**Western and Hills Orienteers Inc.**  **COVID-19 Safety Plan**

**for the Western Sydney Orienteering Series (WSOS) including WHO Cup on Sunday 06/12/2020 at the Castle Hill Showgrounds,**

**with starts during 9.30-11.00am and course closure at 12.00pm.**

Orienteering NSW's COVID-19 Safety Plan applies to this event. The full Orienteering NSW COVID-19 Safety Plan can be found at: [https://www.onsw.asn.au/images/stories/ONSW\_COVID- 19\_Safety\_Plan\_-\_Final\_-\_14\_October\_2020.pdf](https://www.onsw.asn.au/images/stories/ONSW_COVID-%2019_Safety_Plan_-_Final_-_14_October_2020.pdf)

Western and Hills Orienteers have adopted the ONSW Plan. This WHO plan summarises key requirements and outlines specific elements for participants at this event.

**DO NOT ATTEND if you are unwell or if you must self-isolate under NSW Health COVID “When you must self-isolate” or “self-isolate and get tested immediately” guidance.**

**Before the event**

* Please enter using Eventor prior to the event. This includes spectators/volunteers (Non Participant Class) and all group members. Entry will be available at the event up until 10.59am but it will assist us if you pre-enter.
* The maps for the line courses will only be available on the day at the Start. The score course map will be emailed to participants the evening before the event.
* Control descriptions will also be available on Eventor (sometimes on the map). Loose control description sheets will *not* be provided at the event.
* Travelling to the event – avoid sharing car transport unless you are from the same household.
* Wash your hands well before attending the event.

**At the event**

* This is an **Arrive, Orienteer** then **Go Home** event.
* **SOCIAL DISTANCING** MUST BE MAINTAINED AT ALL TIMES AROUND THE EVENT CENTRE AND OUT ON THE COURSE. Keep at least 1.5 metres apart whenever possible from people who are not from your household, including our volunteers.
* Do any preparations to run, including changing, at your vehicle.
* Use BYO hand sanitizer before you go to the Meet and Greet point.
* You can then go to the Meet and Greet point. It’s where the control flag is on the map in Eventor.
* If you have been to an event before, collect a high-quality printed map and start. If you want to study your score event map please go back to your car. **If you need help on what to do, please go to the Help desk.**
* If you need to leave anything small you can leave it in the bag drop area (there is no key box).
* If you are part of a group or are not competing you must register your contact details at the Meet and Greet point (unless you have already done this in Eventor).
* **Hygiene -** Wash or sanitise your hands before and after any toilet visit; Cover coughs or sneezes; Sanitise your hands immediately after your run – Wash them first if they are dirty; Do not spit.
  + **Equipment**: BYO water and hand sanitizer. Do not share drinks, towels or personal items. Take care to only touch and pick up the map that you are using. Avoid touching the SI units.
  + After you **Finish**, queue appropriately distanced for the download and move away as quickly as possible. You can stay in the cool zone while cooling down and wait for other people you travelled with to finish.
  + Results will be available online.