



GMU POC NETWORK REGULATIONS FOR USE

1. **The GMU POC Network (POC Network or POCs)** is located within the city limits of Gdynia, within the Zwierzyniec and Cisowa forests, which are managed by *Nadleśnictwo Gdańsk* (the Gdansk Forestry Agency).
2. **The POC Network aims to.**
 - provide a suitable facility for learning and exercises in field navigation, to develop and test users' field navigation abilities, including map reading skills and an understanding of the limitations of maps;
 - to supplement navigation courses and additional classes taken by Gdynia Maritime University students, as well as school pupils;
 - popularise orienteering as a sport and form of tourism or recreation;
 - promote the use of the natural areas that are part of the city of Gdynia and managed by the Gdansk Forestry Agency at all times of the year;
 - provide an alternative for spending leisure time (in company or individually) in the open air and in the forested areas;
 - promote exercise, a healthy lifestyle, and the improvement of physical fitness;
 - social integration.
3. Control points are made up of wooden posts with two square reflective plaques (divided along the diagonal into an upper white and lower red part) along with their codes, i.e., numbers 31 to 72, and the logos of Gdynia Maritime University and the Gdansk Forestry Agency. They are equipped with perforations used to punch a pattern in the control card (optional) which is used to verify that users have located all control points in a given orienteering course. The exact position of each control point on the map is located right in the middle of the circle with the corresponding number.
4. Maps of the network, showing the location of all control points and outlining the proposed courses, can be found on the [dedicated GMU website](https://umg.edu.pl/en/permanent-orienteering-courses/)¹ or in the [Polish Orienteering Courses Database](http://zielonypunktkontrolny.pl)².

¹ <https://umg.edu.pl/en/permanent-orienteering-courses/>

² <http://zielonypunktkontrolny.pl>

5. Before using the POC Network, please read these Regulations, the applicable regulations for visiting forested areas, and current information concerning the network, in particular any prohibitions currently in place.
6. All persons using the POC Network agree to these regulations and undertake to comply with them.
7. The use of the POC Network by minors or persons who do not have full legal capacity shall be permitted only under supervision or when accompanied by their legal guardians. The use of the POCs is voluntary and at the sole risk and responsibility of users or their legal guardians or representatives. Gdynia Maritime University and the Gdańsk Forestry Agency shall not be held responsible for any losses or accidents that may occur from using the GMU POC Network.
8. Participants may use the POC Network **individually** or **as part of a group**. Any person organising an event of a tourism or recreational nature within the territory managed by the Gdansk Forestry Agency should familiarise themselves with the Regulations for the organisation of sports and recreation events [Regulaminem organizowania wydarzeń sportowych i rekreacyjnych³].
9. Use of the POC Network is **free of charge**.
10. The POC Network is available for use **24 hours a day, 365 days a year**. However, it should be remembered that the network is located in an area where forestry works are continually ongoing. In the event of circumstances connected with the abovementioned works, hazards within the vicinity of the courses, or for other important reasons, Gdynia Maritime University and the Gdansk Forestry Agency reserve the right to temporarily close part or all of the network of Permanent Orienteering Courses.
11. **It is forbidden to enter areas in which forestry works are ongoing - in particular the harvesting, logging and transportation of wood.** Persons using the POC Network must adhere to any 'no entrance' signs displayed in areas where forestry works are currently taking place. The location of current forestry work is available on the website: Informacja o pracach leśnych na terenie Nadleśnictwa Gdańsk⁴. Entering such areas may result in injury, disability, and, in extreme cases, death.
12. It is recommended that users begin all courses at the locations designated "START", marked on the map by the symbol "S1" or "S2" and an equilateral triangle, and on the ground with an information board placed in a visible location at the entrance to the forest, namely at the end of ul. Grabowo ("S1": 54o31'24.4"N, 018o30'23.7"E) and ul. Demptowskiej ("S2": 54o31'23.8"N, 018o27'58.4"E) in Gdynia. It is also possible to begin the orienteering courses in other locations and plan your route according to your own needs, capabilities, intentions and ideas using selected checkpoints from the POC Network.

