, Orange.
Near Carpark at Shiralee Corner
Latitude: -33.3101 S Longitude: 149.0809 E

SPRING CREEK DAM

Spring Creek Dam
Long Pine Avenue, Orange
400m on the left after Malabar Road, main gate into Reservoir
Latitude: -33.3183 S
Longitude: 149.1138 E

STAGECOACH ROAD

Stagecoach Road
Emu Swamp
150m from Icely Road
Latitude: -33.3104 S
Longitude: 149.1975 E