

Bush 'n' Beach Orienteering Club



COVID-19 SAFETY PLAN

GUIDANCE FOR PARTICIPANTS – November 22nd, 2020

Key Points

- If you are unwell or have any symptoms – please stay at home.
- If you have been to a COVID Hotspot in the last two weeks - please stay home.
- Food and water – please bring your own as required; none will be provided by the organiser.
- Physical distancing – at all times, please maintain at least 1.5 m from others (apart from your immediate family).
- If there is a queue at registration, it is recommended that you stay in your car until the queue abates. After your run, return to your car as soon as possible after downloading your results.
- Sanitise your hands when you arrive and after your run – bring your own sanitiser if possible.
- Contact tracing – Please ensure that the organiser records your email and phone number, and the names of ALL members of your party whether competing or not.
- Maps – try to touch only the one you are going to use.
- Timing cards will be available for loan and will be disinfected before use. After use, place them in the container provided.
- Timing control units will be mounted as firmly as possible so that it should be possible to register your visit without touching the unit or the flag.