

# Scottish Orienteering Phase 3

Updated 5<sup>th</sup> August 2020

The purpose of this guidance is to provide a framework for Orienteers within the current Scottish Government public health advice and phase of exit from lockdown, and to highlight additional considerations to minimise the transmission of COVID-19 when taking part in any orienteering activities in Scotland.

Following the announcement made by the First Minister on 9<sup>th</sup> July 2020 Scotland is moving to Phase 3 of the Scottish Government Route Map. While prevalence of COVID-19 is now very low in Scotland it has not gone away and remains a public health risk. Therefore, Scotland will stay in phase 3 with only a limited number of changes over the next three weeks. We continue to ask everyone heading out to enjoy the outdoors to be considerate of how their individual actions potentially impact on the wider community. These guidelines have been constructed as part of the Outdoor Sports (Rural) Working Group and have been approved by sportscotland on behalf of the Scottish Government.

## Scottish Government Guidelines

Phase 3 enables significant extension to the possibility of orienteering activities other than those permitted under the previous phases. Orienteers should follow Scottish Government guidelines:

- To closely follow all advice from the Scottish Government in relation to Coronavirus [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus) and [Phase 3 specific guidelines](#)
- A household can meet up to 4 other households at a time - up to 15 people in total in an outdoor space. A house can meet up to 4 other households per day in total. You must maintain **physical distancing (at least 2metres apart) at all times.**
- The limit on the number of households you can meet per day does not apply to young people who are under 18.
- **Children aged 11 or under no longer need to physically distance. Young people aged 12-17 must continue to physically distance.**
- While [travel restrictions](#) have been removed we ask all members to be mindful of travel to undertake exercise in rural areas and be sensitive to local communities.
- **Be kind, friendly and considerate to everyone you meet;** deliberately being kind, friendly and considerate to everyone you meet whilst out is an incredibly powerful way to show solidarity against Covid-19. This behaviour could make a really positive difference to someone else's day.
- **Access;** Our right of responsible access and the Scottish Outdoor Access Code remain in place. Please note that car parks and public toilets are having a phased re-opening subject to local guidance so do check ahead and always park considerably when accessing areas in order to protect the reputation of our sport.

**Shielded Individuals Updated:** Shielding will be paused from 1 August. At that point those currently shielding can follow guidance for general public. Guidance for this group to return to work is available [here](#)

**IMPORTANT: People who are symptomatic should self-isolate for 10 days; household members for 14 days as detailed [by NHS guidance](#). Please also follow the guidance to self-isolate if contacted by [Test and Protect](#). No one who is self-isolating should undertake any outdoor sporting activity.**

**Please note: public health advice and guidance for Scotland may differ from that of England and Wales.** Information on Scottish Governments approach to managing Covid-19 is available at [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/) .

## Outdoor access during COVID-19

The Scottish Outdoor Access Code provides guidance for public and land managers. The key principles of the Scottish Outdoor Access Code are:

- Respect the interests of others
- Care for the environment
- Take responsibility for your own actions

The Scottish Government issued a statement on 9 April 2020 in relation to outdoor access. This advice supplements the existing advice in the Scottish Outdoor Access Code and can be accessed following the link <https://www.outdooraccess-scotland.scot/access-outdoors-during-current-coronavirus-outbreak-guidance-public-and-land-managers>

## Scottish Orienteering Permitted Activities/Actions

The following activities are permitted. The Scottish Government guidelines and restrictions apply to all the activities permitted:

- Local orienteering events will be given permission to resume providing organiser can ensure physical distancing and health & safety guidelines are met at all phases of the event. All events must be for club members only and comply fully with Scottish Government guidelines. Events must be planned in line with the [Scottish Orienteering Event Guidance](#) and [risk assessments](#) must include COVID-19 mitigation measures.
- All participants must agree to comply with the [British Orienteering Code of Conduct](#)
- Clubs must register all events and organised activities with British Orienteering for insurance purposes.
- ScotJos can resume for squad activities ensuring appropriate physical distancing and hygiene protocols are in place appropriate to Junior members.
- We continue to recommend the use of MapRun (or other mobile phone orienteering), permanent orienteering courses and temporary courses for orienteering in Phase 3. These may be particularly useful tools in developing the skills of interested new families or for clubs which are not yet in a position to consider the resumption of events. All equipment on temporary (ROMP) courses

must subject to appropriate hygiene measures and protocols in place. Clubs should use their discretion about use of kites and equipment in public areas. All equipment is required to be disinfected before and after every use. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the surface they are being used on. There are a number of ways of achieving disinfection of equipment: Contact with a suitable disinfectant (a solution containing at least 60% of either ethyl or isopropyl alcohol). Quarantine the equipment and leave it untouched for 72 hours.

## Update on Club Coaching (30<sup>th</sup> July 2020)

- **Club coaching activities** are permitted within the following constraints:
  - Guidance for coaches and leaders is available at [Getting your coaches ready for sport](#) .
  - From the 3<sup>rd</sup> August 2020 restrictions have been lifted on the number of households (or extended households) that can be coached per day but the maximum participants remains at 4 households up to 15 people per session. Therefore a coach can now run multiple sessions in one day with up to the maximum number of households restricted per session.
  - Scottish Government has indicated that the size of groups/household numbers that can be coached at any one time is being reviewed. An update will be provided as soon as it is available.
  - Coaches and instructors working with children should familiarise themselves with the additional considerations developed by [Children 1st: Child Wellbeing and Protection Considerations](#) . British Orienteering/SOA do not encourage one-to-one coaching sessions for any athletes under 18 years of age.
  - All club coached activities must be registered with British Orienteering.
  - From 1<sup>st</sup> August coaches that were previously shielding are now allowed to resume coaching activities
  - Clubs can offer ‘organised coaching activities’ for members under 17 years of age which would permit activities without the need for physical distancing for participants during the session and that would allow for SOA permitted coaching ratios to resume. This would require a COVID-19 officer from the club to sign the risk assessment for any organised coaching activities.
  - For club sessions which involve those aged 17 and over, the guidelines remain in place that the maximum number of participants in a session should remain at 4 households comprising of not more than 15 people (the coach being the 5<sup>th</sup> permitted household). The coach must still practise physical distancing from participants until 24<sup>th</sup> August.

## Key messages

- **Stay safe**

Support our NHS, emergency services and rescue teams by avoiding riskier outings and abiding by the [latest guidance](#) including on hygiene and physical distancing - particularly if you meet anyone from another household.

- **Be considerate**

Take extra care to follow the [Scottish Outdoor Access Code](#), be respectful of other land users.

## Further information

COVID-19 public health guidelines for Scotland - staying at home and physical distancing:

<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/>

COVID -19 advice from Health Protection Scotland on hand hygiene

[www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/)

COVID-19 guidance for non healthcare settings

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>

COVID-19: Framework for decision making - overview of public engagement:

[Scottish Government: Covid-19 Framework for decision making](#)