



## 6 Steps towards a Safe Return to Orienteering Events for all Participants – Members and Newcomers



### Step 1: Use Pre-event Entry and Read Information

Registration will be through an online pre-entry system, set up by the organising club. Payment may also be requested to be made on-line whilst registering or using a cashless payment system on the day. The reason for this is to reduce contact and help avoid gatherings, queuing and handling cash on the day.

Before entering, carefully read all the event information provided by the host club and agree to the British Orienteering Participant Code of Conduct. There should be no known reasons, regarding Covid-19 transmission, which would prevent you from attending the event e.g. Covid-19 symptoms and isolation periods.



### Step 2: Use Participant Facilities Safely – Car Parking and Toilets

When parking, please be aware of possible additional car parking pressures, there may be an increase of cars due to reduced car sharing. Also allow space for social distancing between cars. If there is a parking assistant, follow their direction in assisting you to park.

If toilets are available to use, please use hand washing facilities or the hand sanitiser provided.





### Step 3: Safe Registration and Download

For some events, you will be able to go straight to the start without the need to register on the day. However, if a club is operating a registration/info point you should be welcomed in a well-ventilated space by officials wearing appropriate PPE. Please wear a face covering and observe social distancing. Hand sanitiser should also be available to use.

Please bear in mind the provision of coaching tips will be more challenging with socially distancing measures in place.



**Case Study:** in this example a family group was used to operate registration and download – thus cutting out the need to socially distance.

### Step 4: Follow Signage and Safety Instructions

Before arriving, please read any Covid safety instructions within the promotional material and the on-line registration information, including the Participants Code of Conduct.

At the event, follow the signage in place at registration, start, finish and other pinch points such as queuing areas; always adhering to the Participants Code of Conduct.



**Check out:** the British Orienteering Website for up the up to date Guidance, the Participant Code of Conduct.





### Step 5: Keep your Social Distancing when Queueing

To avoid gatherings, arrive in good time (but not too early), keeping to your allocated start time / window.

Keep your 2m distance away from others.

**Top Tip:** Read signage and follow instructions from Safety/Start Officials.

Canes with signage may be placed at 2m intervals to help with social distancing and provide information.



### Step 6: Be Aware of Others whilst Out on the Course

Please be aware of those around you, both participants and the general public. Be courteous at controls and pinch points such as crossings and junctions.

Orienteering is the perfect sport to enjoy in these social distancing times – please follow these 6 steps to keep you and others safe.

**Enjoy your run!**

