



ORIENTEERING NSW

COVID-19 SAFETY PLAN

For Participants and Organisers

14 October 2020

This Plan will be revised in light of material changes to Government guidance and law. The changes may occur at short notice. The Plan does not cover high performance athletes (other than when they are involved in community sport activities). If you have any questions, please [contact](#) Andrew Lumsden (ONSW COVID-19 Safety Co-Ordinator) or Robyn Pallas (ONSW President).

The purpose of this ONSW COVID-19 Safety Plan is to keep participants at orienteering activities safe and help prevent the spread of COVID-19. The Plan provides guidance for organisers and participants and helps them meet their legal and ethical obligations.

COVID-19 has not been banished. We are all responsible for social distancing, hand hygiene, covering coughs and staying home if this is necessary. Most orienteering events attract people from a wide geographic area and from a wide range of age groups. If COVID-19 spreads at an orienteering event, it could be a significant problem for the health system.

Orienteering training sessions and competitions are permitted, provided they are conducted in an outdoor location, participants comply with Government guidance on travel & hot spots and have no more than 500 participants in total. Participants includes competitors, people training, officials, coaches, family members who are not competing and other attendees.

SOCIAL GATHERINGS AND AWARD PRESENTATIONS

Social gatherings and award presentations organised by Orienteering NSW and its affiliated bodies must follow NSW Office of Sport [Guidance on Planning advice for End of Season Awards Functions and Team Gatherings](#).

EVENT OR TRAINING SESSION ORGANISERS - RISK MANAGEMENT

Official NSW Government requirements are included in the Appendix.

Principles

In addition to the Organisers Rules in the ONSW Manual, event and training session organisers must do the following.

1. Encourage or direct people at the event or training session to comply with the Guidance for Participants section below. If necessary, the organiser can cancel the event and order people at the assembly area to leave.

2. Minimise the risk of close contact between orienteers, officials and volunteers and eliminate as far as possible multiple people touching a surface.
3. Be able to access all competitor and officials contact details after the event (to assist contact tracing if needed).
4. Refuse entry to the event or training session if someone does not provide required contact details or is breaking Government COVID-19 travel or community sport attendance restrictions.
5. Ensure volunteers are briefed and comfortable about performing their role and receive the protection from contagion being provided.

Development of an event or training session specific COVID-19 Safety Plan

Where there are more than 20 participants at an orienteering event or training session, the event organiser must prepare and follow a COVID-19 Safety Plan.

The event or training session COVID-19 Safety Plan should be based on the NSW COVID-19 Safety Plan with amendments pertaining to the event or session. The part of the Plan for Participants must form part of the event entry information. The full plan must be available at the event/session and on the event/session website, Eventor page or email invitation.

The Plan prepared by the organiser must be signed off by the relevant person in your club, etc. See below.

Organising Body

| | | | |
|------|---------------------|---------------|-----------------|
| ONSW | Robert Spry | BBN | Bruce Meder |
| BFN | Jock Davis | BNN | Sharon Lambert |
| CCN | David Bowerman | GON | YC Lee |
| GSN | Thomas Carter | HON | Dan McLachlan |
| IKN | Sue Froude | NCN | David Kitchener |
| NTN | Maurice Anker | SHN | Peter Meyer |
| URN | Ant Nolan | WRN | John Oliver |
| WHN | Maureen Fitzpatrick | Bold Horizons | Barbara Hill |

COVID-19 adjustments to orienteering event and training session management

Some provisions of this plan might require the organiser to refuse entry, disperse people who are not social distancing or require some or all participants to leave. Organisers should ensure the organisation team includes one or more people (COVID marshals) who have the appropriate skills and are ready to perform these roles if necessary.

- a) Orienteering is permitted provided there are no more than 500 participants.

Orienteering event and training sessions should be conducted on a 'arrive, orienteer, go home' basis. Starting and other arrangements should facilitate this.

The organiser must have a strategy to minimise co-mingling of participants. They should ensure groups of orienteers at the assembly area and start are spread out over a wide area.

- b) No events that encourage head-to-head racing, eg no mass start or winner is the first across the finish line events (such as knock out sprints or chasing starts).

- c) Event assembly must be entirely outdoors. The computer download, timing equipment, etc may be under an open shelter or veranda for protection.
- d) Groups entries are allowed. Only one person enters, but all members of the group must be registered.
- e) Contactless registration or entry is strongly recommended. The entry process must capture all participants contact details. Entry using Eventor is recommended, with entries closing 1 minute before last start. Details of organisers, parents, young children who do not compete at an event must be recorded. If using Eventor, this could be in a separate Non-Competitors' class.
If entries are taken by means other than Eventor, participants contact details must be retained for a period of at least 28 days.
- f) Entry to the event or assembly areas should be refused for someone who does not provide required contact details or who is breaking Government COVID-19 travel or community sport attendance restrictions.

