

SOA Guidance on Orienteering Activities & Events under the 5-Levels of Protection

Organised orienteering activities and events can continue to be undertaken, providing all activity is consistent with current Scottish Government guidance on health, physical distancing and hygiene - you will also need to make sure that your club and participants are made aware and can adapt to changes in guidance at short notice.

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per info on NHS guidance. No one who is self-isolating should attend a sports event or activity.

Scottish Government has introduced a new [strategic framework document](#) for managing COVID-19 which will become effective from 2 November 2020. This provides a 5-Level approach to restrictions with each local authority area (or sub-area) placed in a relevant protection level depending upon its COVID-19 status which will be reviewed weekly.

SGBs, clubs and participants should be aware of their local area protection level and associated restrictions which may be in place and should consider this as part of risk assessment planning. SOA guidance for sporting activity which should be followed within each Level is set out in Table A below.

Further information on protection levels that will apply in each local authority area are available at [Coronavirus \(COVID-19\): allocation of protection levels to local authorities. A local post code checker is also available at COVID restrictions by protection level in areas of Scotland.](#)

Scottish Orienteering seek to emphasise that orienteering activities can continue throughout all 5 levels and we encourage clubs to 'Keep active. Keep local' and follow Scottish Government travel guidelines.

	Level 0	Level 1	Level 2	Level 3	Level 4	Key Documents/Links to Guidance
sportscotland overview: Outdoor Non-Contact Sport	Outdoor events and activities can continue with the existing requirements as set out over the summer but now also adhering to the travel restrictions that are mentioned below					sportscotland Covid Guidance
Orienteering events in Scotland	SOA Events Guidance remains in place. Events can still take place. We encourage clubs to consider organising 'local' events and they must be local if in Level 3 or 4; should a club in a Level 0-2 area wish to hold a 'Regional' event there needs to be prior discussion with SOA. Training, competition and small-scale sporting events may continue to take place while adhering to Scottish Government guidance. Participants must not exceed 200 max per day and there must be adherence to travel requirements.					SOA Event Guidance Published 26th August 2020
Children & Young people (u18 years) *1	Orienteering activities and events are permitted within SOA Phase 3 Reactivation of Orienteering Activities guidance. All activities and events must adhere to Scottish Government guidelines and travel restrictions. Clubs are encouraged to host local based activities and events as well as making use of MapRunF to keep Juniors engaged.					Reactivation Phase 3 Published 26th August 2020
Adults (18+ years)	Orienteering activities and events are permitted within SOA Phase 3 Reactivation orienteering guidance. Clubs are encouraged to continue to organise local activities and events to keep members motivated, active and engaged. All activities and events must adhere to Scottish Government guidelines and travel restrictions.					Reactivation Phase 3 Published 26th August 2020
Travel for organised activity, events and physical activity for U18 *2	Participants under 18 years of age can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in organised sport, events and physical activity.					Transport Scotland Guidance
Travel for organised activity, events and physical activity for 18years and over *2	Participants aged 18 years or over (adults) who live in a Level 0, 1 or 2 area should minimise travel and journeys between areas and not travel to a Level 3 or 4 area to take part in organised sport, events or physical activity.		Participants 18 years of age or over (adults) who live in a Level 3 area should only travel locally (within around 5 miles outside their local authority area) to take part in sport or physical activity outdoors. Avoid entering a Level 4 area.		Participants (all ages) should not <u>drive/be driven</u> in or out of Level 4 areas for the purposes of exercise. Travel in and out of Level 4 areas should only take place during the course of outdoor exercise where it requires the crossing of boundaries, such as walking, cycling, running, or a golf course that straddles the boundary of two areas and starts/finishes at the same place.	Scottish Government Travel Guidance
Coaching	Coaching activities must continue to adhere to Scottish Government guidance and existing SOA Coaching guidance which outlines coach:athlete ratios. Recent government requirements around travel must also be observed. Hence who can coach where and who can attend the coaching is mainly controlled by travel restrictions.					Getting Coaches Ready for Sport SOA Coaching RA 27th August 2020
Mappers & Event Officials	First consider whether the mapping or event official work is time critical and necessary: if so perform the work after completing a risk assessment. Follow Scottish Government guidance for general workplaces. If working in a different tier area minimise the time there and keep at least 2m away from people.			Abide by Level 4 travel restrictions. Mapping and event official activities are restricted to people who live locally to the area being mapped or will be used in an event.		Scottish Government Travel Guidance
Scottish Orienteering training & education	Consider whether meetings and training must be completed in person or whether alternative approaches can be used. If it is essential that meetings and training takes place in person, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.			All training will be delivered online or rescheduled to an appropriate future date		
*1 Children & Young People Under 18 years of age now follow the same guidance. There is no longer guidance specifically for U12s and 12-17year olds.						
*2 Guidance on car sharing and transport can be found Transport Scotland						