

# GUIDELINES FOR CLUB ORIENTEERING ACTIVITIES

## Guidelines from Authorities

- (Required) If you have any COVID-19 symptoms as defined by health authorities, stay home.
- (Required) If you have had close contact with someone with COVID-19 in the last 14 days, stay home.
- (Required) Always respect and follow the guidelines, recommendations and regulations from your local, provincial and federal health authorities and governments.

## Sign a Declaration of Health

- (Required) You must submit a signed Declaration of Health document (preferably using the online form) EVERY TIME you come to an orienteering activity. You will not be able to orienteer if you have not completed and signed the form. This form cannot be signed in advance; it must be signed on the day of the activity. This is an absolute requirement with no exceptions.

## Personal Health and Safety

- Your own health and safety is of paramount importance - being competitive is not! Be sure that health and hygiene trump competitiveness.
- Strongly consider wearing a mask when not out on course. Guidelines evolve with regards to personal protective equipment, please stay up to date on the government recommendations.
- For older people or those with underlying health conditions remember to follow the guidelines of your local health authorities regarding personal safety specific to seniors or people with compromising conditions.
- Eliminate contact with communal surfaces at the start and finish areas.
- Do not touch orienteering flags, ribbons or SportIdent (SI) units. As of August 25th, we are permitting the use of SI units. Pay careful attention to not touching the actual SI unit when you insert your SI stick.
- Consider carrying a small container of hand sanitizer with you while orienteering. This will permit you to sanitize your hands if you accidentally touch a common surface such as an SI unit. Because it is common to touch your face to, for instance, wipe your nose or eyes or shift your glasses while orienteering, having the ability to sanitize your hands while orienteering is important.

## Children and Families

- If participating as a group, consider restricting your group to your household "bubble".
- If you are orienteering with children remind them to not touch equipment and flags.

## General Hygiene

- Please be sure to follow basic personal hygiene rules:
  - Sneeze and cough into your elbow or sleeve
  - Use hand sanitizer frequently (soap and water is even better if possible)
  - Strongly consider wearing a mask when around other people
  - No spitting or intentional fluid discharge (no "snot rockets")
  - Dispose of all tissues responsibly

## **Bring Your Own Supplies**

- When participating in any sort of orienteering event bring your own supplies to help prevent undesired contact
  - drinks, including water, and filled water bottle for both before/after and for on course.
  - pre- and post-race food or snacks
  - cleaning supplies such as hand sanitizer or soap and water for washing hands
  - your event map if you are printing your map at home
  - map bag for your course map (if paper map is being used) unless organizers are providing pre-bagged maps
  - bag to store your personal belongings in so that they are collected in one location separate from others' belongings
  - Your equipment (compass, whistle, etc) as there will not be any available to rent or borrow from the event organizers.
- Remember that there may be no toilet facilities available. If relieving yourself in the forest, BE HYGIENIC. DO NOT leave toilet paper in the forest!

## **Hanging Around - or Not!**

- Do not hang around on site before or after the event.
- If you are waiting for family members, wait for them away from the finish area and maintain physical distancing from other people who may be around.
- Organizers may offer an online post-orienteering get-together. Join in if you can.

## **Be Appreciative**

- Please remember to be appreciative of any opportunities you have to be outdoors, active and orienteering. Be patient with others, be forgiving, be kind, stay safe, and thank the volunteers who make an orienteering opportunity of any sort possible for you.
- As always, respect the course closing time. Remember that an official is waiting for you at the finish to record that you have returned safely.

Note: These guidelines were published by Orienteering Canada on August 25, 2020. Foothills Orienteering has only changed the order of the sections and clarified that submitting the online Declaration of Health form is preferable to the paper version.