

Road Safety Rules

It is imperative that all competitors look after their own safety and comply with Orienteering NSW Rules.

Under the [ONSW Competitors Rules – Foot Orienteering / General Conduct](#) there is a requirement for competitors to obey NSW Road Rules.

In summary

- You must not travel along the road if there is a footpath or nature strip adjacent to the road unless it is impracticable to use.
- When necessary to travel along a road, you should keep to the side of the road facing approaching traffic and should not be more than two abreast.
- You must not cause a traffic hazard by moving into the path of a driver.
- You must not unreasonably obstruct the path of a driver or other pedestrian.
- You must obey all traffic signals.
- You must not cross a road if within 20 metres of a marked pedestrian crossing and must use the crossing.

Other Newcastle Orienteering Club rules and recommendations for events where routes may include roads and areas with traffic:

- The wearing of any earbuds, headphones or bone conduction sound devices is prohibited.
- The wearing of more visible clothing is strongly recommended (ie. brightly coloured tops rather than dark colours).

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