



SAOF PARTICIPANT CODE OF CONDUCT for orienteering events in South Africa under current Level 1 Covid-19 regulations.

1. Overview

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 relaxed.

It is vital that participation in an orienteering event complies with both the letter and the spirit of the current Government Regulations regarding Covid-19 and Sport.

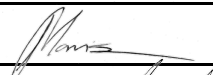
It is also vital that participants understand that the required pre-registration information forms, arrival protocol, rules on the day and procedures have been put in place for their safety and for the safety of the volunteers and other participants.

2. Duties of Participants

Below is a list of responsibilities that participants must conform to before, during and after participation in an orienteering event.

- 2.1. Valid details must be provided when filling in the pre-registration forms online.
- 2.2. All signage at the event must be complied with.
- 2.3. No communal water will be supplied on the courses. Therefore water requirements by participants is their own responsibility.
- 2.4. On the course participants should avoid touching Emit blocks as far as possible.
- 2.5. Participants must maintain social distancing at a control, even if it means waiting a couple of seconds for another participant to complete the punching.
- 2.6. After punching, participants should move away immediately to avoid a congestion at the control.
- 2.7. Groups orienteering together should only send one person to punch the control with the others standing 10 meters away from the control.
- 2.8. Finally, participants should also acknowledge that should they later (within a week of the event) test positive for Covid-19 they must inform the organisers of the event so that contact tracing can be carried out.

Version Control

Version 1.2	SAOF CODE OF CONDUCT for orienteering events under Covid-19 Regulations	Date: 8 Feb-2022
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