

Scottish Orienteering Guidance

Restarting Our Sport in Level 3, April 2021

Context

It has now been confirmed that as of 26th April mainland Scotland will move to Level 3 which permits the resumption of orienteering events and activities within the guidelines outlined within this document. In line with guidance provided by sportscotland, organised outdoor sporting activities can be undertaken; it needs to be compliant with current Scottish Government guidance on health, physical distancing and hygiene. All participants must be aware that changes in guidance can occur at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#).

People who are symptomatic and their household members and those in quarantine must not attend an orienteering event or activity during the 10 days of self-isolation or quarantine.

Organisers/coaches for orienteering events/coaching need to collect participant contact data to support Test & Protect should that group be seeking this information. Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

This guidance document will outline the activities permitted at Level 3. Further guidance will be issued once we have details of changes to restrictions within Level 2,1,0 to allow for future planning.

Guidance for Orienteering Activities and Events in Scotland

Clubs, squads and activity providers can now offer Local and Regional orienteering events and activities.

Club events and activities including coaching can resume providing:

- Clubs have an 'active' Covid Officer and required risk assessments are completed, including Covid risk assessments
- All activities and events are registered with British Orienteering for insurance purposes
- The size of any group that might form during registered activities (e.g. coaching, training) is up to but not above 30 adults (18years and over), 2m physical distancing must be applied.
- Coaches are included in the maximum of 30 adults for coaching sessions, while also applying the required ratios of coaches to participants. Coaches should also observe 2m physical distance as much as possible.
- Clubs should ensure all members and parents know who their Club Child Welfare and Protection Officer (CWPO) is and how to contact them. We are aware children

and young people have had to cope with potentially challenging circumstances during lockdown and they may wish to speak with a coach or CWPO as trusted adults. Advice from Children's 1st on the return to young people to sport is a helpful guide [here](#)

- The number of coaches supporting an activity for children and young people under 18 years of age should be kept to a practical minimum, commensurate with maintaining appropriate coach to adult/child ratios.
- **Regional and National squads can resume training activities as of the 26th April.**

Events

- **While we must limit group size to 30 at any one time, we can have more people than 30 in a local event so long as the flow through is managed to avoid forming any gathering of more than 30.**
- Local events can now accept entries up to a maximum daily entry of 200 (Level 3) - this limit does not include event officials and volunteers. Members of other orienteering clubs and also non-members may now participate in these events.
- Required pre-entry for events/activities is still in place - to avoid people possibly gathering at registration on the day. Do not display results at the event - again to prevent the potential for people to gather there.
- Minimise the number of officials present for running events (consistent with ensuring safety for participants and delivery of Covid requirements on group size).
- In keeping with standard practice, retain all risk assessments including the additional Covid risk assessments for events and activities.
- Create sufficient gaps between allocated start times to ensure that the maximum number of adults that might be waiting to start is less than 30. This translates into advice to aim for 15 or less waiting to start. A crowd waiting to start could have an impact on public perception of our sport being safe and applying the guidelines to resume.
- Keep people at least 2m apart (unless they are participating as a family who are normally together, when between themselves the 2m rule will not apply),
- Where multiple start lanes are in use keep people in the lanes at least 2m apart from others.
- Address in the Covid risk assessment the precautions needed to ensure that groups of people do not gather, normally before starting or after finishing. Remind participants to download and then return to their cars.
- No spectating should take place other than where a parent or carer is directly supervising a child or vulnerable adult or when following specific [sector guidance for sporting events](#). Children can be shadowed during events by a parent, where required.
- No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time
- Where there are multiple groups operating at the same venue from the club then precautions must be in place to ensure there can be no mixing between groups

before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.

Note that the active club Covid Officer and coaches networks across clubs is retained to ensure sharing of good practices, consistency in delivery of precautions, and to review the content of the Covid risk assessment templates.

Travel

Travel is permitted for children and adults within Level 3 areas with Scotland mainland moving to Level 3 (at this present time) travel restrictions relating to orienteering activities and events are now removed permitting participation across local authority boundaries. Travel by people in Level 0,1 and 2 areas to Level 3 areas to participate in events is currently not permitted.

Follow the travel guidance outlined by the Scottish Government. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Information for the extent of each local government area is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).