See "Do not attend – Government guidance restrictions" in the Guidance for Participants below.

These restrictions can change frequently and at short notice. The organiser must have a process to enforce the restrictions. For example, signage and an official at a place where all competitors will pass through soon after their arrival at an event. Organisers should have a copy of the current NSW Health list of COVID "[When you must self-isolate](#)" or "[self-isolate and get tested immediately](#)" hot spots available where participants enter the assembly area for the first time.

- g) No drinks controls or water at start or finish for competitors.
- h) Food or drink must not be sold or supplied at an event or training session.
- i) Ask competitors to bring their own hand sanitisers.
- j) Provide hand washing and sanitising facilities at the assembly area and toilets. If competitors are likely to finish the event with visibly dirty hands, they should be encouraged to bring extra water and soap. Hand sanitisers are less effective if the dirt is not washed off.
- k) Brief event officials on how to practice good hygiene and make it easy for event officials and attendees to practice good hygiene.
- l) Provide pre-entry refunds to those that absent themselves for COVID-19 related health or travel reasons.
- m) No key boxes.
- n) Control descriptions should be printed on the map and/or made available to be printed by participants prior to the event.
- o) Contactless punching is preferable followed by traditional SPORTident punching. SI units should be firmly affixed to a solid object such as a post, to avoid the need for competitors to touch the unit.
No pin punch only controls. If manual control cards are used then participants should supply their own pen or pencil and organisers should not check the cards.
- p) No results display at events – make results available in real time on phones or and/publish results ASAP after events.
- q) No presentations at events.
- r) Maps will be kept by competitors following finish at all events.
- s) Event organisers should provide some protective equipment, cleaning materials and disinfectant for event officials and brief officials about hygiene and social distancing

requirements for both competitors and themselves. Officials should wear gloves when cleaning and wash hands thoroughly before and after with soap and water.

- t) Used rental SI sticks and compasses should be cleaned and disinfected between uses/events.
- u) First aid boxes should have both examination gloves and masks (resuscitation, medical).

There is some advice available for first aiders, eg [Australia Wide First Aid](#), [Australian Resuscitation Council](#).

If someone is unwell and displaying respiratory symptoms (cough, sore/scratchy throat, fever or shortness of breath) they should be directed to go home, preferably with whoever they travelled to the event or session with. If appropriate, an ambulance should be called.

- v) The organiser must ensure that physical distancing of at least 1.5 metres is maintained between people that do not come from the same household. There must be at least 1.5m distance between people, other than small children and family members they live with: at assembly areas, starts and finishes. Assembly areas, starts and finishes must be large enough to meet the Government's requirements of no more than one person per four square metres of ground space. Coaches and instructors need to bear this in mind when preparing to, and delivering, coaching – especially when participants are learning how to read a map.
- w) Consult with land owners and follow any instructions they might have. Co-operate with NSW Health if you are contacted by it.
- x) Event organisers planning meetings should be held by telephone or video platforms where this practicable.

Event organisers should ensure that participants at the event are aware of the need for COVID safety. Signs are a good way to do this – some relevant signs are on the [ONSW COVID-19 webpage](#). They should also provide information in advance about the personal hygiene facilities available at the event to help people in make an informed decision as to whether to attend.

Travel restrictions and managing participants from different Districts

Organisers must enforce Government COVID-19 travel restrictions. Under current Government restrictions participants cannot attend an event or training session if they:

- have visited Victoria in the 14 days prior (except where the person complies with [NSW Government border region requirements](#)); or
- must self-isolate under NSW Health COVID “[When you must self-isolate](#)” or “[self-isolate and get tested immediately](#)” guidance.

Inform participants of travel restrictions

Organisers must inform:

- entrants by email in the 24 hours before the event; and
- all people entering the assembly area at the event

of the NSW Government's [When you must self-isolate](#) rules and its [Latest COVID-19 case locations in NSW](#). Anyone who must self-isolate or get tested under these rules must not enter the assembly area.

Events or training sessions that result in overnight stays (e.g. multi-day training camps, State League weekends) are permitted. COVID-19 is transmitted easily in household-like settings. Overnight accommodation settings where facilities are shared by people from different households and children require additional adult supervision and interaction, such as camps, may have an increased risk of COVID-19 transmission should someone attending be infected. As the COVID-19 situation can

change quickly, overnight event organisers should consider the level of community transmission in the local community just before the overnight event is to be held. If the organiser organises accommodation for orienteers, the accommodation must have and follow a COVID-19 Safety Plan.

Shared community sport facilities

Some community sport facilities may cater for several sports, for example multiple football fields located next to multiple netball courts in a single outdoor precinct.

In this case, each organised activity is permitted up to 500 participants, as long as the people from the respective activities are not interacting with each other.

