

COVID-19 SOA Event Guidance August 2020

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Context:

This document is issued while Scotland is in Phase 3 of Scotland's Route map out of Lockdown. Local club only events have been allowed for about a month and a number of these events have been run with good adherence to previous guidelines and application of measures to avoid the spread of coronavirus. Phase 3 remains in place but further relaxation of government requirements on sports activities have now been issued by SportScotland.

Under the revised requirements it is now possible for clubs to run local events for a wider group of participants, including members from other clubs and also non-members. It is also possible for clubs to run Regional events.

Local spikes in infections are being dealt with through introduction of additional local precautions. The content of this document applies to the normal situation: local spike responses supersede requirements outlined here. Up to date advice can be found at: www.gov.scot/collections/coronavirus-covid-19-guidance/

Clubs may now run local and regional events for club members, non-members and members of other clubs.

Key elements required in the approach to avoid Covid-19 risks from events are:

- Ensure that people with Covid-19 or self-isolating or in quarantine do not attend
- Keep people 2m or more apart from each other,
- Avoid indoor gatherings associated with the events,
- Control events so that any groups that do gather e.g. at the start, or assembly is as small as possible and always less than 30 people (limit work for Test & Protect)
- Gather sufficient data to assist [Scottish Government: Test & Protect](#) if a case is detected after an event
- Disinfect equipment before and after use and minimise contact between participants and the equipment.

The test and protect requirement of keeping group size below 30 places focus on the start area, where there is a flow of people passing through. Using multiple start lanes (one lane per course or pair of courses) each segregated by 2m from neighbouring lanes, allocated start times and limiting the number of people who may be in the start area at any time, achieves compliance with the maximum group size.

Hazard: People catching Covid-19 with potentially serious health consequences.

Risks: Transmission of the virus from other people, and transmission of the virus from contact with contaminated objects.

Subsidiary risks: Contact with chemicals used in sterilising objects, including inhalation/ingestion, splashes in eyes and skin sensitivity to prolonged contact.

Key precautions:

1. Avoid contact with others (including potentially exhaled virus) and equipment,
2. Disinfect items that might be contaminated or self after potential contamination.

Note that avoiding the hazard (contact) is the strongest precaution, reducing the probability of contact is the next and the weakest is the use of personal protective equipment.

Avoiding contact with others

Competitor to competitor/members of the public

Means/place of contact	Precautions/ requirements/ communications
People with Covid-19 attending the event	<ul style="list-style-type: none">▪ Communicate in advance that anyone showing symptoms of Covid-19 is not to attend, including people who might not be competing. Also anyone self-isolating or in quarantine must not attend.
Social interactions around registration	<ul style="list-style-type: none">▪ No entry on the day allowed to avoid need for registration at the event and handling any cash.▪ Pre-allocate start times or start blocks to all competitors to keep numbers around registration (& the start) low - also allocate arrival window times to people.▪ Collect information with pre-entry details that is sufficient for use by Test & Protect if required e.g. names, phone numbers and email addresses.▪ Events may be 'open' but the person handling entries has to be satisfied that people are tackling courses suitable for their skill and fitness levels as traditional coaching support will not be on offer at registration and start.▪ Special requests from 'shielding' individuals will be accommodated where possible.▪ Require commitment in the entry process from competitors to abide by the British Orienteering Covid Code of Conduct and also to maintain the 2m distance rule

	<p>throughout the event including in assembly and any walking to and from the start & finish. The separation requirements do not apply between members of a pair when competing so long as they are not required to be physically distancing from each other, but do apply to distance from other competitors.</p> <ul style="list-style-type: none"> ▪ Supply hand sanitiser for use by competitors and volunteers at the registration area. ▪ Provide results online only (no local display) so that people do not linger to check on their performances.
<p>Keeping apart at the start</p>	<ul style="list-style-type: none"> ▪ Organise numbers and start time separations for the events to ensure adherence to the requirement that the numbers at the start are always less than 30 people. ▪ Create lanes 2m apart and at least 2m long for each minute box and appropriate for the numbers that can start each minute. ▪ Map collection can be at assembly or at the start so long as map bags/boxes are at least 3m apart. ▪ Plan courses so that common first controls are common on a maximum of 2 courses and allocate one start lane for each pair of paired courses. ▪ Specify to competitors the earliest time they can arrive at the start area (e.g. if there are three 'minute' boxes and 4 lanes then there will be 12 people maximum in the boxes so competitors may arrive at the start no earlier than 7 minutes before their start time). ▪ Good practice will be to keep starts as close as possible to the assembly area to provide confidence to competitors in estimating how long it takes to get to the start. ▪ Include in the event details the time measured to get between the exit from assembly and the start, walking at a reasonable pace. ▪ The organiser needs to prove that the start SI gear is working before the event starts (to avoid disruption of the flow through the start).
<p>Keeping apart on the courses and at the finish both from other competitors and from members of the public</p>	<ul style="list-style-type: none"> ▪ Communicate to competitors in advance that the 2m rule takes precedence over a second or two on their time - if someone is punching a control before you, keep 2m away while they punch and move away. Competitors also need to keep at least 2m away from members of the public even if this adds to their time between controls. Particular care around avoiding people is needed at stiles and gates. Also avoid contact with dogs. ▪ Plan courses so that any common last controls are only common on a maximum of 2 courses. ▪ Remind competitors to move away from the finish promptly to provide at least a 2m gap for others approaching the finish.

