Orienteering ACT (OACT) Return to Play Plan for SC-ORE in a COVID-safe Environment

INTRODUCTION

Orienteering is a navigation sport in which individual participants use a map to find their way around a set course in the landscape. Equipment is limited to individual timing devices (p-cards), which are waved over fixed readers (SI units) attached to control flags at fixed locations in the field. P-cards can be read by computer download at the Finish. The sport involves no physical contact between participants and little by way of mass gathering or spectators. Compared to team and contact sports, orienteering is a relatively low risk environment for virus transmission. However, we take the safety of our participants and all those involved in organising and delivering competitions and events very seriously. Due to the rapidly changing situation, these guidelines will continue to be updated, as new information is made available.

GENERAL

Rule #1: Stay at home if:
• you are unwell, even if you only have very mild symptoms
• you have been in close contact of a confirmed case of COVID-19 until the 14 days isolation period is over
• you have returned from overseas in the past 14 days, or
• you are awaiting a COVID-19 test result.

Rule # 2: Follow the physical distance rule of minimum 1.5 metres and 4m2 area per person.

HYGIENE

• Participants are to wash/sanitise their hands thoroughly before and after getting to the event.
• Hand sanitiser will be provided at the assembly area. However, participants are encouraged to bring their own hand sanitisers as well.
• The p-cards and SI-units will be cleaned prior to and after the event.

PHYSICAL DISTANCING

• SC-ORE will have a capped number of participants.
• Avoid physical contact at all times.
• Potential high density times are upon arrival and departure as well as at the assembly area and at the exchange area. Please be mindful of others.

ASSEMBLY AREA

• People at the assembly are to keep physical distance.
• Respect others and keep the physical distancing.
• The p-cards will be cleared before start, so there is no need to clear the p-cards at the event. (i.e. the memory in the p-cards will be cleared of previous information, and ready to be used.)
• There will be no practise controls available. However, the whole procedure will be shown before start so everyone knows how it works.
• The maps will be put on the ground for each team, physically separated. Each runner will pick up their own map.

Latest update 28 February 2021

CONTROLS

• There will be so called forked controls along the courses to further spread the participants to minimise physical closeness.
• Control units will be sanitised before and after the event.

EXCHANGE, FINISH AND DOWNLOAD AREA

• The exchange will be designed with team boxes to minimise the mixing of participants from different teams and schools.
• The tagging will be non-physical. Finishing runner will tag the team member by arriving to the team box. The finisher will then do the finish punching and hand over the p-card to sesignated volunteer at the finish, to be placed into the box marked with his or her team number.
• Results will be presented online afterwards. Print-outs might be available.
• Volunteers will do the downloads. Gloves will be available for volunteers.
• Avoid gatherings around the area during and after the event.

SPECTATORS AND PARENTS

We acknowledge this is a short duration event and that parents and carers, who have duty of care, will want to remain on-site ready to take children to school immediately after the event.

Parents and carers are asked to help out at the event as volunteers.
(The tasks for volunteers are very easy. No previous experience is needed.)
Any spectators not assigned a role as helper must observe physical distancing at all times.

COMMUNICATIONS

• All participants and parents/carers are required to comply with these rules.
• A confirmation of "read, understood and agree" may be required at the online registration.
• The Return to Play Plan for SC-ORE will be available on the OACT website.

RESOURCES

1. ACT Government Health COVID-19 Website Link
2. ACT Government Factsheet – Sport, recreation and pools
Link
3. AIS Framework for Rebooting Sport (May 2020) Link
4. Australian Government Health COVIDSafe app Link
5. Australian Government Health Good Hygiene For Coronavirus Link
6. Australian Government Health Social Distancing For Coronavirus Link
7. Australian Government Health What You Need To Know About COVID19 Link
8. ACT Government COVID-19 General FAQ Link

QUESTIONS

If you have any questions, please contact SC-ORE at schools@act.orienteering.asn.au

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