



ORIENTEERING  
C A N A D A

**COVID-19**

# **Orienteering Canada Guidelines for Modified Orienteering Activities**

**Guidelines for Individuals**

**JUNE 17, 2020**

**If you wish to orienteer, make sure you respect these guidelines.**

## **INTRODUCTION**

As restrictions start to ease it becomes possible to return to a modified form of traditional orienteering activities. Please understand that orienteering may look different in different areas of the country at any given time due to local COVID-19 situations.

It is important that these activities be treated as training activities and not competitive events. It is important to shift expectations away from timed, competitive events to a focus on the opportunity to be outside, doing a sport we enjoy, respecting our collective responsibilities to health and safety and being extra-appreciative to the officials who are creating opportunities to orienteer.

This document provides requirements and recommendations.

In the context of COVID-19, Orienteering Canada has allocated orienteering into 3 different categories. This document provides guidelines for individuals for modified traditional orienteering activities.

### **Training activities (modified from traditional orienteering events)**

Training activities (modified from traditional orienteering events) would include activities where there is one or more race officials on site, where there is a limited start window, and it is expected that a significant number of people will be participating on the course over a restricted (less than one day) time interval.

### **Self-directed orienteering activities**

Self-directed orienteering activities would include activities where you go out on your own time, by yourself (or with a group from your household “bubble”), where there are no race officials onsite, and where courses and markers have been made available for people to use over an extended, usually multi-day period of time.

### **Coached Group Programming**

Several Canadian orienteering clubs deliver coached programming for children, youth and adults (for example weekly programs, clinics, summer camps).

# GUIDELINES FOR INDIVIDUALS FOR MODIFIED TRADITIONAL 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 bring a signed Declaration of Health document (available from your orienteering club/association) 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.

## 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.

## 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
  - 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!

## 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. These are training activities - not competitions.
- Consider wearing a mask before when not out on course. Guidelines are changing daily 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 or ribbons.

### **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)
  - Consider wearing a mask when around other people
  - No spitting or intentional fluid discharge (no “snot rockets”)
  - Dispose of all tissues responsibly

### **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.