

Northern Tablelands Orienteering Club

COVID-19 SAFETY PLAN

GUIDANCE FOR PARTICIPANTS – July 2020

Key Points

- If you are unwell or have any symptoms – please stay at home.
- Food and water – please bring your own as required; none will be provided by the organiser.
- If it is likely to be cold and/or wet make sure you bring some warm clothes and a towel.
- Physical distancing – at all times, please maintain at least 1.5 m from others (apart from your immediate family).
- If there is a queue at registration, it is recommended that you stay in your car until the queue abates. After your run, return to your car as soon as possible after downloading your results.
- Sanitise your hands when you arrive and after your run – bring your own sanitiser if possible.
- Contact tracing – the usual registration cards will not be used. Please ensure that the organiser records your email and phone number, and the names of ALL members of your party whether competing or not.
- Maps – try to touch only the one you are going to use.
- Compasses and SI sticks will be available for loan and will be disinfected before use. After use, place them in the container provided.
- SI control units will be mounted as firmly as possible so that it should be possible to insert the SI stick without touching the unit or the flag.

Notes from the Orienteering NSW Covid-19 Safety Plan

The purpose of this COVID-19 Safety Plan is to keep participants at orienteering activities safe and help prevent the spread of COVID-19. The Plan provides guidance for participants and helps them meet their legal and ethical obligations.

COVID-19 has not been banished. We are all responsible for physical distancing, hand hygiene, covering coughs and staying home when ill. Orienteering events can attract people from a wide geographic area and from a wide range of age groups. If COVID-19 spreads at an orienteering event, it could be a significant problem for the health system.

Orienteering training sessions and competitions are permitted, provided they are conducted in a public outdoor location and have no more than 500 participants in total. Participants include competitors, people training, officials, coaches, family members who are not competing and other attendees.

Participants includes competitors, people training, officials, coaches, family members who are not competing and other attendees. Be patient, courteous and respectful of others at all times. Please consider how your actions may appear in the eyes of landowners or members of the public.

Illness or contact with Covid19 - Do not attend

You must not come to any NSW orienteering event, training session or activity if you are not permitted to attend under Public Health Orders or Australian or NSW Government guidelines. This includes Government COVID-19 travel restrictions.

You should not train or compete, if in the last 14 days you have been unwell or had contact with a known or suspected case of COVID-19. If you have respiratory symptoms (cough, sore/scratchy throat, fever or shortness of breath) you are considered a potential COVID-19 case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to train or compete.

Physical distancing

Everyone at the event must exercise physical distancing, at least 1.5m, from when they arrive until when they leave. You must obey event organiser instructions to minimise co-mingling of competitors starting in different time slots.

Give way to other participants and members of the public on narrow paths and elsewhere. Do not run or ride in the slip stream of others. You should move away from controls quickly, so that others can punch without breaching the 1.5m rule.

If you are standing or sitting, please ensure others can easily move around without coming within 1.5 metres of you.

Parents who bring small children to the event must ensure their children exercise physical distancing, except with family members they live with.

If it is likely to be wet and/or cold, please bring appropriate clothing for before and after the event – you will not be able to huddle together under a shelter.

Hygiene

You must thoroughly wash your hands:

- when you arrive at and leave an orienteering event or training session;
- before and after visiting the toilet; and
- before and after you compete or train.

Please bring hand sanitiser and, if it is likely you will dirty your hands, water and soap.

Bring your own drink bottles, snacks, towels or other personal gear. Do not share them.

Change clothes at home or at your car. Participants should have a thorough full body shower with soap before and after attending (preferably at home).

Only pick up one map at the start or in the assembly area. Avoid touching other maps in the box. If you require a map case bring your own as none will be supplied at events. Spitting and clearing of nasal/respiratory secretions whilst at an event or training session is strongly discouraged. Cover your mouth and nose with a tissue or sleeve when you cough or sneeze. Do not touch the SI unit when you are punching at controls.

Contact tracing

To assist contact tracing, all people attending an event or training session must follow organiser instructions in relation to their contact details (including emergency contact details). The organisers may provide your contact details to NSW Health or other health authorities if requested.

The detection of a positive COVID-19 case at an orienteering event or training session will result in a standard public health response, which could include contact tracing and/or quarantine of all participants, and close contacts, for the required period.

NSW recommends downloading the COVIDSafe app and bringing your phone to the event or training session. Carrying your phone whilst competing or training is optional.

Attending events or training sessions after COVID-19 infection

If you have been infected with COVID-19, you must have medical clearance from your doctor before participating in or attending an event or training session. This clearance must state that you no longer pose any infection risk to the community and you are sufficiently recovered to safely participate. An outline of the recommended assessment process following a COVID-19 case is illustrated in Table 2 of “The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment”, May 2020.

Vulnerable individuals

Vulnerable individuals include: para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with sub-optimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people may attend an event or training session, but should do so in a cautious manner.