³ https://nadesnictwo.gdansk.lasy.gov.pl/turystyka-wiecej./-/asset_publisher/n93ifQ6ZpXpU/content/zasady-organizowania-impresz

⁴ https://nadesnictwo.gdansk.lasy.gov.pl/aktualnosci/-/asset_publisher/1M8a/content/informacja-o-pracach-leśnych-na-terenie-nadesnictwa-gdansk

13. It should be remembered that certain visual details presented on the maps may differ from the actual characteristics on the ground (e.g., intersection of courses, range of occurrence, type of terrain, wetness, shape, and dimension) at a given time due to the passage of time, the natural processes occurring in nature (biological cycle), the variability of the seasons and weather conditions, and any newly completed forestry works (e.g., harvesting, cutting, planting). There may also be new obstacles created naturally in the forest (e.g., snags, uprooted trees, marshy ground, denser undergrowth, broken branches). Information on these new obstacles may not be included in the content of the maps.
14. Possible routes between the subsequent sections of the proposed courses are not marked in any way. It may, however, be possible to move between two points without using the main forest paths and tracks. Users plan their own route using a map. Depending on the place and/or time, difficult conditions should be expected on the terrain of the POC Network, including uneven and rough ground, swamps, elevations, steep approaches/roads and descents, pits, rocks, water, mud, broken trees, branches, bushes, as well as animals, insects, and other natural elements of animate and inanimate nature. A list of the hazards that may be found in the forest is listed in the Annexe, which is an integral part of this Regulation.
15. Special care should be taken when crossing roads.
16. When using the GMU POC Network, there is a risk of sustaining **injuries**. It is recommended that users wear **clothing and footwear that is suitable for forested terrain and the current weather conditions**. It is also recommended that users take a compass, a fully charged mobile phone, water, and other necessary provisions, a first aid kit for minor injuries, as well as reflective strips and flashlights in case of remaining in the woods after dark. Persons planning to use the cycle routes should bring a helmet and ensure their bike is in good working condition and equipped with lights.
17. Gdynia Maritime University and the Gdansk Forestry Agency shall not be held liable for any injuries, loss of life, or material damage sustained when using the GMU Permanent Orienteering Courses, as well as any unfortunate accidents, damage, events - random or otherwise - that occur when using the POC Network. In no case will users of the POC Network be entitled to make any compensation claim or otherwise against Gdynia Maritime University and Gdansk Forestry Agency.
18. Users of the POC Network are obliged to **comply with all applicable laws**, including fire regulations, environmental protection laws and the Forest Act. Upon seeing a fire in the woods, users must immediately inform the Gdansk Forestry Agency (Tel. 58 667 42 50) or the Fire Department (Tel. 998).

The following are prohibited within forested areas:

- pollution of the soil and waters;
- littering;
- digging up the soil;
- pulling up or tampering with any mushrooms (fungi), mycelium, or yeasts;
- destruction or damage of trees, shrubs, or other plants;
- destruction of forestry, tourist and technical facilities and signs and information boards;
- the collection of forest ground vegetation in marked places;
- collecting and spreading of mulch;
- livestock grazing;

- camping outside any areas designated by the owner of the forest or the competent forestry agency;
 - taking bird's eggs and chicks, the destruction of breeding grounds and birds' nests, as well as the destruction of lairs, dens, burrows and ants' nests;
 - disturbing, chasing, catching and killing wild animals;
 - letting dogs roam free off their leashes;
 - noise and the use of sound signals, except when required to raise an alarm;
 - lighting a fire in places not designated for this purpose by the owner of the forest or the competent forestry agency;
 - use of open flames;
 - entering protected areas, forest nurseries, seed orchards, agricultural crop plantations, private areas, and prohibited and dangerous areas marked on the maps of the POC Network;
 - destruction or damage of all crops, plants and animals, forest or urban plantings;
 - the destruction of movable property, including the infrastructure of the POC Network, as well as changes in the infrastructure;
 - harming the natural environment.
19. Should users observe the effects of vandalism, damage, modifications, or that any elements of the infrastructure of the POC Network are missing (control points including their complete equipment and information boards), or in case of the need to provide relevant information on the safe and correct functioning of the network, they are obliged to inform Gdynia Maritime University (zpk@umg.edu.pl) or the Gdansk Forestry Agency (gdansk@gdansk.lasy.gov.pl).
20. The POC Network may be **monitored**, and any images captured may be stored. In using the courses, users accept and agree to the storage of visual materials including their image for the purposes of documenting the use of the POC Network in accordance with these Regulations.
21. The maps or infrastructure of the POC Network must not be used for commercial purposes (e.g., sporting events, education, training, mass events, leisure, and tourism) without the written consent of Gdynia Maritime University and compliance with the Regulations for the Organisation of Sports and Recreation Events [[Regulaminu organizowania wydarzeń sportowych i rekreacyjnych](#)⁵¹].
22. The project for the development of the POC Network was financed by Gdynia Maritime University.
23. Gdynia Maritime University and the Gdansk Forestry Agency reserve the right to amend these Regulations.
24. The final interpretation of these Regulations is the exclusive right of Gdynia Maritime University and the Gdansk Forestry Agency.

