

## **Orienteering Queensland**

### **Covid-19 Safe Guidelines for Orienteering Events**

Orienteering Queensland takes 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 with appropriate measures when safe to do so, while monitoring the situation and making adjustments as required.

Due to the rapidly changing situation, these guidelines will continue to be updated, as new information is made available. OQ will update the local orienteering community on any new changes.

Due to the rapid changes occurring frequently with the situation, event organisers and controllers need to make themselves aware of the most up-to-date information as it is made available.

Under the Queensland Government **Stage 2** restrictions, Queenslanders are allowed to:

- Travel anywhere within the state for any purpose at any time
- Travel with only members of their immediate household or with one friend
- Engage in non-contact outdoor community sport
- Have gatherings of up to 20 people in public spaces (parklands, forests etc).  
(For orienteering events this includes organisers/volunteers and participants massed at the assembly area **as well as** competitors out on the bush)
- Social distancing (1.5m between people)

Under the Queensland Government **Stage 3** restrictions, Queenslanders are allowed to:

- Travel further within the state (undefined distance at present)
- Have gatherings of a maximum of 100 people for the purposes of community sport  
(For orienteering events this includes organisers/volunteers and participants massed at the assembly area **as well as** competitors out on the bush)
- Social distancing (1.5m between people)

Under the Queensland Government **Stage 4** restrictions, Queenslanders are allowed to:

- Have gatherings of a maximum of 500 people for the purposes of community sport  
(For orienteering events this includes organisers/volunteers and participants massed at the assembly area **as well as** competitors out on the bush)
- Social distancing (1.5m between people)

It is a decision for clubs whether it is worthwhile to run a club standard event under the Stage 2 conditions.

Covid-19 Safety Guidelines must still be maintained at events for competitors, family members, organisers and volunteers

#### **Instructions to competitors, family members, organisers and volunteers**

- If you are feeling unwell, stay home

- Do not to come to an event if you have any Covid-19 symptoms or have been in recent contact with someone who has Covid-19 or you are awaiting a COVID-19 test result.
- Wash your hands thoroughly before leaving home and as soon as you return
- Practise safe respiratory hygiene (coughing and sneezing into elbow etc) and no spitting
- Avoid touching your eyes, nose and mouth
- Avoid contact with others. Social distancing (1.5m between people)

To reduce public contact at orienteering events (particularly in the parking area, at registration and at the start and finish as well as around the general assembly area), OQ has developed a set of guidelines to help conduct Covid-19 safe events.

### Car parking

- *If room is available, try and provide spacing between cars.*
- *Orienteers to avoid socializing in the car parks before or after an event.*

### Assembly area

- Where possible, choose an assembly area large enough to accommodate adequate social distancing of competitors
- **Movement through the assembly area is critical**
- *Signage will be needed to advise people to abide by social distancing rules*
- *Household groups to set up 2m apart at the assembly area*
- *Warming up and stretching should be done in a space well away from the assembly area and away from others*
- *For events taking place during Stage 2 restrictions (maximum 20 people), organizers may have to instruct some competitors to remain in their cars until places become available to compete. In this case, the general run of **Arrive → Compete → Leave** may have to be applied to enable everyone to start in a reasonable time.*
- *There will be no drinks or food for sale at any events.*

### Registration

- ***Ensure that all event attendees' (competitors, family members, organisers and volunteers) details are collected electronically and stored to allow contact tracing in the event of an infection (name, email address, phone number). For example: a QR Code can be generated to enable attendees to sign in with.***
- *Discourage Enter on the Day for regular orienteers, with registrations and payments strongly advised to be done online via Eventor or PayID*
- *Newcomers always welcome as EOD, but full contact details must be taken and stored electronically.*
- *Contact newcomers after their first event so they can be given information on how to enter online for the next event.*
- *Instructions on entering with Eventor to be available with online course information.*
- *Competitors should only approach the registration desk if changing their course or SI stick number.*
- *Registration volunteers should wear gloves.*
- *Hand-sanitiser or disinfectant spray or wipes to be provided at registration.*
- *Pens to be sanitised between uses.*

