

For more information and local orienteering events go to: <a href="https://avoc.whyjustrun.ca">https://avoc.whyjustrun.ca</a>

## COVID-19

If you or anyone in your household have experienced or come into contact with anyone experiencing COVID-19 symptoms as defined by health authorities, please stay home. Always respect and follow the guidelines,

recommendations and regulations of your local, provincial and federal health authorities and government. Please be sure to follow basic personal hygiene rules:

-Sneeze and cough into your elbow or sleeve -Use hand sanitizer frequently (soap and water even better!)

-Consider wearing a mask when around others -No spitting or uncovered blowing of nose Please maintain social distancing of 2m when encountering others from outside any 'bubble' allowed by health authorities.

Do not touch orienteering flags or ribbons.

Parking Main gate is open 7 days a week, 830am-430pm until October 3. After October 3, the gate is open weekdays only. Participants are welcome to use the grounds outside of these times, as long as they park on the streets around the property, and keep the area around the gates clear in case of emergencies

## **Haliburton House**



2020 Haliburton House Sprint							
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