Keeping apart at download	<ul style="list-style-type: none"> ▪ Create sufficient space for competitors to wait their turn to download while keeping at least 2m away from others. ▪ Inform competitors that splits printouts will not be provided and that after download people should return to their mode of transport, get changed and, once all in the group have returned, head home.
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Competitor to volunteer & volunteer to volunteer

Means/place of contact	Precautions/ requirements/ communications
Registration area official overseeing arrivals, dibber issue, possible map issue, enquiries.	<ul style="list-style-type: none"> ▪ Set up area so as to maintain at least 2m separation from others. ▪ Provide access to 'hire' dibbers with them labelled with the person each dibber is allocated to - placing on a table is an option with the volunteer behind the table. ▪ Run a system where a record is kept of all people starting and their return and therefore who is still out on courses.
Start, finish/download official or officials	<ul style="list-style-type: none"> ▪ Volunteers choose location(s) so as to run the start and/or finish and possibly download while maintaining at least 2m from others.
Missing person search coordinator	<ul style="list-style-type: none"> ▪ Work with the registration area official to identify who is missing, details of where they might be and refine the missing person's plan. ▪ Assemble the search team and explain the need for team members to maintain 2m separation from others during the search.

Disinfect items and people

There are a number of ways of achieving disinfection of equipment:

Contact with a suitable disinfectant (a solution containing at least 60% of either ethyl or isopropyl alcohol).

Quarantine the equipment and leave it untouched for 72 hours.

In addition, people can remove the virus from skin by thorough washing with soap and water.

Alcohol based disinfectants tend to have a dehydrating effect.

There is a balance to be struck between the immediacy of chemical treatment and the potential exposure of individuals while applying the chemicals (both to the virus and to the chemicals). Remember that it is important to avoid inhalation of disinfectant chemicals and also getting any in eyes.

Means/place of contact	Precautions/ requirements/ communications
Pre-event preparation	<ul style="list-style-type: none"> ▪ Obtain and sort out equipment ready for use in the event at least 72 hours before the event - wear disposable gloves while handling the equipment if it is possibly infected. Likely equipment will be SI boxes, dibbers, SI box stakes, canes and kites, tape and any wooden stakes required. Sort the equipment into bundles that are convenient to handle. ▪ Attach labels to dibbers to be issued to competitors so that they can be easily allocated.
Course placement	<ul style="list-style-type: none"> ▪ Wear disposable gloves when putting out kites and SI boxes ▪ Keep the SI boxes away from the kites so that competitors are able to punch without coming into contact with the kites.
Competitors competing	<ul style="list-style-type: none"> ▪ Remind competitors to avoid unnecessary contact with items such as fences and gateposts. ▪ Use of SI Air enabled boxes enables competitors with SI Air dibbers to reduce contact with SI boxes. ▪ Competitors with ordinary dibbers should take care to minimise their hand contact with the SI boxes. ▪ Supply hand sanitiser near the download unit for competitors' use.
Collecting in gear	<ul style="list-style-type: none"> ▪ Supply control collectors with bags for SI boxes and kites/canes along with disposable gloves for them to wear. They need to minimise contact between the equipment and unprotected skin. ▪ Disinfect the start, finish and download boxes in situ and then collect them in. ▪ If any SI boxes need interrogating, disinfect them first.
Processing equipment and storage	<ul style="list-style-type: none"> ▪ Wear disposable gloves while handling equipment that has been used in an event. Quarantine it for 72 hours. ▪ If equipment needs to be re-used or issued within 72 hours, disinfect the equipment with sanitiser.

First Aid

Means/place of contact	Precautions/ requirements/ communications
First Aid provision	<ul style="list-style-type: none"> ▪ Provide sufficient pairs of gloves, face masks and wipes for First aider use (at least one pair of gloves per competitor requiring attention) and face masks for anyone requiring attention. Also provide hand sanitiser for First Aider use and a sealable bag for used gloves, and wipes.
Avoiding transfer of virus from gloves when removing them.	<ul style="list-style-type: none"> ▪ Ensure that volunteers and First Aiders understand how to remove correctly disposable gloves.