

## **Orienteering COVID related event information – Please Read. V5 23<sup>rd</sup> March 2021**

### **Summary:**

Orienteering SA is undertaking orienteering competition outdoors while ensuring compliance with COVID-19 safety requirements required by the SA Government

This will be reviewed each time the COVID-19 restrictions are changed.

For the moment there are a number of key guidelines to be mindful of:

- Check-in using
  - either the mySA Gov app to enable QR Code scanning for everyone with a suitable mobile phone
  - or manually at registration
- Minimise double handling (no sharing of pens, maps, equipment or water).
- Personal property e.g. keys cannot be left at registration
- Social distancing is to be observed where possible
- Recording/checking of attendees and contacts
- No one to attend who is feeling unwell, or is required to be in isolation for any reason e.g. awaiting the results of a COVID-19 test.
- Use any hand sanitiser provided

### **COVID -19 Rules : must be read by all the competitors**

RULE 1: Stay home if any of the following apply

- You are unwell– even if you have only mild symptoms
- You have been in close contact with a confirmed COVID-19 case and until the 14 days of isolation is over
- You have returned from overseas in the last 14 days
- You are waiting for a COVID-19 test result
- You are required to self-isolate for any other reason based on SA Dept of Health Guidelines (<https://www.covid-19.sa.gov.au/>)

RULE 2

Have the mySA Gov app to enable QR Code scanning and bring your mobile phone to registration, or check in manually

RULE 3

Maintain Social distancing - allowing at least 1.5m between people not in your group

RULE 4 Ensure your personal details are up to date

It is particularly important to have your personal contact details recorded correctly in Eventor. Please ensure that these are up to date. These will be used in the case of COVID-19 tracing.

To check contact details log on to Eventor at <https://eventor.orienteering.asn.au> and go to My Pages

> My Profile-> Contact details. While you are there you can edit any of your details that need

updating and add your emergency contact person and mobile number in the new field for this. .

## **Practical considerations**

Registration:

Pre-entry participants

- Everyone must get their name checked at registration
- Have your own SI card - then go straight to the Start Area
- Require a Hired/ loaned SI Sticks: If you have made prior arrangement to hire a stick collect it at registration.

Start :

Once finished at registration you will need to go straight to the start and queue behind the box for your course still maintaining social distance of 1.5m from other competitors.

As you reach the start boxes pick up your map from the box corresponding to your course.

Whilst on the course you are required not to touch the controls and insert only your SI stick.

Finish/Download:

If you have to queue maintain social distancing of at least 1.5m and more if you are breathing heavily. Use the same process with the download unit as out on the course by inserting your SI stick without otherwise touching the unit. Results will be available online after the event, or some events may have "Live Result's"

Water Bottle and other equipment: bring your own bottle etc. and do not drink from someone else's or otherwise share their equipment.

Refreshments on Courses

Where water is provided on a course this will need to be pre-ordered through Eventor – see the particular event details.