

2026 Japan Orienteering Championships

(Middle Distance and Long Distance Events)

Participant Agreement

1. I understand the general risks (see next page) associated with orienteering, which takes place in a natural environment, as well as the potential for unforeseen issues, and I participate with this understanding.
2. I understand that if the organizer deems it necessary, they may carry out a search with the cooperation of the police, fire department, or other relevant agencies, and I agree that, depending on the situation, I may have to bear all or part of the costs of the search.
3. I will adhere to all rules and precautions set by the organizers and will take sufficient care to protect the environment while participating in the event.
4. If I am unwell on the day of the event, I will voluntarily withdraw from participation. I will pay close attention to my safety and health and will promptly cease competing if I experience any abnormalities in my condition.
5. I consent to receiving first aid in the event of injury or illness during the event and acknowledge that compensation will be within the scope of the insurance taken out by the organizers.
6. I accept responsibility for the management of my valuables and belongings and agree that the organizers will not be held responsible for any loss or theft.
7. I agree to the collection of my personal information by the organizers under the following conditions:
 - o Personal information collected by the organizers will only be used for tasks necessary for the operation of this event and for the announcement and promotion of future events hosted by the association.
 - o Personal information collected by the organizers will not be provided to third parties except in cases of outsourced work, legal requirements, or emergencies.
 - o The organizers will promptly respond to any requests from participants to disclose, correct, add, or delete their personal information.
8. I agree that the organizers will decide on any necessary reduction or cancellation of the event due to earthquakes, disasters, severe weather, incidents, epidemics, or other unforeseen events, and I will follow their decision regarding the refund of participation fees.
9. I agree that images, photos, articles, and records (including personal information such as name, age, gender, and results) of me during the event may be reported, published, and used in newspapers, television, magazines, the internet, pamphlets, etc. I also agree that the rights to these publications and uses belong to the organizers.
10. I will not provide false information about my age, gender, or identity, nor will I participate on behalf of

someone else.

11. I will not enter the competition area outside the designated event days using the maps provided for this event.

I agree to the above terms and conditions and participate in this event. For participants under 18 years old: I participate in this event with the consent of my guardian (legal representative).

General Risks and Countermeasures in Orienteering

1. Getting Lost

Orienteering carries the risk of "getting lost." If you lose track of your location, you can often regain your bearings by reaching a forest road. When exiting from the mountain to a road, choose a safe path. It can get dark in the forest before sunset.

Make sure to pass the finish line within the maximum running time, or contact the organizers.

We also recommend carrying a whistle or if available, a rescue location device such as COCOHELI.

2. Injuries

There is a possibility of cuts, lacerations, punctures, bruises, sprains, dislocations, muscle or tendon tears, fractures, and internal injuries due to falls and natural terrain or vegetation. There is also a risk of secondary infections (e.g., tetanus) from wounds. You can reduce risks by ensuring your footing as you progress.

3. Hypothermia

There is a risk of hypothermia regardless of weather conditions. To prevent hypothermia, it is recommended to wear long sleeves and long pants. During rainfall, consider wearing synthetic underwear instead of cotton and using waterproof overclothes.

4. Dehydration

Activities in the mountains can be prolonged. Carry drinking water as needed or ensure adequate hydration before the event. There are no places to purchase drinks along the course. According to the Japan Orienteering Competition Rules section

16.8, if the winning time exceeds 30 minutes, water stations (marked with a cup symbol on the map) will be set up at least every 25 minutes.

5. Falls and Slips

There are steep slopes and cliffs. Do not proceed recklessly and ensure your surroundings are safe as you move.

6. Falling Rocks

There is a possibility of falling rocks on steep slopes. Check for safety above you in areas where small stones are rolling.

7. Stepping through

Since you'll be going on unmaintained paths, there's a possibility of stepping through. It's recommended to wear shoes with sturdy soles.

8. Wildlife and Plant Accidents

There is a possibility of encountering bear, deer, wild boar, wasps, pit vipers, leeches, ticks, and other wildlife that may cause harm. If you encounter an animal, do not provoke it unnecessarily.

9. Other

There are general risks associated with outdoor activities, such as fractures, sprains, sudden illness, and delays in rescue.

If You Need Rescue

If you are unable to move, make as much noise as possible and seek help from other participants. If possible, move to the nearest aid station, water station, control point, or forest road.

If you have a mobile phone, immediately contact the emergency number on the map.

If You Find Someone Needing Rescue

If you find someone needing rescue, stop your competition immediately and start assisting the person.

Reference

Safety Guide for Navigation Sports (Japan Orienteering Association)

https://www.orienteering.or.jp/archive/JOA_safety_manual2022ver.5.pdf