

Scottish Orienteering Guidance

Return to Orienteering Activities, Level 4, March 2021

Context

The First Minister's announced on 9th March that while mainland Scotland remains at Tier 4, some of key changes to the Level 4 'Stay At Home' guidance permits the resumption of limited local outdoor sporting activities: orienteering is one of the sports affected. In line with guidance provided by sportscotland, organised outdoor sporting activities can be undertaken; it needs to be compliant with current Scottish Government guidance on health, physical distancing and hygiene. All participants must be aware that changes in guidance can occur at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#) .

People who are symptomatic and their household members and those in quarantine must not attend an orienteering event or activity during the 10 days of self-isolation or quarantine.

Organisers/coaches for orienteering events/coaching need to collect participant contact data to support Test & Protect should that group be seeking this information. Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

The multiple tier system (0 - 4) will return in the future (possibly late April) but for now all mainland Local authority areas remain in Tier 4. Further guidance will be issued at the time when we return to having multiple tiers. The Scottish Government is planning to address the 'Stay at Home' guidance on 5th April: revised guidance will be issued if this has an impact on what orienteering events and activities can be run.

National Guidance provided by sportscotland

Outdoor sport for localised training and competition (Level 4)

Children (aged up to 11 years)

- Children can take part in outdoor contact and non-contact organised sport including training, group exercise and competition within their usual club or facility environment. **This does not include inter club competition.**
- The number limit present at any one time for a children's outdoor sporting event or activity is 30 (including coaches and officials).

Young People and Adults (aged 12 years or over)

- Young People and adults can take part in non-contact organised sport including training, group exercise and competition within their usual club and while abiding by any travel restrictions in place.
- Outdoor non-contact sporting activity for young people and adults is allowed so long as any group that forms has 15 or fewer people in it at any time. This number includes officials/coaches. Physical distancing should always be maintained.

Where there are multiple groups operating at the same venue from the club then precautions must be in place to ensure there can be no mixing between groups before, during or after the activity. Specific mitigations could include staggered start times, limiting car parking or controlling access / egress points.

The number of coaches supporting an activity for children and young people under 18 years of age should be kept to a practical minimum, commensurate with maintaining appropriate coach to adult/child ratios.

Travel

Children & Young People (17 years or under)

- Children and young people may travel into or out of a Level 4 area for organised activity if that is where their sport, club or activity usually takes place. The intent is to permit regular organised group activity in the location this usually take place. Participants must not travel to other clubs.
- People 18 and over must remain within their local authority area.
- Parents can drive under 18s outside their local authority area for their regular organised group activity but are not permitted to participate in the activity.

Follow the travel guidance outlined by the Scottish Government. Further information on what travel is permitted is available at [Coronavirus \(COVID-19\): guidance on travel and transport](#).

Information for the extent of each local government area is available at [Coronavirus \(COVID-19\): local protection levels](#) including a post code checker.

Specific information on car sharing is available from [Transport Scotland: advice on how to travel safely](#).

When a participant travels outwith their home local government area they should follow the Scottish Government travel guidance. Travel regulations are now legally enforceable.

Participants should avoid unnecessary travel both within and outside of their local authority areas.

Guidance for Orienteering Activities and Events in Scotland

Club events and activities including coaching can resume providing:

- Clubs have an 'active' Covid Officer and required risk assessments are completed, including Covid risk assessments
- All activities and events are registered with British Orienteering for insurance purposes
- The size of any group that might form during registered activities (e.g. coaching, training) is up to but not above 15 adults (18years and over), 2m physical distancing must be applied.
- Coaches are included in the maximum of 15 adults for coaching sessions, while also applying the required ratios of coaches to participants. Coaches should also observe 2m physical distance as much as possible.
- Clubs should ensure all members and parents know who their Club Child Welfare and Protection Officer (CWPO) is and how to contact them. We are aware children and young people have had to cope with potentially challenging circumstances during lockdown and they may wish to speak with a coach or CWPO as trusted adults. Advice from Children's 1st on the return to young people to sport is a helpful guide [here](#)

Events

- Club members only 'local' events are now permitted, however Local Authority boundary travel restrictions are in place. Event participation and officials are restricted to club members living within the Local Authority boundary.
- All members at events must also be Scottish Orienteering members.
- In keeping with standard practice, retain all risk assessments including the additional Covid risk assessments for events and activities
- Retain active club Covid Officer and coaches networks across clubs to ensure sharing of good practices and consistency in delivery of precautions,
- Minimise the number of officials present for running events (consistent with ensuring safety for participants and delivery of Covid requirements on group size).
- Keep people at least 2m apart (unless they are participating as a family who are normally together, when between themselves the 2m rule will not apply),
- Create sufficient gaps between allocated start times to ensure that the maximum number of adults that might be waiting to start is less than 10. We must ensure that all club activities and events are compliant with a maximum of 15 people (where the group is comprised of those over 17 years of age). This is a requirement but also crucially impacts on the public perception of our sport being safe and applying the guidelines to resume.
- Address in the Covid risk assessment the precautions needed to ensure that groups of people do not gather, normally before starting or after finishing. Remind participants to download and then return to their cars.

- Require pre-entry for events/activities to avoid people possibly gathering at registration on the day. Avoid display of results - again to prevent the potential for people to gather there.

Please note the easing of restrictions at this time is solely for the resumption of 'local' training or competition i.e. within the club. It is not intended to support inter club training, competition or events.