

Scottish Orienteering Phase 3

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 9th July 2020 Scotland is moving to Phase 3 of the Scottish Government Route Map. We must remain 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. With the removal of travel restrictions and with further restrictions being lifted this means the most significant progress towards the resumption of orienteering and an exciting step forward. 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 3 enables significant extension to the possibility of orienteering activities other than those permitted under the previous phases. Orienteers should follow Scottish Government guidelines:

- **To closely follow all advice from the Scottish Government in relation to Coronavirus** www.gov.scot/coronavirus and [Phase 3 specific guidelines](#)
- **A household can meet up to 4 other households at a time** - up to 15 people in total in an outdoor space. A house can meet up to 4 other households per day in total. You must maintain **physical distancing (at least 2metres apart) at all times.**
- The limit on the number of households you can meet per day does not apply to young people who are under 18.
- **Children aged 11 or under no longer need to physically distance. Young people aged 12-17 must continue to physically distance.**
- While [travel restrictions](#) have been removed we ask all members to be mindful of travel to undertake exercise in rural areas and be sensitive to local communities.
- Organised outdoor contact sports, play and physical activity can resume for children under 18 from the 13th July (subject to guidance)
- **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 and public toilets are having a phased re-opening subject to local guidance so do check ahead and always park considerably when accessing areas in order to protect the reputation of our sport.

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:

- Local orienteering events will be given permission to resume providing organiser can ensure physical distancing and health & safety guidelines are met at all phases of the event. All events must be for club members only and comply fully with Scottish Government guidelines. Events must be planned in line with the Scottish Orienteering Event Guidance and risk assessments must include COVID-19 mitigation measures.
- All participants must agree to comply with the [British Orienteering Code of Conduct](#)
- Clubs must register all events and organised activities with British Orienteering for insurance purposes.
- ScotJos can resume for squad activities ensuring appropriate physical distancing and hygiene protocols are in place appropriate to Junior members. The recommended physical distancing of 2m still applies in an orienteering setting except under 18 if involved in an organised event which follows 'organised outdoor sport for children' guidance.

- We continue to recommend the use of MapRun (or other mobile phone orienteering), permanent orienteering courses and temporary courses for orienteering in Phase 3. These may be particularly useful tools in developing the skills of interested new families or for clubs which are not yet in a position to consider the resumption of events. All equipment on temporary (ROMP) courses must subject to appropriate hygiene measures and protocols in place. Clubs should use their discretion about use of kites and equipment 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: Coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day. A maximum of 15 people, including the coach and participants from up to 4 other households (or extended households), can participate in a session. Physical distancing and hygiene measures must be fully implemented and maintained. 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.

Key messages

- **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](#)