



Orienteering ACT (OACT) COVID-19 Policy

1 INTRODUCTION

Orienteering is a navigation sport in which individual participants use a map and compass to find their way around a set course in the landscape. Equipment is limited to individual timing devices (SI sticks) which are inserted into/waved over fixed readers (SI units) attached to control flags at fixed locations in the field. SI sticks 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. We will continue providing opportunities for community orienteering while monitoring the situation and making adjustments as required.

This policy will continue to be updated, as new information is made available. OACT will update the local orienteering community on any new changes.

This policy supersedes the OACT Return to Play Plan dated 3 November 2020.

2 GENERAL

Please refer to the ACT Government COVID-19 web-site [here](#) for the latest local information.

Refer to the Australian Government Health website [here](#) for more general information.

Information contained on the government web-sites will take precedence over that contained within this policy document.

Rule #1: If you are 16 years of age or over, you MUST use the Check In CBR app on arrival at all OACT events

Rule #2: 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 or from an ACT Government identified COVID-19 hotspot in the past 14 days, or
- you are awaiting a COVID-19 test result.

Rule # 3: Follow the physical distancing and gathering information [here](#)

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

3 HYGIENE

- Participants are to wash/sanitise their hands thoroughly before and after getting to the training or event.
- Hand sanitiser will be provided at the assembly area. However, participants are encouraged to bring their own hand sanitisers as well.
- Refreshments and food may be provided where appropriate arrangements can be made.
- No sharing of water bottles.
- No spitting.
- The SI-units will be cleaned prior to and after training or the event.
- SIAC (SI Air) is highly recommended for all competitors to provide contactless control punching.

4 PHYSICAL DISTANCING

- A physical distance of at least 1.5 metres from people is to be kept.
- Check [here](#) for area per person required. This condition is most relevant for orienteering in arranging the registration/computer tent.
- Avoid physical contact at all times.
- Potential high density times are upon arrival and departure as well as at the assembly area and around Start and Finish. Actions around these are covered in more detail later in this policy.
- Shadowing of children around the course is permitted.

5 ORIENTEERING SPECIFIC CONDITIONS GENERAL

These conditions apply to all events, unless noted as exemptions and special conditions for certain types of events, which are listed in this document.

Event entry policy

Anyone entering an OACT event MUST comply with the current COVID-19 health advice in both their home state and the ACT, as at 24 hours prior to the event.

Note that while travelling, it is your responsibility to maintain physical distancing and practice good hygiene.

Refunds of entry fees will be considered for anyone who is unable to attend the event due to COVID-19 restrictions.

Information on travel to and from the ACT can be found [here](#)

Event entry and procedure

- Participants are encouraged to pre-enter and pre-pay before an event. Enter-on-the-Day will be available at some events with EFT payments preferred. Newcomers will receive free entry to their first 3 events.
- Respective series Season Passes with pre-entry for all events will be available for OACT members. Members are encouraged to take up this option.

- Participants wishing to change their registration details on the day MUST provide changes to Registration Officials. This includes those requiring Course changes, SI hire and changes and Compass hire.
- There will be a maximum number of people in line with ACT Health advice [here](#) at any given time during the events. For events likely to attract a greater number than allowed, organisers can either limit the number of entries, allocate Start times, or hold separate events on the same date at the same location, separated by time.
- Depending on the event and likely number of participants, some events could be members only.
- It is important that each individual Clear and Check their SI stick before their run, and punches the Start unit. This will ensure that all participants are accounted for at the end of the event.
- SI sticks are not to be shared.

Assembly area

- Please go [here](#) for information on gathering sizes allowed at the time of the event.
- A key box may be available for those who wish to use it, however participants are encouraged to manage their own car key.
Example: bring a bag with your belongings and have your keys inside your bag.

Start

- The start area will be organised to ensure physical distancing.
- Respect others and keep the physical distancing, including during clear and check.
- Maps will be available at the Start. Arrangements could include volunteers with gloves handing maps to competitors, or the volunteer placing the map on the table for the competitor to pick up. If it can be managed safely within the guidelines for social distancing and hygiene, other arrangements for distributing maps are allowed.
- Participants are to pick up their map while keeping the physical distancing.
- Separately printed Control Descriptions should be provided at the Start. If provided, the event organiser must arrange for hygienic safe handling. For all events, the Control Descriptions will be printed on the maps.
- When approaching the start, be ready for an immediate exit.
- If multiple people get to the start at the same time, spread out as much as possible and wait for your turn.
- Remember to clear your SI before starting.
- The Clear and Check units will be located near the start.
- The Check is needed to turn the SIAC sticks on.
- The Start and Finish are to be located apart and separated from the assembly area itself.

Around controls

- Respect each other. When approaching a control make sure to give time and space to earlier runners.
- This might mean a slightly longer time for individual competitors, but this a side effect that everyone needs to accept.

- The use of SIAC (SI Air) sticks is highly recommended to maximise the distancing around controls and to provide contact-less control punching.

