



Metro League #5 – COVID Participant Instructions

Uringa Orienteers is delighted to present the final round of the Metro League series on Sunday 18th October at Lansdowne Park. Please note the following key messages to ensure we deliver a COVID Safe event:

- All participants including competitors, officials, coaches, spectators and other attendees must comply with the [NSW COVID-19 Safety Plan](#).
- Please do not attend if you have any [symptoms of COVID-19](#), have visited Victoria in the past 14 days or have attended any of the hotspots listed on the [NSW Health website](#).
- We are happy to refund or defer your entry to another event if you are unable to attend due to COVID-19 concerns.
- Please maintain social distancing at all times and keep at least 1.5m away from other people.
- Toilet facilities and hand sanitiser will be available at the assembly area.
- Please bring your own drinking water as we are unable to provide water stations.
- Pre-entry via Eventor is strongly recommended. A limited number of entries on the day will be available with payments processed via Square. All attendees must register and provide contact details whether or not competing.
- Start times will be staggered from 9.30 – 11.30am, with course closure at 12.30pm. Please advise your team captain if you require an early start window.
- There will be no event briefing on the day. Final instructions will be posted on Eventor and emailed to participants prior to the event.
- If you have pre-entered please make your way directly to the start at your allocated time and avoid congregating at the assembly area.
- Control descriptions will be printed on all maps. Descriptions in English and in international format can be printed from Eventor if required.
- SI Air will be enabled at the event. Please avoid touching surfaces wherever possible. You must manually punch the start and finish units.
- Please follow the NSW community sport protocol "Arrive - participate - leave".
- Results will not be displayed at the event but will be published live on the internet and on [Eventor](#) and the [NSW Metro League](#) page shortly afterwards.

Thank you for your support in helping to keep orienteering COVID Safe. We look forward to seeing you on Sunday 18th October!