



ORIENTEERING
C A N A D A

COVID-19

Orienteering Canada Guidelines for Self-Directed Activities

JUNE 8, 2020

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

INTRODUCTION

As restrictions start to ease it becomes possible to return to some modified form of orienteering. As various regions across Canada go through the multiple phases of easing restrictions, so too will we be able to go through phases of returning to orienteering. In addition, there are evolving risk management issues that need to be addressed. This document is intended to help clubs, Provincial/Territorial Orienteering Associations (PTOAs) and individuals determine the appropriate steps to take. Orienteering Canada will provide updates as recommendations change and the situation evolves..

This document provides requirements (REQ), recommendations (REC) and suggestions (SUG) for individuals, clubs, and PTOAs.

We have divided orienteering activities into three types as defined below. This document refers only to self-directed orienteering activities.

Self-directed orienteering activities

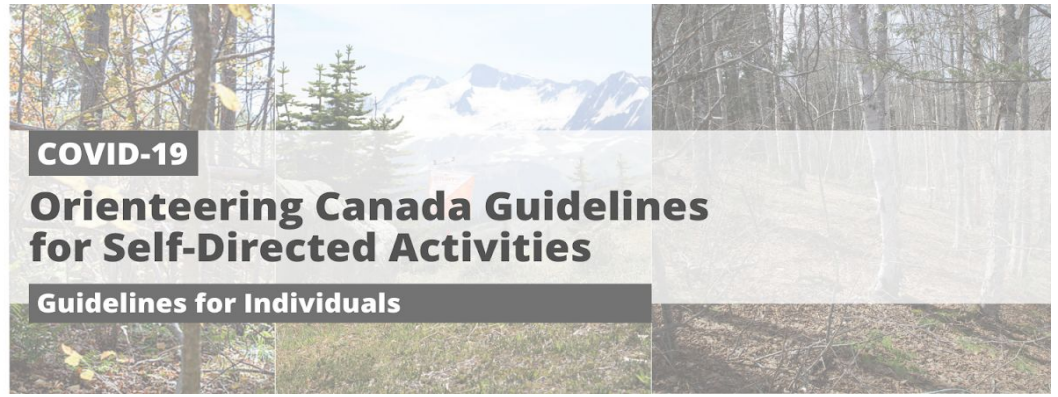
Self-directed orienteering activities would include activities where you go out on your own time, by yourself (or with a group from your household “bubble”), where there are no race officials onsite, and where courses and markers have been made available for people to use over an extended, usually multi-day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

Traditional orienteering activities

Traditional orienteering activities would include activities where there is one or more race official 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.

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

Guidelines from Authorities

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

Bring Your Own Supplies

- (REQ) 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
- (REQ) 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

- (REC) 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.
- (REC) Your own health and safety is of paramount importance - being competitive is not! Be sure that health and hygiene trump competitiveness.
- (REC) 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.
- (REQ) Do not touch orienteering flags or ribbons.

Children and Families

- (REC) If participating as a group, restrict your group to your household “bubble”, as allowed by your local authorities.
- (REQ) If you are orienteering with children remind them to not touch equipment and flags.

(REQ) = Required
(REC) = Recommended
(SUG) = Suggestion

General Hygiene

- (REQ) 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)
 - Consider wearing a mask when around other people
 - No spitting or “snot rockets”

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.



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GUIDELINES FOR CLUBS

Stay Healthy, Stay Active

Remember that the primary goal is to keep everyone safe and healthy, while allowing for some stimulating outdoor physical activity.

A Note About Insurance

No group orienteering activities will be sanctioned/eligible for insurance coverage by Orienteering Canada until further notice. (Group orienteering activities are anything that is not self-directed; self directed includes 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 have been made available for people to use over an extended, usually multi-day period of time.)

Guidelines from Authorities

- ❑ (REQ) Always respect and follow the guidelines, recommendations and regulations from your local, provincial and federal health authorities and governments.

Orienteering Canada Requirements

- ❑ (REQ) Permissions requirements for land use are no different than normal.
- ❑ (REQ) Requirements for organizers to have the appropriate officials certifications are no different than normal - activities must be set up by a properly certified official.
- ❑ (REQ) Activities must fit within the regular standards of the sport and the organizer must make attempts to reduce known risks,
- ❑ (REQ) Anyone participating in the activity must be a registered member of a recognized orienteering club (this can include “day-of” members) and must have signed a 2020 waiver.

Registration

- ❑ (REC) Registration may or may not be required. If there is registration it should be done online. There may or may not be a fee.
- ❑ (REQ) Waivers must be signed (once per year is acceptable) by participants, whether or not registration is required or there is a fee to participate.

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- ❑ (SUG) Start times do not need to be set in advance, although the organizer may suggest windows of time when the participants should do the activity in order to spread out participants.
- ❑ (REC) Courses should be available for long periods of time (several days, weeks) to spread out participants
- ❑ (SUG) For participants who are new to orienteering, it is suggested that they are provided with links to on-line resources to help them learn the basics. Orienteering Canada lists a number of helpful resources at: www.orienteering.ca/get-involved/try-it.

Participant Safety

- ❑ (REQ) Tell all participants that they must not participate and they must stay home if they feel unwell or have any symptoms as defined by health authorities.
- ❑ (REQ) Tell all participants that they must not participate if they have been in close contact with a confirmed or probable case of COVID-19 over the last 14 days.
- ❑ (REC) Encourage participants to tell someone when they are heading out and when they are expected back; and to check in with that person when they return safely.

Control Markers and SI Units

- ❑ (SUG) Consider using flagging tape or flags to mark locations.
- ❑ (REQ) It should be stressed to participants that control markers should not be touched. Being at the control without touching it is good enough.
- ❑ (SUG) Your club may also decide to use an app (such as MapRunF or UsynligO) that allows the participant to download the map onto their phone before the event and their phone will track their location while doing the event.
- ❑ (REQ) Do not use Sportident controls or punches, as this would involve each participant touching the control.