Each organised activity must have its own allocated common facilities (including changerooms, toilets and canteen areas) to ensure participants from both activities are not interacting.

If an event or training session is being organised at a shared facility, organisers should ask the other users or the land owner about possible clashes.

Vulnerable individuals

Vulnerable individuals include: para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people should be:

- given a start window that would enable them to optimise their social distancing when there would be fewer people around;
- space to move around, by the organiser ensuring there are gaps of at least 15 metres between groups of people in the assembly area or start.

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. Please consider how your actions may appear in the eyes of landowners or members of the public.

Do not attend – Government travel guidance restrictions

Under current Government restrictions you cannot attend an event or training session if you:

- I. have visited Victoria in the 14 days prior (except where the [person complies with NSW Government border region requirements](#)); or
- II. must self-isolate under NSW Health COVID “[When you must self-isolate](#)” or “[self-isolate and get tested immediately](#)” guidance.

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 and NSW Government guidance on [Increased Testing and Surveillance](#).

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 and be medically cleared by a doctor to return to train or compete.

[Before and after events and training sessions – transport, social activities, accommodation](#)

Ensure any social gatherings before or after the activity complies with NSW Government requirements – ie groups of less than 20 or the venue complies with its COVID-19 Safety Plan. See also NSW Office of Sport [Guidance on Planning advice for End of Season Awards Functions and Team Gatherings](#).

Participants should avoid shared travel arrangements such as carpooling. For long journeys, please balance this with the need to have a second driver.

If travelling to the event involves staying overnight, please stay in accommodation with a COVID-19 Safety Plan. If you travel or stay with a person from another household, please limit the number of people you travel or stay with.

[Social distancing](#)

Please try to minimise your time in the assembly area – aim to ‘arrive, orienteer, go home’ basis.

Everyone at the event must exercise social distancing, at least 1.5m, from when they arrive until when they leave. You must obey event organiser instructions to minimise co-mingling of competitors.

Give way to other participants and members of the public on narrow paths and elsewhere. Do not run or ride in the slipstream of others. You should move away from controls quickly, so that others can punch without breaching the 1.5m rule.

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

Parents who bring small children to the event must ensure their children exercise social distancing, except with family members they live with.

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.

Face-to-face social activities are not permitted (e.g. post-event group drinks or meals).

[Hygiene](#)

You must thoroughly wash 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 sanitiser and, if it is likely you will dirty your hands, water and soap.

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

Change clothes at home or at your car. Participants should have a thorough full body shower with soap before and after attending (preferably at home).

Only pick up one map at the start or in the assembly area. Avoid touching other maps in the box. If you require a map case bring your own as none will be supplied at events. 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 SI unit when you are punching at controls.

Contact tracing

To assist contact tracing, all people attending an event or training session must follow organiser instructions in relation to their contact details (including emergency contact details). 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. Carrying your phone whilst competing or training is optional.

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 their 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.

Vulnerable individuals

Vulnerable individuals include: para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people may attend an event or training session, but should do so in a cautious manner.

APPENDIX

Extract from Public Health (COVID-19 Restrictions on Gathering and Movement) Order (No 4) 2020

Division 3 Community sporting activities

15 Definitions

In this Division —

community sporting activity includes a training session for a community sporting activity.

organiser means —

- (a) for an activity conducted by or on behalf of an entity that is registered under the *Associations Incorporation Act 2009*, the public officer of the entity, or
- (b) for an activity conducted by or on behalf of an entity other than an entity referred to in paragraph (a), the chief executive officer of the entity, however described, or
- (c) in all other cases, the person who made the arrangements for the activity.

[**ONSW Note:** in the body of this Safety Plan, in line with normal orienteering jargon, the term organiser is used to refer to the head of a team of people organising an orienteering event or training session.]

participant includes —

- (a) a person engaged in the sporting activity, and
- (b) an official involved in the conduct or organisation of the sporting activity, and
- (c) a spectator of the sporting activity.

20 Direction of Minister requiring COVID-19 Safety Plans

The Minister directs that the organiser of a community sporting activity that involves a gathering of more than 20 participants must —

- (a) develop and comply with a COVID-19 Safety Plan that addresses the matters required by the approved COVID-19 safety checklist, and
- (b) keep a copy of the COVID-19 Safety Plan and make it available for inspection by an authorised officer as requested.

21 Direction of Minister concerning maximum number of participants

The Minister directs that the organiser of a community sporting activity must ensure that a gathering for the activity involves no more than 500 participants.

Orienteering NSW – 14 October 2020

Updated in line with NSW Government requirements as at 24 September. The changes are removing the references to regions in NSW, allowing Victorian border region travel, relaxing some of the restrictions on setting up assembly areas, allowing spectators to attend.

Added a reference to NSW Sport's policy on social gatherings and award presentations.

We also relaxed the contactless entry requirement to 'strongly recommend'.