

Scottish Orienteering Guidance

Orienteering in Level 0, July 2021

Please note this guidance sets out permitted events/activities and guidelines for orienteering events in Level 0. The 2021 Scottish 6 Days has been planned in keeping with level 1 conditions and will mainly run as planned, refer to [Scottish 6 Days website](#) for up to date information. Please respect all the guidelines and event rules that are outlined at specific events provided by event organisers.

Context

Following the First Minister's statement on Tuesday 13th July Scotland will, as of Monday 19th July, move to level zero, with some modifications to the earlier published Roadmap.

The need for organised outdoor sporting activities to be compliant with current Scottish Government guidance on health, physical distancing and hygiene remains. All participants must be aware that changes in the guidance can occur at short notice. Information on Scottish Government's approach to managing COVID-19 is available at [Scottish Government: Coronavirus in Scotland](#). The most up to date information can be found at www.gov.scot/publications/coronavirus-covid-19-protection-levels/

In order for us to continue to protect our communities and other areas where we may travel to, we must continue to be cautious: people who are symptomatic, have tested positive for Corona virus or have been told to self isolate must not attend an orienteering event or activity until they have completed their period of self-isolation.

The need for organisers/coaches for orienteering events/activities to collect participant contact data to support Test & Protect remains in place. Participants should be given the name and contact details of the Covid Officer for the event. Further information is available within this guidance and at [Scottish Government: Test & Protect](#).

This guidance document outlines the activities permitted at Level 2,1 and 0 and requirements to be followed by organisers and planners. Sportscotland have provided summary information below for current circumstances.

sportscotland Overview

Level 0	Level 1	Level 2	Level 3
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.			
Maximum bubble size: 500 participants* Total Daily Limit: No daily limit	Maximum bubble size: 100 participants* Total Daily Limit: 1000 participants	Maximum bubble size: 50 participants* Total Daily Limit: 500 participants	Maximum bubble size: 30 participants Total Daily Limit: 200 participants

Guidance for Orienteering Activities and Events in Scotland

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

Events can now be planned and organised without a daily participant limit in level 0 with a maximum number of 500 people participating at any one time (within a bubble). Should any planned event be projected to exceed 2000 participants, advanced permission should be sought from the Scottish Government via Scottish Orienteering.

Mandatory physical distancing is reduced to 1m.

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 one or more areas be under local Scottish 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

Similarly SOL/SOUL events will only count towards league positions if members in all areas of Scotland are permitted to participate in the event.

Club events and activities including coaching can occur 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.
- Sizes of group limit by Scottish Government guidance is up to but not above 500 adults (18 years and over). The physical distancing requirement (currently 1m) remains in place. However, maximum group sizes for orienteering activities and coaching will be limited to lower numbers by precautions identified in the risk assessment carried out and approved by the necessary signatories.
- Coaches are required to maintain Scottish Orienteering ratios of coaches to participants. The number of coaches should be kept to a minimum while still consistent with the ratios.
- Coaches and other volunteers supporting organised sporting or physical activity should attempt to keep physically distant (1m), and should minimise the number and duration of any closer approaches.
- 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

- **There is no daily limit to event entry within Level 0, the maximum group size limit is 500 (1000 with a group size limit of 100 in level 1 areas).** The numbers limits do not include event officials and volunteers.
- The risk assessment is our key mitigation plan. It addresses possible locations where people may gather within the 'field of play' and what measures are in place to maintain appropriate separations. One consistent measure is that events and activities are outdoors. Risk assessments (normal and Covid) for events and activities are retained by clubs/squads.
- Organisation and planning of the start area focusses on maintaining at least 1m physical distancing from other participants (families who are normally together do not need to maintain this separation among themselves).
- Participants should, as soon as they have completed their course and downloaded, leave the 'field of play' (the field of play ends after download). Normal Scottish Government requirements on maximum group sizes and physical distancing apply.
- 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).
- Require pre-entry for events/activities to avoid/reduce the need for people to visit and possibly gathering at information or registration desks on the day. Avoid

display of results at events - again to prevent the potential for people to gather there.

- At present no formal presentation ceremonies will take place during or after a sporting activity or competition to avoid groups gathering for this. We hope this will be subject to change in coming months and allow those medal winners their podium moment but for now please continue to comply with displaying results online after the event.
- Spectating at events is currently discouraged. It is understood that members of a family group may wait for other members of their group: they should do so outside the field of play and while complying with Scottish Government outside gathering limits of up to 15 people.

Travel

Car Sharing Update: You should avoid car sharing with anyone from another household unless you deem it to be necessary. If individuals or groups do car share then they should follow [Transport Scotland: advice on how to travel safely](#) and put in place appropriate risk assessment and mitigations.

Age related travel restrictions are currently not mentioned here because of the common level 0 in place across Scotland. Should this change and the levels in some parts of Scotland reach 3 or above then this document will be revised to take this into account.

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

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