Gdynia, 12 October 2023

⁸ https://nadlesnictwo.gdansk.lasy.gov.pl/turystyka-wiecej./-/asset_publisher/n93ifQ6ZpXpU/content/zasady-organizowania-imprez

POTENTIAL DANGERS IN THE FOREST

1. **Dead and dying trees** are an integral part of the forest. Trees with visible signs of decay: dry branches, hollows, and fruiting bodies of mushrooms (hubs) are rotten and may fall over at any time.
2. **Uneven terrain.** The forest is full of protruding roots, canopies, uprooted trees, stumps of felled trees, and branches. In many places there are overgrown holes; ravines; wetlands; slippery, boggy, and swampy areas; dense undergrowth, inclines, and steep slopes (danger of tripping or slipping).
3. **Forest roads.** Forest roads may be used by a variety of vehicles and equipment, including heavy logging equipment, forestry agency vehicles, transport vehicles (e.g., for the transport of wood) and more. On cycle routes, as well as on other forest roads, you may come across fast-moving cyclists, including in groups. Horse riders must remain on the designated trails. Roads may have different surfaces. They may be formed of sharp crushed stone or chippings and have ruts and potholes. Forest roads may be made available to public traffic and marked with appropriate signs (see [regulations on the Gdansk Forestry Agency's website](#))⁶ or may be off limits to public traffic (see regulations on the Gdansk Forestry Agency's website Regulations)⁷.
4. **Ongoing forestry works**, such as harvesting, logging, and transportation of logs. Entry into areas where such work is carried, as indicated by warning signs on the roads and forest paths, is strictly forbidden. The location of long-term forestry works is announced on the website of the [Gdansk Forestry Agency](#)⁸. Users must comply with all 'no entry' signs in these forest areas.
5. **Wild animals** may pose a danger to users, may carry diseases (rabies, borreliosis, bites), and the venom of some insects may cause serious allergic reactions. There exists the possibility of being exposed to zoonotic diseases (physical and biological diseases transferred from animals to humans).
6. **Unfavourable weather** (high wind, high and low temperatures, storms, hail, snow on the bows of trees causing them to break, icy roads) increases the risk of unfortunate accidents.
7. Undetonated explosives and other dangerous objects that may happen to be in the forest. The Tri-City Forests have seen intensive wartime fighting in the past. It is not unheard of for **unexploded ordnances** to be found in forested areas even today. Should users find any such objects, they should immediately inform the police and the Gdansk Forestry Agency so that the area may be secured.
8. **Plants and mushrooms** which may be poisonous or cause burns, scratches and cuts (e.g., spikes, thorns, pollen, bacteria, and viruses).

⁶ <https://nadlesnictwo.gdansk.lasy.gov.pl/drogi-udostepnione-do-ruchu-publicznego>

⁷ <https://nadlesnictwo.gdansk.lasy.gov.pl/drogi-nieudostepnione-do-ruchu-publicznego>

⁸ https://nadlesnictwo.gdansk.lasy.gov.pl/turystyka-wiecej/-/asset_publisher/n93ifQ6ZpXpU/content/zasady-organizowania-imprez

9. Risk of **fire** - any person who notices a fire in the woods must immediately inform the Gdansk Forestry Agency (Tel. 58 667 42 50) or the Fire Department (Tel. 998).
10. Dangers posed by **objects falling from high**, e.g., boughs of trees, branches, logs, and broken trees.
11. Dangers posed by areas used to prepare and store wood raw materials.
12. Dangers posed by harmful and hazardous agents (e.g., plant protection products).
13. Dangers posed by nearby roads, electricity supply lines and equipment.
14. **Individual and collective hunting** regulating animal populations. The area in which collective hunting is taking place shall be marked with warning signs on the roads and the forest trails. The dates of such events are published on the municipality websites.
15. Traps and snares left behind by poachers and other difficult-to-identify dangers. Please inform us if you come across these.
16. Dangers posed by the presence of strangers in the woods, or the possibility of not coming into contact with other people for long periods of time (**alone in the woods**), e.g., when in need of assistance.
17. The possibility of getting lost in the woods, disorientation, remaining in the woods after dark, or being unfamiliar with the area.
18. The possibility of deterioration of the quality, and, in extreme cases, **loss of signal** from telecommunication and location/satellite systems (e.g., mobile phone networks, GPS, and the Internet).