

COVID 19 Rules: Must be read by all competitors

Orienteering as a competitive community sport has fully resumed. There are still some restrictions to take into consideration.

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 2m² area per person.

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

Please note the following information:

- Pre-entry and pre-payment is strongly encouraged to avoid handling of money and to allow for ordering of the correct map numbers. Map sharing will be avoided. There will be a limited number of extra maps printed.
- If you are unable to pre-enter, but wish to attend, please ring the organiser to inform them and bring the correct money with you.
- Bring your own water bottle and own equipment for the event. No key storage will be supplied at the event.
- Please use hand sanitiser provided as you register and after your course.
- Maps will be available so that you can take your own map to go on your course.
- Please ensure 1.5 metre spacing is observed at all times.