

CODE OF CONDUCT FOR PARTICIPANTS



YOU MUST FOLLOW THESE RULES WHEN TAKING PART IN ORIENTEERING:

- ✔ Act as an ambassador for the sport of orienteering at all times. Consider how your actions may appear in the eyes of landowners or members of the public.
- ✔ Enter events in advance. Respect any limit that the club places on the number of entries – this is vital to enable the event to take place safely.
- ✔ Ensure you have read and fully understood any information or instructions provided by a club before you arrive at an event.
- ✔ Follow any requirements imposed by the organising club, either in advance or on the day of the event.
- ✔ Arrive at an event during the time window that you have been allocated by the organising club.
- ✔ Observe social distancing requirements at all times, including – but not only – when travelling to a course, when you arrive, while on the course, and when you leave.
- ✔ Minimise, as far as possible, contact with others from outside your household before, during and after orienteering. Keep your distance from other participants and members of the public. Do not congregate in groups at an event.
- ✔ Give way to other participants and members of the public on narrow paths and at gates or stiles.
- ✔ Quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control. After finishing a course, you should move away from the finish, allow yourself to recover (e.g. by catching your breath and reducing your rate of perspiration), and then move swiftly through download and to your vehicle.
- ✔ Do anything that a club volunteer asks you to do – their request may be necessary to comply with rules put in place to enable the event to take place.
- ✔ Be patient, courteous and respectful of others at all times.
- ✔ Be mindful when taking photographs not to compromise yourself or someone else, especially when minors are involved.
- ✔ Be aware that there may be an official photographer or members of the public taking photographs.
- ✔ Maintain 'Fair Play' in orienteering e.g. not complaining about the map, course planning, control placement; having respect for the countryside; not tampering with controls; not entering out of bounds areas etc.
- ✔ Pay any fees for training or events promptly.
- ✔ Wear suitable clothes for training and competitions.

INDIVIDUALS SHOULD NOT ATTEND AN EVENT IF:

- ✔ They are unwell with a cough, fever or other respiratory symptoms
- ✔ If they have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until they have completed the self-quarantine period for 14 days, even if they are symptom-free
- ✔ If they are undergoing COVID-19 testing, until they have received negative test results and are symptom-free.
- ✔ If they have been advised to stay at home by a health professional.

If you or someone in your household or your support bubble is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.

We also advise competitors who fit within the higher at-risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19.