



ORIENTEERING NSW

COVID-19 SAFETY PLAN For Participants and Organisers

1 JULY 2020

This Plan will be revised in light of material changes to Government guidance and law. The changes may occur at short notice. The Plan does not cover high performance athletes (other than when they are involved in community sport activities). If you have any questions, please [contact](#) Andrew Lumsden (ONSW COVID-19 Safety Co-Ordinator) or Robyn Pallas (ONSW President).

The purpose of this ONSW COVID-19 Safety Plan is to keep participants at orienteering activities safe and help prevent the spread of COVID-19. The Plan provides guidance for organisers and participants and helps them meet their legal and ethical obligations.

COVID-19 has not been banished. We are all responsible for social distancing, hand hygiene, covering coughs and staying home if this is necessary. Most orienteering events attract people from a wide geographic area and from a wide range of age groups. If COVID-19 spreads at an orienteering event, it could be a significant problem for the health system.

Orienteering training sessions and competitions are permitted, provided they are conducted in a public outdoor location and have no more than 500 participants in total. Participants includes competitors, people training, officials, coaches, family members who are not competing and other attendees.

EVENT OR TRAINING SESSION ORGANISERS - RISK MANAGEMENT

Principles

In addition to the Organisers Rules in the ONSW Manual, event and training session organisers must do the following.

1. Encourage or direct people at the event or training session to comply with the Guidance for Participants section below. If necessary, the organiser can cancel the event and order people at the assembly area to leave; an event organiser may delegate these responsibilities to other volunteers.
2. Minimise the risk of close contact between orienteers, officials and volunteers and eliminate as far as possible multiple people touching a surface.
3. Be able to access all competitor and officials contact details after the event (to assist contact tracing if needed).
4. Do not accept entries from people whose address is in a region from which travel to the event is prohibited by Government.

5. Ensure volunteers are briefed and comfortable about performing their role and receive the protection from contagion being provided.

Development of an event or training session specific COVID-19 Safety Plan

Where there are more than 20 participants at an orienteering event or training session, the event organiser must prepare and follow a COVID-19 Safety Plan.

The event or training session COVID-19 Safety Plan should be based on the NSW COVID-19 Safety Plan with amendments pertaining to the event or session. The part of the Plan for Participants must form part of the event entry information. The full plan must be available at the event/session and/or on the event/session website, Eventor page or email invitation.

The Plan prepared by the organiser must be signed off by the relevant person in your club, etc. See below.

Organising Body

ONSW	Robert Spry	BBN	Bruce Meder
BFN	Jock Davis	BNN	Sharon Lambert
CCN	David Bowerman	GON	YC Lee
GSN	Thomas Carter	HON	Dan McLachlan
IKN	Sue Froude	NCN	David Kitchener
NTN	Maurice Anker	SHN	Peter Meyer
URN	Ant Nolan	WRN	John Oliver
WHN	Maureen Fitzpatrick	Bold Horizons	Barbara Hill

COVID-19 adjustments to orienteering event and training session management

- a) Orienteering is permitted provided there are no more than 500 people participants.

The organiser must have a strategy to minimise co-mingling of participants. This could include:

- ensuring groups of orienteers at the assembly area and start are spread out over a wide area;
- separating competitors yet to start from those who have finished;
- requiring people from different clubs not to mix in the assembly area;
- splitting an event into two or more time buckets.

Where events are part of a series, the method used should be the same for each event in the series.

- b) No events that encourage head-to-head racing, eg no mass start or winner is the first across the finish line events (such as knock out sprints or chasing starts).
- c) Event assembly must be entirely outdoors. The computer download, timing equipment, etc may be under an open shelter or veranda for protection.
- d) Groups entries are allowed. Only one person enters, but all members of the group must be registered.
- e) Contactless registration or entry only. The entry process must capture all attendees contact details. Name, email and addresses are compulsory. Phone numbers and emergency contact details are recommended. Entry using Eventor is recommended. Entry should be refused for

someone who does not provide required contact details or who is breaking Government COVID-19 travel restrictions.

Details of organisers, parents, young children who do not compete at an event must be recorded. If using Eventor, this could be in a separate Non-Competitors' class.

If entries are taken by means other than Eventor, participants contact details must be retained for a period of at least 28 days.