- *There will no key box.*

#### **Hire compasses, SI sticks and mapboards**

- *To be sanitised with disinfectant spray or wipes before and after use by participant*
- *One use only per event*
- *All hire sticks, compasses and mapboards to be cleaned with disinfectant spray after each event*

#### **Toilets**

- *No toilet facilities should be required for local events with accessible public toilets (advise beforehand)*
- *For more distant events - In addition to handwashing facilities (hand sanitiser only), provide disinfectant wipes in the toilet for wiping down any touched surfaces (eg: lid and seat)*

#### **Start procedure**

- *Signage to tell people to distance themselves from others as they approach the start.*
- *Use taping/ground marking to ensure competitors waiting to start on the same course are separated by 1.5m*
- *Space start lanes to maintain 1.5m separation (and stagger start times for adjacent lanes if necessary) to provide suitable distancing*
- *"Clear", "Check" and "Start" units to be wiped with disinfectant and wiped frequently (e.g. 5 minute intervals or 20 starters, whichever comes first) by Start Marshall*
- *The Start and Finish should be located at least 50 metres apart, preferably near the assembly area, but not at the assembly area itself.*

#### **Maps**

- *Whoever prints or organises the printing of the maps should sanitise their hands prior to handling maps*
- *The starter should move the maps partially out of the map boxes or distribute maps individually to competitors to minimize contact of other maps by competitors.*
- *No re-use of maps unless wiped down with sanitiser (waterproof maps only).*
- *Where possible Control Descriptions should be printed on the maps. If Control Descriptions are provided, the event organiser must arrange for hygienic safe handling.*

#### **SI units**

- *Use MapRunF for events (if possible) for events with proven effective satellite coverage (park, street and sprint events).*
- *Otherwise only SI units to be used at events (no back-up punches to be used)*
- *SI units to be placed on stands or on clear, flat ground (where they will not tip over), not hung.  
(Flags may still be hung above units).*
- *Starter should tell competitors not to touch SI units but only insert SI stick*
- *Clubs may choose to use an honesty punching system (flags alone or flagging tape/crepe paper to mark control sites) or use SI units only at random control points along courses.*

### **Water on courses**

- *Competitors must bring own water bottle (advise beforehand)*
- *In extreme hot weather, tables with cups of water ready poured can be provided on the course*
- *In extreme hot weather, a 10L water container could be available at the Finish but must be operated by one official wearing gloves (not necessary in winter).*

### **Finish**

- *To protect the computer operator and fellow runners, competitors should avoid approaching the download area while still breathing heavily following physical exertion on course.*
- *Download unit should be located as far from the computer as practicable with a view to ensuring at least 1.5 m between computer operator and competitor.*
- *Equipment should be wiped with disinfectant wipes periodically and between operators*

### **Results**

- *Print-outs or split-times will only be given at the event if the printer can produce pre-cut print-outs such that only the individual finisher touches the paper. Where the print-outs require tearing off the printer, a single registration person with gloves will be required to tear and hand the paper over.*
- *No results should be displayed at events (advise competitors that the results will be available online on Eventor (and Winsplits) after the event).*

### **Communications**

- *All participants must 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 OQ Bulletin.*
- *The OQ Covid-19 Safe Guidelines for Orienteering Events will be available on the OQ website.*
- *There will be signs at the events to remind people of the distancing rules.*

### **Incident Management**

- *OQ is to maintain, for at least 8 weeks after the event, a list of all participants, organisers and volunteers present at the event. The list is to contain all names with email and phone contact details.*
- *If a participant or volunteer tests positive for COVID-19 the person, or someone related to the person, must inform OQ Administration as soon as possible.*
- *OQ will then provide the above list to the relevant Health Authorities to enable contact tracing.*

### **Questions**

If you have any questions, please contact the OQ Administration at [admin@oq.asn.au](mailto:admin@oq.asn.au)