

Scottish Orienteering Phase 2

The purpose of this guidance is to provide a framework for Orienteers within the current Scottish Government public health advice and phase of exit from lockdown, and to highlight additional considerations to minimise the transmission of COVID-19 when taking part in any orienteering activities in Scotland.

Following the announcement made by the First Minister on 18th June 2020 there is some progress into Phase 2 nationally. However this has minimal impact on furthering access to our sport. We must be mindful of the presence of COVID-19 and continue to mitigate against its transmission, and we urge everyone heading out to enjoy the outdoors to be considerate of how their individual actions potentially impact on the wider community. As a sport we must continue to embrace individual activity for now or physically distanced activity with a restricted number of households. These guidelines have been constructed as part of the Outdoor Sports Working Group and have been approved by **sportscotland** on behalf of the Scottish Government.

Scottish Government Guidelines

Phase 2 does not permit any further extension of orienteering activities other than those permitted under Phase 1. Orienteers should follow Scottish Government guidelines:

- **To closely follow all advice from the Scottish Government in relation to Coronavirus.** www.gov.scot/coronavirus
- You may meet outdoors with members of up to two other households at a time for exercise or activity whilst maintaining **physical distancing (at least 2metres apart) at all times**. If meeting people from another household outdoors, you should meet only in small groups - no more than 8 people in total at a time, and you should not meet people from more than two other households each day.
- **Permitted travel for exercise remains at broadly 5 miles.** Further travel and that to more rural areas is discouraged in the interest of respecting the views of our countryside partners and protecting rural locations from the spread of coronavirus.
- Outdoor group training or play is not permitted other than where it meets specific [Professional & Performance Sport Resumption Guidance](#) .
- **Stay within your ability** in all locations. You should let others know of your plans. **Consider safety first**, be risk averse and pay particular attention to controlling the risk of infection/transmission.
- **Be kind, friendly and considerate to everyone you meet;** deliberately being kind, friendly and considerate to everyone you meet whilst out is an incredibly powerful way to show solidarity against Covid-19. This behaviour could make a really positive difference to someone else's day.
- **Access;** Our right of responsible access and the Scottish Outdoor Access Code remain in place. Please note that car parks are likely to remain closed so please

always park considerably when accessing areas in order to protect the reputation of our sport.

- **Toilets;** expect public toilets and handwashing facilities to be closed. Use your toilet at home, and display consideration to others at all times.

Shielded Individuals Updated: People who are shielding can now undertake non-contact outdoor activities. We look forward to seeing some of our members back out enjoying orienteering activities, please ensure you follow the most up to date advice for you if you have been previously shielding. Further information is available at [Scottish Government: Staying safe outdoors](#)

IMPORTANT: People who are symptomatic should self-isolate for 7 days; household members for 14 days as detailed [by NHS guidance](#). Please also follow the guidance to self-isolate if contacted by [Test and Protect](#). No one who is self-isolating should undertake any outdoor sporting activity.

Please note: public health advice and guidance for Scotland may differ from that of England and Wales. Information on Scottish Governments approach to managing covid-19 is available at www.gov.scot/coronavirus-covid-19/ .

Outdoor access during COVID-19

The Scottish Outdoor Access Code provides guidance for public and land managers. The key principles of the Scottish Outdoor Access Code are:

- Respect the interests of others
- Care for the environment
- Take responsibility for your own actions

The Scottish Government issued a statement on 9 April 2020 in relation to outdoor access. This advice supplements the existing advice in the Scottish Outdoor Access Code and can be accessed following the link <https://www.outdooraccess-scotland.scot/access-outdoors-during-current-coronavirus-outbreak-guidance-public-and-land-managers>

Scottish Orienteering Permitted Activities/Actions

The following activities are permitted. The Scottish Government guidelines and restrictions apply to all the activities permitted:

- We continue to recommend the use of MapRun (or other mobile phone orienteering), permanent orienteering courses and temporary courses for orienteering in Phase 2. Kites may be placed on temporary (ROMP) courses providing clubs have in place procedures to allow for safe access for one individual to gain equipment on a one off basis and procedure in place to allow for appropriate cleaning of kites when they are brought back in/changes to courses are made. Clubs should use their discretion about use of kites in public areas. All equipment is required to be disinfected before and after every use. Hand sanitiser should be at least 60% alcohol based and detergent wipes appropriate for the

surface they are being used on. Cleaning products should conform to EN14476 standards (an example product would be Milton solution).

- Club coaching activities are permitted within the following constraints: a single activity per day per coach if it involves someone from another household, limiting the people being coached to being from 2 households with a maximum of 8 participants maintaining physical distancing requirements and adhering to travel restrictions. British Orienteering/SOA do not encourage one-to-one coaching sessions for any athletes under 18 years of age. All club coached activities must be registered with British Orienteering.
- Travel to courses is only permitted provided you comply with the Government travel guidelines (people are permitted to drive roughly broadly within 5 miles for leisure purposes). No car sharing is permitted at this time.

Key messages

- **Stay local**
By exercising near our own communities, we can help reduce the transmission of the COVID-19. Scottish Government guidelines say you can travel ~5 miles for leisure and recreation purposes. [Read more](#)
- **Stay safe**
Support our NHS, emergency services and rescue teams by avoiding riskier outings and abiding by the [latest guidance](#) including on hygiene and physical distancing - particularly if you meet anyone from another household.
- **Be considerate**
Take extra care to follow the [Scottish Outdoor Access Code](#), be respectful of other land users.

Further information

COVID-19 public health guidelines for Scotland - staying at home and physical distancing:

<https://www.gov.scot/publications/coronavirus-covid-19-staying-at-home-and-away-from-others/>

COVID -19 advice from Health Protection Scotland on hand hygiene

www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/

COVID-19 guidance for non healthcare settings

<https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/>

COVID-19: Framework for decision making - overview of public engagement:

[Scottish Government: Covid-19 Framework for decision making](#)