

## **Covid safety plan for the Falnash orienteering event 01/11/2020**

Orienteering NSW's [COVID-19 Safety Plan](#) applies to this event. Big Foot Orienteers has adopted the ONSW Plan and this document outlines specific elements for participants at our event.

Entry is open to residents of NSW and states without current COVID restrictions. See details on <https://www.nsw.gov.au/covid-19/latest-news-and-updates>

DO NOT ATTEND if you are unwell or if you must self-isolate under NSW Health COVID rules "[When you must self-isolate](#)" or "[self-isolate and get tested immediately](#)".

- "Get in, orienteer and get out" policy. Please leave ASAP after you have finished and don't hang around.
- Carpooling to the event with non-family members is not recommended.
- There will be no enter on the day, pre-entry only.
- If you are attending but not competing, please enter as a Spectator in Eventor.
- **Social distancing** should be maintained at all times. Parents with young children should ensure their children exercise social distancing except with those family members they live with.
- Contact details will be stored from Eventor and will be shared for contact tracing if required. We will not allow entries where people have left out important information that will inhibit contact tracing.
- **Hygiene** - please wash your hands well before attending activities. Hand washing and/or hand sanitising will be available. Please:
  - Sanitise your hands on arrival;
  - Wash or sanitise your hands before and after any toilet visit;
  - Sanitise your hands immediately after your run – wash them first if they are dirty;
  - Cover your cough or sneeze;
  - Do not spit.
- There will be no key box
- You are recommended to change at your car and proceed direct to the start.
- Touch free punching is enabled - SI air is recommended.
- The SI units will be cleaned prior to and after the event.
- There will be no loose control descriptions provided. They will be on the map or you can print out your own beforehand (descriptions will be posted to Eventor a few days prior to event).
- Clear, check, start and finish controls will be cleaned on a regular basis.
- There will be a queuing start, please maintain social distancing as you wait for your start.

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- The download will be socially distanced.
- No water will be provided either on course or at the finish, please ensure you bring sufficient for your needs.
- Near controls, please be considerate of other people and respect their requirements for social distancing.
- Results will only be online, they will not be displayed at the event.
- If you are not running you will before need to fill out a casual competitor on Eventor.
- There will be no food provided at the event, please bring your own.

Any other questions feel free to contact Ewan Shingler (0435543218 or [ewanshingler@hotmail.com](mailto:ewanshingler@hotmail.com))