

Scottish Orienteering Level 4 Guidance

In light of the Scottish Government’s announcement on the 19th December the Scottish mainland will face tighter restrictions and move to level 4 as of the 26th December for a period of 3 weeks. The Guidance issued on [7th December](#) remains in place however we have outlined below the guidelines that specifically apply to orienteering events and activities in Level 4 in Scotland. We ask that all members and clubs comply with the guidelines to ensure we are playing our part in minimising the spread of COVID-19 and keeping our community safe. Please DO NOT attend any events or activities if you have any symptoms, you are awaiting results of a COVID test or you/anyone in your household has been told to self-isolate. For now, we must continue to stay local, keep active and consider the reputation of the sport in all our actions.

	Level 4
Orienteering events in Scotland	SOA Events Guidance remains in place for local events only to take place. Training, competition and small-scale sporting events can continue to take place if all Scottish Government guidance is followed. Participants must not exceed 200 max per day and travel restrictions must be adhered to.
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.
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.
Travel for exercise/outdoor activity for aged 17 and under *1 *2 *3	Children and young people living in a Level 4 area should only travel locally within their local government area to take part in organised sport

Travel for exercise/outdoor activity aged 18 and over *2	Participants aged 18 or over living in a Level 4 area should only travel locally <u>within their own local government area</u> to take part in <u>organised sport</u>
Coaching	Getting Coaches Ready for Sport provides a 4-stage approach/checklist to further support coaches to plan and deliver safe sessions.
Mappers *4 *5	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. Workplace guidance applies to those undertaking voluntary work that cannot be done from home. For any Scottish 6Days related activity risk assessments need to be signed by the 6 Days Technical Coordinator, for any other events the risk assessments should be signed by the Club Covid Officer.
Controllers & Planners *4 *5	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. Workplace guidance applies to those undertaking voluntary work that cannot be done from home. For any Scottish 6Days related activity risk assessments need to be signed by the 6 Days Technical Coordinator, for any other events the risk assessments should be signed by the Club Covid Officer.
Scottish Orienteering training & education	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 No car sharing to training, events or activities is permitted outwith a household unit at any tier.

*3 '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.

*4 The regulations prohibit travel without a reasonable excuse into or out of a Level 4 local authority area, or to or from other parts of the Common Travel Area. The regulations list a range of different things for which travel is permitted. Guidance on those is set out below. But please remember that it is important for everyone's safety that we all minimise such travel as much as possible. **Travel for work or an activity associated with seeking employment, or to provide voluntary or charitable services, but only where that cannot be done from your home**

*5 Mappers and Planners must complete SOA Risk Assessments [Mappers & Planners Risk Assessment Template](#)