



Return to Play – Orienteering

Updated 1 Jan 2022

Orienteering considerations

Orienteering is inherently an outdoor sport that discourages following and close contact with others in our competition rules. Orienteering occurs mostly as an individual sport but can also be done in small groups or teams especially as beginners or families. Orienteering takes place mostly in forested areas, municipal and provincial parks, school/university grounds and sometimes urban areas.

Participants of orienteering shall **follow government prescribed measures.**

<https://novascotia.ca/coronavirus/>

Where local, provincial and federal health directives allow, Orienteering Canada will sanction club and provincial/territorial level competitions. Club programming will be permitted where health directives permit. Special event formats such as relays and mass start events must meet all health directives. Interprovincial competitions will not be sanctioned by Orienteering Canada at this time.

All regular Orienteering Canada standards are required to be met. In addition, COVID Declarations of Health are required. A reminder to organizers to meet the following requirements:

- a. Anyone participating in an orienteering activity must be a registered member of a recognized orienteering club (this can include “day-of” or “short term” members) and must have signed a Orienteering Canada waiver (adults) or Assumption of Risk form (minors) within the membership year of the club.
- b. Completed 2022 Waivers and Assumption of Risk forms must be kept on file for every individual.
- c. Declaration of Health: Every individual at an event or activity will be required to sign an Orienteering Canada Declaration of Health. The Declaration will be available in advance but must be signed on the day of the activity. Every individual (including parents/guardians, spectators, officials, activity organizers, etc.) must sign this Declaration, not just participants.
- d. Permissions requirements for land use must be met.
- e. Activities must be set up by a properly certified official.
- f. Activities must fit within the standards of the sport and the organizer must make attempts to reduce known risks.

The following guidelines outline how we intend to meet government guidelines for orienteering safely within the context of COVID-19.

Environment

- Maintain prescribed physical distancing (currently 2m from those outside your family bubble).
- All organized group activities shall take place outdoors.
- Gathering size and activity type as permitted by government regulations: pre-registration required to maintain group size.
- Participants must show proof of full vaccination in accordance with government regulations.



- No mass start events until group size restrictions and physical distancing allow.
- Use staggered start times, pre-scheduled start times (like golf tee-times).
- Use a site with an arena (start/finish area) large enough for participants to maintain physical distancing. Start boxes may be marked/taped to provide a visual reminder of physical distance limits.
- Move to online registration and payment to avoid personal contact and grouping.
- Participants will be encouraged to leave the finish area after they have completed their event to avoid grouping at the finish area. Results and prizes will not be announced on-site they will only be posted online.

Equipment

- For permanent and semi-permanent courses bring your own equipment (use of mobile app or print your own maps, no SI* used).
- Bring your own water bottle. (excellent green practice anyway)
- For organized events printed paper maps shall be provided to participants in a non-contact self-serve manner. (i.e. pick-up bins at the start)
- For organized events continue use of no-touch signage or flagging tape to mark controls, or mobile apps as much as possible, instead of using SI.
- When SI must be used (ex. Provincial Championship) bring your own equipment where possible. Encourage members to purchase their own SI sticks. Work with O-Store for bulk discount. For borrowed SI equipment: disinfect rental sticks before and after use, or provide (or specify “Bring Your Own”) glove for SI stick hand.

*SI is SPORTident timing equipment used by ONS. It requires participants to carry or wear an SI stick (usually on a finger) which is a hard plastic device secured by an elastic strap. The stick is inserted into units located at the control to register the time they visited the control.

Personal Protective Precautions

- Follow proper hygiene practices. (hand washing or sanitizing - BYO)
<https://novascotia.ca/coronavirus/avoiding-infection/#maintain-healthy-habits>
- Be aware and responsible for yourself for self-isolation recommendations (symptoms, exposure to others at risk). Do not participate if you are unwell or symptomatic.
<https://novascotia.ca/coronavirus/symptoms-and-testing/>
- Exercise caution and proper hygiene practices when using open public washrooms or facilities near orienteering activities.
- Volunteers/Officials shall maintain physical distance at all times and carry or wear PPE (i.e. masks and gloves) for use in urgent instances (i.e. severe injury) when physical distancing cannot be maintained.
- Participants will wear a mask when physical distance cannot be maintained, except while taking part in the sport activity.

Communication



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- Post our Return to Play plan, and subsequent updates, on our website (when it is recovered), on each club website, on our Facebook page and a notice/link on Instagram.
- Send out email communication to all members.
- Event directors to include all COVID-related safety precautions in meet notices and post on-site.
- Event directors to maintain a participant registry and retain via Sport NS admin following events including: date, start and end time of event, participant names, and participant email address to facilitate potential public health contact tracing.