

# COVID-19 SAFETY PLAN – JUNIOR TRAINING CAMP JULY 2020

COVID-19 has not been banished. We are all responsible for social distancing, hand hygiene, covering coughs and staying home if this is necessary. This plan applies to the period from when participants arrive by private vehicle in the forest until they depart at the end of the training each day. This plan does not cover travel to or from training or while participants are accommodated with family or friends away from the training venues. It is each participant's own responsibility to observe community COVID-19 safety rules before and after training.

It does not replace any obligations to observe the rules of Wyangala Holiday Park or NSW State Forests.

## RISK MANAGEMENT

1. All participants are encouraged to comply with the Guidance for Participants section below.
2. Close contact between orienteers, coaches and others is to be avoided. Multiple people touching a surface is to be avoided
3. Contact details are stored in Eventor to trace participants if necessary
4. No entries will be accepted from people whose address is in a region from which travel to the event is prohibited by Government.

## COVID-19 adjustments to orienteering training

- a) Orienteering is permitted provided there are no more than 500 participants.
- b) Event assembly should be outdoors
- c) No drinks controls or water at start or finish for competitors.
- d) Food or drink must not be sold or supplied at the training session.
- e) Competitors to bring their own hand sanitisers.
- f) Outside training exercises, maintain at least 1.5m distance between people, other than family members they live with at assembly areas, starts and finishes.

## GUIDANCE FOR PARTICIPANTS

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.

**Do not attend - illness**

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.

**Social distancing**

Outside training please exercise social distancing: at least 1.5m apart. Give way to other participants and members of the public on narrow paths and elsewhere. Avoid running in the slipstream of others. You should move away from controls quickly, so that others can approach without breaching the 1.5m rule.

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

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**

Please thoroughly wash or sanitize 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 sanitizer

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

Only pick up one map at the start or in the assembly area. Avoid touching other maps in the box.

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 controls.

**Contact tracing**

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.

ONSW recommends downloading the COVIDSafe app and bring your phone to the event or training session.

### **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.