- f) No drinks controls or water at start or finish for competitors.
- g) Food or drink must not be sold or supplied at an event or training session.
- h) Ask competitors to bring their own hand sanitisers.
- i) Provide hand washing and sanitising facilities at the assembly area and toilets. If competitors are likely to finish the event with visibly dirty hands, they should be encouraged to bring extra water and soap. Hand sanitisers are less effective if the dirt is not washed off.
- j) Brief event officials on how to practice good hygiene and make it easy for event officials and attendees to practice good hygiene.
- k) Provide pre-entry refunds to those that absent themselves for COVID-19 related health or travel reasons.
- l) No key boxes.
- m) Control descriptions printed on the map only or printed by participants prior to the event preferred.
- n) Contactless punching is preferable followed by traditional SPORTident punching. SI units should be firmly affixed to a solid object such as a post, to avoid the need for competitors to touch the unit.
No pin punch only controls. If manual control cards are used then participants should supply their own pen or pencil and organisers should not check the cards.
- o) No results display at events – make results available in real time on phones or and/publish results ASAP after events.
- p) No presentations at events.
- q) Maps will be kept by competitors following finish at all events.
- r) Event organisers should provide some protective equipment, cleaning materials and disinfectant for event officials and brief officials about hygiene and social distancing requirements for both competitors and themselves. Officials should wear gloves when cleaning and wash hands thoroughly before and after with soap and water.
- s) Used rental SI sticks and compasses should be cleaned and disinfected between uses/events.
- t) First aid boxes should have both examination gloves and masks (resuscitation, medical).
There is some advice available for first aiders, eg [Australia Wide First Aid, Australian Resuscitation Council](#).

If someone is unwell and displaying respiratory symptoms (cough, sore/scratchy throat, fever or shortness of breath) they should be directed to go home, preferably with whoever they travelled to the event or session with. If appropriate, an ambulance should be called.

- u) There must be at least 1.5m distance between people, other than small children and family members they live with: at assembly areas, starts and finishes. Assembly areas, starts and finishes must be large enough to meet the Government's requirements of no more than one person per four square metres of ground space. Coaches and instructors need to bear this in mind when preparing to, and delivering, coaching – especially when participants are learning how to read a map.
- v) Consult with land owners and follow any instructions they might have. Co-operate with NSW Health if you are contacted by it.

- w) Event organisers planning meetings should held by telephone or video platforms where this practicable.

Event organisers should draw attendees' attention to these Risk Management points at the event. They should also provide information in advance about the personal hygiene facilities available at the event to help people in make an informed decision as to whether to attend.

Vulnerable individuals

Vulnerable individuals include: para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people should be:

- given a start window that would enable them to optimise their social distancing when there would be fewer people around.
- catered for by having start and finish that is geographically separated from the areas where other competitors will congregate.

GUIDANCE FOR PARTICIPANTS

Participants includes competitors, people training, officials, coaches, family members who are not competing and other attendees.

Be patient, courteous and respectful of others at all times. Please consider how your actions may appear in the eyes of landowners or members of the public.

Do not attend - illness

You must not come to any NSW orienteering event, training session or activity if you are not permitted to attend under Public Health Orders or Australian or NSW Government guidelines. This includes Government COVID-19 travel restrictions.

You should not train or compete, if in the last 14 days you have been unwell or had contact with a known or suspected case of COVID-19. If you have respiratory symptoms (cough, sore/scratchy throat, fever or shortness of breath) you are considered a potential COVID-19 case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to train or compete.

Social distancing

Everyone at the event must exercise social distancing, at least 1.5m, from when they arrive until when they leave. You must obey event organiser instructions to minimise co-mingling of competitors starting in different time slots.

Give way to other participants and members of the public on narrow paths and elsewhere. Do not run or ride in the slipstream of others. You should move away from controls quickly, so that others can punch without breaching the 1.5m rule.

If you are standing or sitting, please ensure others can easily move around without coming within 1.5 metres of you.

Parents who bring small children to the event must ensure their children exercise social distancing, except with family members they live with.

If it is likely to be wet and/or cold, please bring appropriate clothing for before and after the event – you will not be able to huddle together under a shelter.

Hygiene

You must thoroughly wash your hands:

- when you arrive at and leave an orienteering event or training session;
- before and after visiting the toilet; and
- before and after you compete or train.

Please bring hand sanitiser and, if it is likely you will dirty your hands, water and soap.

Bring your own drink bottles, snacks, towels or other personal gear. Do not share them.

Change clothes at home or at your car. Participants should have a thorough full body shower with soap before and after attending (preferably at home).

Only pick up one map at the start or in the assembly area. Avoid touching other maps in the box. If you require a map case bring your own as none will be supplied at events. Spitting and clearing of nasal/respiratory secretions whilst at an event or training session is strongly discouraged. Cover your mouth and nose with a tissue or sleeve when you cough or sneeze.

Do not touch the SI unit when you are punching at controls.

Contact tracing

To assist contact tracing, all people attending an event or training session must follow organiser instructions in relation to their contact details (including emergency contact details). The organisers may provide your contact details to NSW Health or other health authorities if requested.

The detection of a positive COVID-19 case at an orienteering event or training session will result in a standard public health response, which could include contact tracing and/or quarantine of all participants, and close contacts, for the required period.

ONSW recommends downloading the COVIDSafe app and bring your phone to the event or training session. Carrying your phone whilst competing or training is optional.

Attending events or training sessions after COVID-19 infection

If you have been infected with COVID-19, you must have medical clearance from your doctor before participating in or attending an event or training session. This clearance must state that you no longer pose any infection risk to their community and you are sufficiently recovered to safely participate. An outline of the recommended assessment process following a COVID-19 case is illustrated in Table 2 of “The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment”, May 2020.

Vulnerable individuals

Vulnerable individuals include: para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people may attend an event or training session, but should do so in a cautious manner.

