

Scottish Orienteering Guidance

Opening Up Our Sport in Level 2, May 2021

Context

Following the First Minister's statement on 11th May 2021 it has now been confirmed that mainland Scotland will move to Level 2 (with Moray still under review at the time of publication). Orienteering events and activities have been permitted since Late March: however, the move to level 2 increases the scale and scope of events and activities permitted as restrictions continue to reduce. In line with guidance provided by Sportscotland, organised outdoor sporting activities still need 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, and inform participants of the name and contact details of the Covid Officer for the event (who will be the Test & Protect contact person. Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

This guidance document will outline the activities permitted at Level 2, 1 and 0 but guidance will be refined and approved for Level 1 and 0 when available. However, organisers and planners for future events can use this guidance document to assist their planning at this stage. We have indication, as detailed below in the sportscotland overview, that for event planning in Level 1 and 0 that we foresee the number of participants will increase.

Sportscotland Overview

Level 0	Level 1	Level 2	Level 3
<p>An outdoor sporting ‘field of play bubble’ can operate for organised sport with maximum numbers noted below. At Levels 0-2 figures exclude coaches, officials, and other support staff*. Multiple bubbles can be used for training, events, and competition if appropriate guidance, set out within this document, is followed. Indoor and outdoor stadium, or equivalent events/competitions, involving spectators are subject to relevant Scottish Government guidance and approval. Any variation to these numbers must be approved by Scottish Government directly.</p>			
<p>Maximum bubble size: 500 participants* Total Daily Limit: No limit</p>	<p>Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants</p>	<p>Maximum bubble size: 50 participants* Total Daily Limit: 500 participants</p>	<p>Maximum bubble size: 30 participants Total Daily Limit: 200 participants</p>

Guidance for Orienteering Activities and Events in Scotland

Clubs, squads and activity providers can offer Local, Regional and National* orienteering events and activities.

Championship Events

Championship events will only be classified as Scottish Championship events and titles awarded on the condition that all areas of Scotland are permitted to participate in the event. Should an area be under further restrictions which prevent some members from attending the event will not be classified as a championship, but it will likely still be run.

SOL/SOUL

SOL/SOUL events will only count towards league positions on the condition that all areas of Scotland are permitted to participate in the event.

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
- 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 50 adults (18 years and over): required physical distancing is applied (currently 2m).

- Coaches are included in the maximum of 50 adults for coaching sessions, while also applying the required ratios of coaches to participants. The number of coaches should be kept to a minimum while still consistent with the above ratios.
- Coaches and other volunteers supporting organised sporting or physical activity should attempt to keep physically distant, but it is recognised that this will not always be possible to ensure the safety of participants. Coaches should 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. Helpful advice from Children's 1st on the return to young people to sport is [here](#)

Events

- **The maximum event entry is 500 within Level 2 (please note level 3 areas have a maximum event limit of 200 with a group size of 30).** The emphasis for event planning and consideration at start will be to ensure all participants must maintain 2m physical distancing unless they are participating as a family who are normally together, when between themselves the 2m rule will not apply
- Events can now resume up to a maximum entry of 500 per day. Refer to sportscotland overview above.
- The risk assessment is our key mitigation plan. Address in the Covid risk assessment the precautions needed to ensure that groups of people do not gather, normally before starting or after finishing.
- As soon as a participant has completed an event they should leave the 'field of play' which in orienteering is defined as after download. After a participant leaves the 'field of play' they must take responsibility to ensure they are adhering to Scottish Government guidance on maximum group sizes and also physical distancing.
- 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).
- Please note the maximum of 500 does not include event officials and volunteers.
- 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.
- No spectating should take place other than where a parent or carer is directly supervising a child or vulnerable adult or when following specific [sector guidance for sporting events](#). Children can be shadowed during events by a parent, where required.

- No formal presentation ceremonies should take place during or after a sporting activity or competition as the focus should be on reducing the numbers in attendance at any one time

Travel

Participants aged **17 years or under** can travel to and from Level 0, 1, 2 and 3 areas to take part in organised sport, training, and competition. A parent/carer transporting a participants aged 17 or under for the purposes of organised sport cannot participate in the activity/event out with their level 3 area

Participants aged **18 years or over** can travel to and from a Level 0, 1 and 2 area to take part in organised sport, physical activity, training and competition. They should not travel to a Level 3 or 4 area. Adults living in a Level 3 area should only travel locally or to another Level 3 area to take part in organised sport or physical activity

In areas where travel restrictions are in place a risk assessment for key volunteers and staff operating on behalf of Scottish Orienteering (under workforce guidance) must complete a risk assessment and have approval by signature from the President or the safety Director prior to travelling out with their local authority area.

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](#).

A helpful summary of travel restrictions:

Age Group	Level 0	Level 1	Level 2	Level 3	Level 4
U18s	✓	✓	✓	✓	✓
18+ (Adults)	✓	✓	✓	L3 Travel Only	Local Travel Only