

Scottish Orienteering Phase 3

Published on 26th August 2020

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 20th August 2020 Scotland remains in Phase 3 of the Scottish Government Route Map. While prevalence of COVID-19 is now very low in Scotland it has not gone away and remains a public health risk. We continue to ask everyone heading out to enjoy the outdoors to be considerate of how their individual actions potentially impact on the wider community. These guidelines have been constructed as part of the Scottish Orienteering Guidelines 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](#)
- From the 24 August 2020 outdoor contact sport training, activity and competition in an organised setting may resume with a maximum of 30 people taking part in any one session. This may, in exceptional circumstances, be increased to include for example officials, coaches and support staff (medical etc) if agreed with sportscotland.
- Children aged 11 years and younger are not required to physically distance at any time, as set out in Scottish Government guidance.
- For those over 12 years of age taking part in an organised **outdoor** activity, a 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending physical distancing guidelines for the duration of the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
- 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.
- **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 there may still be some car parks and public

toilets have yet to re-open so do check ahead and always park considerably when accessing areas in order to protect the reputation of our sport.

Shielded Individuals Updated: Shielding will be paused from 1 August. At that point those currently shielding can follow guidance for general public. Guidance for this group to return to work is available [here](#)

IMPORTANT: People who are symptomatic should self-isolate for 10 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 Scottish Government guidelines and restrictions must apply to all the events and activities permitted:

Local and Regional orienteering events are now permitted

- The organiser and Club Covid Officer must ensure all events comply with [Scottish Orienteering Event Guidance](#)
- Events must be planned in line with the [Scottish Orienteering Event Guidance](#) (updated 24th August 2020) 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.
- Clubs must ensure they have pre-registration/entries for all activities and events to assist with [Scottish Government: Test & Protect](#).

- Clubs must ensure all participants must follow physical distancing guidelines. Further information on physical distancing guidance is available at [Staying Safe and Protecting Others](#)
- ScotJos and Junior Regional Squad can resume for squad activities ensuring appropriate physical distancing and hygiene protocols are in place appropriate to Junior members.
- 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. 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.

Update on Club Coaching (24th August 2020)

From the 24 August 2020 outdoor contact sport training, activity and competition in an organised setting may resume with a maximum of 30 people taking part in any one session. This may, in exceptional circumstances, be increased to include for example officials, coaches and support staff (medical etc) if agreed with sportscotland.

Club coaching activities are permitted within the following constraints:

- All club coached activities must complete a risk assessment and [SOA Covid Coaching risk assessment](#) (updated 24th August 2020)
- Coaches and instructors working with children should familiarise themselves with the additional considerations developed by [Children 1st: Child Wellbeing and Protection Considerations](#). 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
- From 1st August coaches that were previously shielding are now allowed to resume coaching activities
- The focus should be on delivering the organised activity with as few participants as possible interacting with each other and for the minimum amount of time, whilst still allowing the activity to be run effectively.
- Guidance for coaches and leaders is available at [Getting your coaches ready for sport](#).

Clubs **MUST** play their part in supporting Scottish Government Test and Protect

- [Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy.
- Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

It is a **mandatory** requirement that sports operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities.

Sports operators should store information for **21 days** and share it when requested to do so by public health officers.

Key messages

- **Be 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.
- **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](#)