

Scottish Orienteering Guidance

Orienteering in terms of COVID-19: Strategic Framework, March 2022

Please note this guidance sets out permitted events/activities and guidelines for orienteering events in terms of Scotland's Strategic Framework for COVID-19. Please respect all the guidelines and event rules that are outlined at specific events provided by event organisers.

Context

Following the update of the Strategic Framework for COVID-19 on 22nd February Scotland has, as of Monday 21st March removed the legal requirement for contact tracing but retained the legal requirement to wear face coverings on public transport and indoor public settings.

In terms of the Strategic Framework, Scotland will assess the potential responses to COVID-19 depending on the assessed threat at any given time. The threat level will be categorised as either High, Medium or Low with a framework of potential responses depending on the threat level in place. The threat will be determined by current data and an application of judgement by the Scottish Government.

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 about the Scottish Government's Strategic Framework for COVID-19 is available at [Coronavirus \(COVID-19\): Scotland's Strategic Framework update](#). The most up to date information on the current COVID-19 position can be found at [Coronavirus in Scotland](#).

The need for organisers/coaches for orienteering events/activities to collect participant contact data to support Test & Protect has been removed as of 21st March in terms of the Test and Protect - transition plan. The Test and Protect guidance is that everyone should stay at home and must not attend an orienteering event if they have symptoms or test positive for COVID-19 (even if they have received two doses of the vaccine and a booster) until they have completed their period of self isolation remains in place at present. The details of the Test and Protect - transition plan can be found at [Coronavirus \(COVID-19\): Test and Protect](#).

This guidance document outlines the activities permitted in terms of the Strategic Framework for COVID-19. As of 21st March, in terms of the Strategic Framework, Scotland's current situation is that of a medium threat where it is a legal requirement to wear face coverings in public indoor places and on public transport but other legal requirements have converted to guidance and good practice. It is expected that Scotland will move to a low threat where the routine measures of vigilance, preparedness and resilience should be followed. A summary of the potential responses to future threat levels are shown below.

Assessed Threat	Potential Response Categories (types of protective measure)	
Low threat	Routine Measures: Vigilance, Preparedness and Resilience (no legal measures) <ul style="list-style-type: none"> High immunity sustained through vaccination programme Access to effective treatments in line with clinical advice Behaviours and settings adapted to reduce spread (e.g. improved ventilation, appropriate guidance on face coverings) Hybrid working when possible and appropriate encouraged Effective and responsive local outbreak management Targeted testing and surveillance ongoing Travel measures may apply (e.g. set by other countries) 	Note: Protective measures would not apply in law but may still be good practice and retained in guidance.
Medium threat	Baseline Protective Measures = Routine plus: <ul style="list-style-type: none"> Testing guidance in place for people when symptomatic or asymptomatic Guidance to self isolate when positive in place Face coverings required in indoor public places and on public transport Guidance on reasonable measures to reduce risk in premises Travel measures may apply Certification required in a narrow range of settings 	Note: Measures would be selected from this response category that were necessary and proportionate – not all may be required at the same time.
High Threat	Targeted Protective Measures = Baseline measures plus: <ul style="list-style-type: none"> Requirement to work from home where possible Proportionate restrictions on certain higher risk settings and activities Protective measures in other higher risk settings . Guidance to reduce social contacts and increase physical distancing where possible. International travel requirements and restrictions may apply in relation to some countries. Certification required in a wider range of settings 	Note: Measures would be selected from this response category that were necessary and proportionate – not all may be required at the same time.
(E.g. variant with significant immune escape that increases disease severity)	Extensive Protective Measures = Baseline and targeted measures plus: <ul style="list-style-type: none"> Potential closure (or limited opening) of further non-essential settings and services Legal limits on social gatherings and events. 	Note: 'Extensive protective measures' will only ever be considered as a last resort in the most serious of circumstances

Guidance for Orienteering Activities and Events in Scotland

- Events can now be planned and organised without a daily participant limit.
- Indoor public spaces may be used but current face covering regulations must be followed and behaviours such as improved ventilation, provision of hand sanitiser, adapting layouts, encouraging the use of face masks to reduce spread should be adopted.
- Entry on the day (EOD) at events and activities is permitted but clubs should encourage physical distancing around registration or results displays even when outdoors.
- Updated Risk assessments incorporating a COVID section has been prepared and is available [here](#). Active COVID Officers should be retained by clubs and if events and activities involve indoor or enclosed space where air circulation is restricted then the COVID section of the risk assessment should be completed.

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 the COVID section of the risk assessment should be completed where indoors/ enclosed spaces with restricted air circulation are used. The [updated risk assessment](#) incorporating the COVID section.
- Risk assessments should be retained in line with current BOF requirements.
- There is currently no legal requirement in respect of the layout and management of club events and activities but action should be considered to reduce the spread of the virus and provide confidence to participants.
 - Hand sanitizers should be available and its use encouraged.
 - Physical distancing should be encouraged.
 - Outdoor spaces should be used where possible.
 - Where indoor/ enclosed spaces which have restricted air circulation are being used, action should be taken to adapt layouts to maintain at least 1m segregation and it is recommended that a mask be worn.
 - Participants should be encouraged to isolate when symptomatic and test when available and appropriate.
- Activities and events are registered with British Orienteering for insurance purposes.
- Entry on the day for events and activities and the display of results is permitted. Clubs should encourage physical distancing around registration or results displays even when outdoors.
- Coaches are required to maintain Scottish Orienteering ratios of coaches to participants.
- 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 throughout the COVID-19 pandemic and they may wish to speak with a coach or CWPO as trusted adults. Advice on children returning to and enjoying safe sport is available from [Children's 1st](#)

Events

- Clubs have an 'active' COVID Officer and the COVID section of the risk assessment should be completed where indoors/ enclosed spaces with restricted air circulation are used. The updated risk assessment incorporating the COVID section is available [here](#)
- There is currently no legal requirement in respect of the layout and management of club events and activities but action should be considered to reduce the spread of the virus and provide confidence to participants.
 - Hand sanitisers should be available and its use encouraged.
 - Physical distancing should continue to be encouraged.
 - Outdoor spaces should be used where possible.

- Where indoor/ enclosed spaces which have restricted air circulation are in use, action should be taken to adapt layouts to maintain at least 1m segregation and recommend that a mask is worn.
- Participants should be encouraged to isolate when symptomatic and test when available and appropriate.
- Risk assessments should be retained in terms of current BOF requirements.
- Entry on the day for events and the display of results is permitted but clubs should encourage physical distancing around registration or results displays even when outdoors.
- Formal presentation ceremonies can take place but where possible they should be held outside with physical distancing encouraged or, if held inside or in an enclosed space where air circulation is restricted, action should be taken to increase ventilation, physical distancing should be encouraged and individuals should be encouraged that wearing face masks would be a wise precaution if the legal requirement to do so is no longer in place. This reduces the potential for the spread of the virus.

Travel

Scottish Government guidance on car sharing has been updated recently and full details can be found at [Advice on car and vehicle sharing](#). Please follow Scottish Government guidance where possible.