

STOP!

be back here

**within 3 hrs of your OWN start time
or before Course Closure, whichever first
and always check in**

WHY ? - SAFETY

All courses are planned well within this limit.

If you have difficulty come back and we will help you with some more 'O' skills so your next course will be more enjoyable

WHY ? - CONSIDERATION

for organisers and other orienteers

Don't let us even START to worry about
Search and Rescue.