Finish and Download area

- The download area will be organised to ensure physical distancing.
- Physical distance of minimum 1.5 metres must be respected.
- To further protect the computer operator and fellow runners, competitors should avoid approaching the download area while still breathing heavily following physical exertion on course.
- Print-outs of Split Times should be provided as only the individual finisher touches the paper and does not need to touch the printer or table.
- Participants should not return their maps after completing their course.
- The results will be available online on Eventor and Winsplits after the event.
- Where physical distancing allows, results may be displayed at the Assembly area.

Coaching

Coaching may occur provided physical distancing of 1.5 metres is kept. This includes small group training and programs such as Map Mates.

6 ORIENTEERING SPECIFIC CONDITIONS – EXEMPTIONS AND SPECIAL CONDITIONS

Mountain Bike Orienteering (MTBO)

The same general rules for hygiene and physical distancing apply to MTBO. The following Exemptions and Special Conditions apply to MTBO:

- Rented MTBO boards will be sanitised before and after use.
- Any rented equipment can only be shared between participants from the same household.

Wednesday Midday Events

The same general rules for hygiene and physical distancing apply to Wednesday Midday Events.

These events have low entry numbers and start times are typically well spaced. The following Exemptions and Special Conditions apply to the Wednesday Midday Events:

- Wednesday Midday series Season Passes will be available along with pre-entry registration and payment.
- For participants who have not pre-entered, Enter-on-the-Day is available with exact money (cash only) preferred. Registration is at the Assembly Area.
- EOD competitors are to provide their name and contact number to the event organiser.
- Punch cards may be used. Event timing will be honesty based.
- Maps will be pre-printed.

Street Orienteering (Street-O)

The same general rules for hygiene and physical distancing apply to Street-O. Please refer to special conditions for each event.

Ski Orienteering (Ski-O)

The same general rules for hygiene and physical distancing apply to Ski-O. Please refer to special conditions for the event.

7 COMMUNICATIONS

- All participants need to understand and comply with these rules.
- A confirmation of “read, understood and agree” may be required at the online registration.
- Information about these rules will be provided in the weekly OACT ebulletin.
- The OACT COVID-19 Policy document will be available on the OACT website.
- There will be signs at the event to remind people of the distancing rules.

Volunteers

- Volunteers will be given specific briefing to ensure the distancing rules.
- Volunteers will be given briefing on how to practice good hygiene and make it easy for volunteers and attendees to practice good hygiene.
- Volunteers will also be provided with protective equipment, hand sanitiser etc, where applicable.

Course setters

- Course setters should take into consideration that the SI-units need to be securely mounted to avoid physical touching when punching at the controls.
- Options to consider are to choose control locations where a stand can be used, and/or limit the number of controls used for an event.
- The course setters should position the control/SI-unit to allow a through flow of runners, as opposed to a tight entry/exit on the same path.
- Course setters and control collectors are to be provided with protective equipment, such as gloves or hand sanitiser, to be used when placing and collecting controls.

Organisers

- Organisers must ensure compliance with the OACT COVID-19 Policy.
- Organisers are to brief the volunteers on the Policy and provide adequate equipment, such as gloves, hand sanitisers etc.
- Organisers are responsible for putting up the Check In CBR and other COVID Safe reminder signs at the assembly areas.

Computer operator

- The main role of the computer operator at the event will be to set up the equipment and watch downloads for any irregularities.
- Access to the computer will be restricted.
- Results will be posted on Eventor and Winsplits after the events.

8 COMPLIANCE

The event Organiser is responsible for ensuring compliance with the OACT COVID-19 Policy.

9 PERIODIC REVIEWS AND MONITORING

Periodic review by the OACT Office and the Board will be maintained. Members are also invited to offer advice.

10 INCIDENT MANAGEMENT

- OACT is to maintain, for at least one month after the event, a list of all participants, organisers and volunteers present at the event. The list is to contain all names with contact details.
- If a participant or volunteer tests positive for COVID-19 the person, or someone related to the person, must inform the OACT Office as soon as possible.
- OACT will then provide the above list to the relevant Health Authorities to enable contact tracing.
- In case of an accident or injury, there is a first aid kit available at the assembly area. Gloves are provided and are to be used. Good hygiene is a must when treating an injury. If nobody from the same household is able to adequately assist or treat the injured, someone else may give first aid when needed while keeping the physical contact to a minimum, determined by the circumstances.

11 RESOURCES

1. ACT Government Health COVID-19 Website [Link](#)
2. ACT Government Return to social sport and recreation factsheet (13 May 2020) [Link](#)
3. AIS Framework for Rebooting Sport (May 2020) [Link](#)
4. ACT Government Health COVIDSafe app [Link](#)
5. Australian Government Health Good Hygiene For Coronavirus [Link](#)
6. Australian Government Health Limits On Public Gatherings For COVID-19 [Link](#)
7. Australian Government Health Social Distancing For Coronavirus [Link](#)
8. Australian Government Health What You Need To Know About COVID-19 [Link](#)
9. ACT Government FAQs [Link](#)

12 QUESTIONS

If you have any questions, please contact the OACT Office, office@act.orienteering.asn.au