

## **COVID 19 Rules: Must be read by all competitors**

### Rule #1: Stay at home 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, or
- you are awaiting a COVID-19 test result.

### Rule # 2: Follow the physical distance rule of minimum 1.5 metres and 4m<sup>2</sup> area per person.

### Rule # 3: Minimise the time at the training or event. “Arrive, Run, Leave.”

### Please note the following information:

Entry for events is by pre-entry via Eventor only.

It is particularly important to have your personal contact details recorded correctly. Please ensure that these are up to date. These will be used in the case of COVID-19 tracing. To check contact details log on to Eventor <https://eventor.orienteering.asn.au/Events> and go to My Pages -> My Profile-> Contact details. While you are there you can edit any of your details that need updating and add your emergency contact person and mobile number in the new field for this. .

Do not come to an event if you are feeling unwell.

Do not come to an event if you have been overseas in last 14 days or in contact with someone with COVID- 19 in the last 14 days

Bring your own water bottle and own equipment for the event. No key storage will be supplied at the event.

Any loan SI sticks will be awaiting you in an envelope at registration. Please remove from the envelope as you receive it, and deposit it in a box provided at download point after you complete your course.

Please enter the event via the route indicated and use hand sanitiser on the way in.

Verify your attendance with the registration person and confirm your contact details.

Move directly to the start location and queue behind your desired course box- leaving at least 1.5 metres between people.

Pick up your own map from the correct map box

Do not touch the controls as you proceed around your course.

When you have finished please queue for the download, leaving at least 1.5 metres between people.

Download and use hand sanitiser.

Once you have downloaded please do not stay in the arena. Collect your gear and leave as soon as possible.

Results will be published on line as soon as possible after the conclusion of the event

Please download the Covidsafe app and enable Bluetooth.