

## CORONAVIRUS (COVID 19) - ORIENTEERING NSW POLICY

**NOTE:** *This Policy was prepared on 14 May, before the NSW Government brings its proposed changes into law. The Policy may change after the amended Public Health (COVID-19 Restrictions on Gathering and Movement) Order is published. We do not expect the changes to be major.*

### WHAT ORIENTEERING IS ALLOWED AS AT 15 MAY 2020

Orienteering training where participants are invited to attend are permitted, provided they are conducted in a public outdoor location and have no more than 10 people in total.

Participants must maintain good physical distancing. At least 1.5m should be maintained between participants. There should be adequate spacing of the group (not more than 1 person per 4m<sup>2</sup>).

'Get in, train and get out' applies — be prepared for training prior to arrival at venue (minimise need to use/gather in change rooms, bathrooms). Participants should have a thorough full body shower with soap before and after training (preferably at home).

Socialising before or after the training session is not allowed. Nor are group meals.

To prevent outbreaks, orienteers living in cities are not allowed to travel to regional or rural areas to train. You must return home to sleep each night.

Each training session must have an organiser. The organiser is responsible for collecting each participant's contact details and retaining these details for at least one month. Name, phone numbers, email and postal addresses are compulsory. Emergency contact details are recommended.

Organisers must ensure hand sanitiser is brought to the session. Organisers must eliminate, as far as possible, multiple people touching a surface.

### GUIDANCE FOR PARTICIPANTS

#### Do not attend - illness

You must not come to any NSW orienteering event, training session or activity if you are not permitted to attend under Public Health Orders or Australian or NSW Government guidelines.

You should not train or compete, if in the last 14 days you have been unwell or had contact with a known or suspected case of COVID-19. If you have respiratory symptoms (cough, sore throat, fever or shortness of breath) you are considered a potential COVID-19 case and must immediately self-isolate, have COVID-19 excluded and be medically cleared by a doctor to return to train or compete.

#### Social distancing

Everyone at the event must exercise social distancing, at least 1.5m, from when they arrive until when they leave. This includes running in the slipstream of others. You should move away from controls quickly, so that others can punch without breaching the 1.5m rule.

Parents who bring small children to the event must ensure their children exercise social distancing, except with family members they live with.

#### Hygiene

You must wash your hands:

- when you arrive at and leave an orienteering event or training session;
- before and after visiting the toilet; and

- before and after you compete or train.

Do not share drink bottles, towels or other personal gear. Change clothes at home or at your car.

Spitting and clearing of nasal/respiratory secretions whilst at an event or training session is strongly discouraged.

#### Contact tracing

To assist contact tracing, all people attending an event or training session must follow organiser instructions in relation to their contact details (including emergency contact details).

The detection of a positive COVID-19 case at an orienteering event or training session will result in a standard public health response, which could include contact tracing and/or quarantine of all participants, and close contacts, for the required period.

NSW recommends downloading the COVIDSafe app and bring your phone to the event or training session. Carrying your phone whilst competing or training is optional.

#### Attending events or training sessions after COVID-19 infection

If you have been infected with COVID-19, you must have medical clearance from your doctor before participating in or attending an event or training session. This clearance must state that you no longer pose any infection risk to their community and you are sufficiently recovered to safely participate. An outline of the recommended assessment process following a COVID-19 case is illustrated in Table 2 of “The Australian Institute of Sport (AIS) Framework for Rebooting Sport in a COVID-19 Environment”, May 2020.

#### Vulnerable individuals

Vulnerable individuals include para-athletes, people with concurrent medical conditions, individuals over 70 years of age, carers for or a household contact of a vulnerable person, athletes with suboptimal access to medical care (e.g. remote) and Aboriginal and Torres Strait Islander Communities.

Vulnerable people may attend a training session but should do so in a cautious manner.

#### QUESTIONS

NSW intends to update its guidance on planning for future orienteering events next week.

If you have any questions, please [contact](#) John Murray, Andrew Lumsden or Greg Barbour.

Orienteering NSW

14 May 2020