

## Organising and the return of orienteering

### Introduction

**Orienteering** is an exciting outdoor adventure sport which involves walking or running whilst navigating around a course using a detailed map and sometimes a compass. There's no set route between the controls, you have to decide which way to go and find your way there.

Orienteering is a sport which has been managed responsibly in this country for more than 50 years.

In the light of the current coronavirus pandemic, we fully understand that you may have some questions over hosting a competition at this time. The purpose of this letter/leaflet is to explain the sport to you and the mitigation that we have put in place to protect you, your staff, volunteers and other public users from COVID-19.

*“Sage, the government's group of scientific advisers, said the risk of infection outside is significantly lower than inside.”*

Due to the nature of orienteering being outdoor and individual, clubs and individuals have introduced a number of measures that will be put in place to ensure that social distancing can be maintained whilst taking part in events and activities and the risk of spreading the virus reduced.

### Overview of orienteering

Orienteers combine techniques including environmental awareness, decision making, planning and problem solving – so there's much more to it than running – and the shortest route isn't always the fastest.

Orienteers can walk or jog around a course for the challenge, for the exercise, enjoyment of the scenery, an opportunity to connect with nature, an outdoor activity, a competitive sport or a solo activity.

The sport of orienteering is an individual or family sport, run as a time trial - it is not a spectator sport.

In the main, orienteering also does not involve mass starts. Competitors typically set off on their own courses separated by a one or two minute interval.

### COVID 19 Additional Guidance

British Orienteering has issued guidance to clubs to ensure that social distancing is maintained, including reviewing the management of entries, start & finish processes to ensure suitable separation between athletes and issuing of results. There will be no social mixing before or after the competitors run.

A new Code of Conduct is being shared with all clubs and competitors, which includes maintaining social distancing at all times, only arriving during an agreed starting window, only sharing transport with members of their household and respecting the landowners and other users of the area.

We will, of course, be more than happy to talk these through with you in more detail and add additional measures if you feel that it is appropriate.

### Brief Summary:

- Numbers are generally small and predictable, as you will probably be aware from previous events. The reality is that rarely are the number of competitors equal to the number of people on site due to the typical start window of two to three hours within which competitors begin their course
- The activity has a low impact on other area users.
- Orienteers are disciplined and follow instructions. Many are members of NT and conservation & environmental groups
- We work with landowners to minimise impact in environmentally sensitive areas.

### We are a responsible sport both to the landowners and our participants

- All events are covered by British Orienteering third party insurance and all participants are covered by a Combined Liability Insurance (£10m)
- A full risk assessment is produced for all events and activities and available for landowners, as required.
- Permission is sought and agreed with all landowners

### Ethos of Orienteering

British Orienteering wants to continue to be able to give their members fantastic new and varied experiences of physical and mental exercise in locations across the country. We also want to attract new participants to enjoy the wonderful sport of orienteering and experience the health benefits of being involved in the orienteering community and outdoors.

### Summary

Orienteering is a safe and responsible sport. We very much hope to build on our relationships with landowners and other stakeholders in giving people an opportunity to enjoy the outdoor environment safely and look forward to working with you.

**For further information please contact:**

**Club .....**

**British Orienteering Office .....**