



## Appendix – Accessible orienteering at HOC Night Street League events

---

This appendix to the document “HOC guide to accessible orienteering” has been put together to assist planners of HOC night street league, or informal urban events.

Course event details (eg flyer, web-site, Facebook), should ask competitors with access needs to notify planner/organiser in advance, enable them to prepare an appropriate map taking in account the following:

- The course should be planned with a group of accessible controls relatively close to the start/finish with a distance of around 2 – 2.5k.
- Check the area to ensure there are routes suitable for accessible orienteering as per the potential hazards outlined above. For night street events this particularly applies to busy roads, street lighting, steps and non-tarmac paths.
- Consider the prospect for anti-social behaviour.
- Prepare a bespoke map as outlined in HOC guidance to highlight potential hazards.
- Check if the venue is accessible – most venues are but the entrance might be less obvious.
- Give the competitor(s) the details in advance via email – best way to get to the venue, any access restrictions, any safety concerns.
- If the area isn't suitable for accessible orienteering or you have other safety concerns let the prospective competitor know to save a wasted trip.
- Be prepared for competitors to record their route either on MapRun (if being used) or Strava. If using the second option they can email you the route the day after so you can work out which controls were visited.
- Ensure that all competitors get back to the finish – you might need to someone to watch out for competitors with access needs, particularly if the venue is not the easiest to get into.

### Case Study- Nathan Fernandes, BOK

Nathan Fernandes, a BOK member based in Bristol has cerebral palsy and uses an electric wheelchair which he uses to participate in events all around the South West of the country, in the Midlands and South Wales. He is very passionate about orienteering and has been working with BOF to develop a better understanding of how it can be made more accessible to wheelchair users and others with mobility needs.

Nathan often attends HOC events, mostly the night street league ones, generally in the southern part of the HOC area. He is always willing to answer any questions you have so feel free to email him ([contact@veucan.co.uk](mailto:contact@veucan.co.uk)) if you are unsure of how to plan for a wheelchair user for an event.

All of the accessibility points in the main guide will apply to Nathan's attendance at events. In addition, organisers will need to be aware of the following points, which relate to Nathan's specific accessibility needs;

- Nathan will let the organiser know in advance if he is hoping to attend;
- Nathan sometimes travels to events by train and isn't afraid to use a combination of train and bus to reach the venue. He has used taxis with wheelchair access, so make enquiries before the event in case he needs a taxi back to the station;
- Nathan has a board that attaches to the arm of his wheelchair to enable him to carry his map. The board is normally found in a bag on the back of his wheelchair and you might need to help to fit it onto the arm. The board has a plastic cover to keep the map dry.



## Appendix – Accessible orienteering at HOC Night Street League events

---

- Nathan's preferred method to record his run is on MapRun if it being used at the event. If not, he would record his run on Strava and send you his track the following day. He will require some assistance starting the relevant app before he starts.
- Nathan's wheelchair only has basic lights and he doesn't wear a headtorch so he relies on street lighting to see his map. He then uses map memory to navigate to the next point.
- If he can't make it on the day don't be offended. He has other commitments such as running his own business and it isn't much fun going round in the rain in a wheelchair.

Nathan is an experienced orienteer and uses equipment and processes that he is confident meets his needs. People with less experience of accessible orienteering may be more likely to encounter unanticipated barriers. This is where a prior conversation is helpful, but also gaining feedback from competitors after the event to identify learning points for future participation.