# Participants COVID-19 checklist

24/06/2020



#### CONDITIONS OF ENTRY

For all participants, spectators and organisers, - you must NOT attend any orienteering event or organised activity if:

you are unwell, even if you only have very mild symptoms

you have been in close contact of a confirmed case of COVID-19 until the 14 days isolation period is over

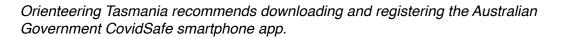
you have travelled overseas in the past 14 days

you are awaiting a COVID-19 test result

you have been advised to stay at home by a health professional.

## If in doubt - stay away

Please consider personal risk, particularly if you are older, or have a chronic health condition.





Please note: Organisers can refuse a map and start to any participant who, in their opinion, has symptoms consistent with Covid-19. You will be directed to leave the event and contact a health provider immediately. Your entry fee will be refunded if you withdraw from an event to comply with the instructions above.

To comply with state government 'Return to Sport' requirements the way events are organised will differ from pre-COVID-19 times:

### BEFORE THE EVENT

- o Enter and pay online; no entries or payments accepted at events.
- o Consider buying your own P-card (\$20) through Eventor or SI stick through <a href="http://aussieogear.com">http://aussieogear.com</a>
- 0 Use the correct SI tag correct number when entering online update your Eventor profile to make it the default
- o Bring your own drinking water and container. Do not share water bottles or cups. Drinking water will not be provided on the course or at the assembly area.
- o Bring your own lunch/snacks no catering will be provided
- o Look after your own keys and other personal items. There will be no central location to leave belongings
- o Prepare as much as possible at home; be prepared to start as soon as possible after arriving

#### HYGIENE AND CLEANING

- o Wash or sanitise your hands thoroughly immediately before and after the event, before and after using toilets, and after touching hard surfaces and shared or common equipment.
- o Cover your mouth and nose with a tissue or sleeve while coughing/sneezing. No spitting.
- o Bring and use your own hand sanitiser. Additionally, please use provided hand sanitiser as requested.
- o Avoid touching tables, computer equipment or other surfaces at registration, start or finish.
- o Avoid touching control units, plates, flags etc as much as possible.
- o Disinfect your SI e-tag before and after use. Do not let anyone outside your household use it.
- o If renting or borrowing an SI e-tag, do not let anyone else use or handle it. Return it to the separate disinfectant container provided, as soon as you finish.
- o Separately printed Control Descriptions will only be provided for OST events. Control Descriptions will be printed on all maps.
- o Printed times/splits will be available at the download station but there will be no results board
- o Take your map home after finishing. Do not let another participant reuse or handle it.

#### PHYSICAL DISTANCING

- o Follow any specific instructions provided by the organiser.
- o At the event, maintain a physical distance of at least 1.5 metres at all times from volunteers and other participants, including when queuing for registration, start, finish and download, and toilets.
- o Move quickly away from controls to allow others to approach, and maintain at least 1.5m distance.
- o After finishing, be ready to depart as soon as possible.
- o There will be no catering, results display or presentations.
- o No entry to work spaces (eg finish tent/trailer) or taped off areas. Follow directions and signs.