

Summary of the SAOF guidelines for resumption of orienteering events in South Africa under Covid-19 regulations.

Orienteering takes place in the fresh air, offering physical exercise in the outdoor environment. In most cases orienteering is a sport where an individual competes against the clock. Thus with appropriate social distancing measures and controls, the South African Orienteering Federation believes that the sport is well-placed to offer a safe and enjoyable orienteering experience during the period when restrictions are being relaxed. It is vital that any orienteering activity complies with both the letter and the spirit of current Government Regulations regarding Covid-19 and Sport.

The attached SAOF guidelines for resumption of orienteering events in South Africa sets out the requirements and other documentation that all orienteering clubs must follow to be consistent with current government requirements for sports during the Covid 19 pandemic.

It outlines all procedures that must be followed to protect the organisers and volunteers from the virus at all club events. It further outlines what is required in terms of pre-registration for each event, event centre set up and further protocols to promote social distancing, hand sanitising and environmental cleaning during an event.

Temperature screening of participants, helpers and any non-participants may be conducted by the host clubs on arrival into the event centre.

No PCR or similar testing of participants will be required, but the participant code of conduct outlining the duties of all participants will need to be acknowledged by them at pre-registration. The main part of the code is the participant's responsibility to

- a. Refrain from taking part at an event if they are exhibiting Covid 19 symptoms before the event and
- b. Advise the club organisers if they exhibit symptoms of Covid 19 within 10 days of participation, so that the appropriate tracing can be done.

Version Control

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