

## 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 came into effect 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. Travel restrictions additionally came into legislation on Friday 20<sup>th</sup> November 2020, these are summarised in Table A.

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 permitted orienteering activity and events is set out in Table B 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.

Table A: Sportscotland have provided a useful summary of the travel restrictions:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	Local Travel Only
18+ (Adults)	✓	✓	✓	Local Travel Only	

Table B: Scottish Orienteering guidelines on orienteering activities and events (published on 24th November 2020)

	Level 0	Level 1	Level 2	Level 3	Level 4	Key Documents/Links to Guidance
sportscotland overview: Outdoor Non-Contact Sport	An outdoor sporting 'field of play bubble' can consist of a maximum of 30 people including coaches, officials and volunteers at any one time.					<a href="#">sportscotland Covid Guidance</a>
<b>Orienteering events in Scotland</b>	SOA Events Guidance remains in place for <b>local</b> events only to take place. Training, competition and small-scale sporting events can continue to take place if all Scottish Government guidance is followed. <b>Participants must not exceed 200 max per day and travel restrictions must be adhered to.</b>					<a href="#">SOA Event Guidance Published 26th August 2020</a>
Children & Young people (17years and under) *1	Orienteering activities and events are permitted within SOA Phase 3 Return to orienteering guidance. All activities and events must adhere to Scottish Government guidelines and travel restrictions.					<a href="#">Reactivation Phase 3 Published 26th August 2020</a>
Adults (18+ years)	Orienteering activities and events are permitted within SOA Phase 3 Reactivation orienteering guidance. All activities and events must adhere to Scottish Government guidelines and travel restrictions.					<a href="#">Reactivation Phase 3 Published 26th August 2020</a>
Travel for exercise/outdoor activity for aged 17 and under *1 *2 *3	Participants aged 17 years or under can travel to and from Level 0, 1, 2 and 3 areas (but not Level 4) to take part in <b>organised</b> (*4) club activity, coached activity and events.		Participants aged 17 years and under and living in a Level 3 or Level 4 area should <b>only travel locally</b> (within around 5 miles of their local authority area) to take part in physically distanced non-contact sport outdoors.			<a href="#">Scottish Government Travel Guidance</a>
Travel for exercise/outdoor activity aged 18 and over *2 *3	Participants aged 18 years or over who live in a Level 0, 1 or 2 area should <b>minimise unnecessary journeys and avoid travel to Level 3 or Level 4 areas to take part in sport or physical activity.</b>		Participants aged 18 years or over (adults) living in a Level 3 or Level 4 area should <b>only travel locally</b> (within around 5 miles of their local authority area) to take part in physically distanced non-contact sport outdoors.			
Coaching	Coached activities must adhere to Scottish Government guidance and also SOA Coaching guidance which outline coach:athlete ratios. The local protection level in place for sport and physical activity will dictate what activity can be coached in an outdoor setting and to whom in that area.				<a href="#">Getting Coaches Ready for Sport</a> provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.	<a href="#">Getting Coaches Ready for Sport</a> <a href="#">SOA Coaching RA 27th August 2020</a>
Mappers	Consider whether mapping is time critical and required to be completed. If it is essential that mapping is done, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed.				Mapping activities on the ground will be suspended during tier 4 restrictions	<a href="#">Scottish Government Travel Guidance</a>
Controllers & Planners	Consider whether controlling and planning activity is time critical and required to be completed. If it is essential that this work is undertaken, Scottish Government guidance for general workplaces must be followed and a risk assessment should be completed. Workplace guidance applies to those undertaking voluntary work that cannot be done from home.				Activities will be curtailed due to travel restrictions in place permitting <b>only local travel</b> ( within around 5 miles of their local authority area)	<a href="#">Scottish Government Travel Guidance</a>
Scottish Orienteering training & education	Consider whether meetings and training <b>must be</b> 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 aged 17 and under now follow the same guidance. There is no longer guidance for U12s and 12-17year olds.						
*2* Travel of around 5 miles is allowed from a L3 or L4 area to undertake outdoor non-contact sport and exercise for <u>adults and under 18s</u> . This can be by car to the place of the activity.						
*3 No car sharing to training, events or activities is permitted outwith a household unit at any tier.						
*4 'Organised sporting or physical activity' refers to activities which are undertaken in a structured and managed way following specific rules and guidance of relevant SGBs, local authorities or businesses who in turn have fully applied related Scottish Government and sportscotland guidance. All organised activity should be overseen by a Covid Officer with documented risk assessments undertaken and mitigating actions put in place to ensure the health, safety and welfare of participants, coaches and officials.						
*LA Local Authority						