



ORIENTEERING  
C A N A D A

**COVID-19**

# **Orienteering Canada Management Plan for COVID-19 Risks**

**For Club Orienteering Activities (Modified from Traditional Orienteering Events)**

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UPDATED ON JULY 16, 2020 / AUG 25, 2020

Aug 25 updates are highlighted

## **MANAGEMENT PLAN FOR COVID-19 RISKS**

Orienteering Canada's Management Plan for COVID-19 Risks is intended to help clubs and Provincial/Territorial Orienteering Associations (PTOAs) move forward with modified traditional orienteering activities in the safest manner possible as restrictions due to COVID-19 ease. **As of August 25, 2020 club level competitions are permitted.** In this Management Plan you will find recommendations and requirements for **club orienteering activities.**

It is recognized that recommended modifications may change with time, as guidelines from health authorities and government are updated. Orienteering Canada will provide updates to the Management Plan as appropriate.

In the context of COVID-19, Orienteering Canada has allocated orienteering into 3 different categories. **This Management Plan provides guidelines for organizers of modified traditional orienteering activities. The [guidelines published June 8, 2020](#) for Self-directed orienteering activities are still relevant for those activities.**

### **Club orienteering activities (modified from traditional orienteering events)**

Club orienteering activities (modified from traditional orienteering events) would include activities where there is one or more race officials on site, where there is a limited start window, and it is expected that a significant number of people will be participating on the course over a restricted (less than one day) time interval.

### **Self-directed orienteering activities**

Self-directed orienteering activities would include activities where you go out on your own time, by yourself (or with a group from your household "bubble"), where there are no race officials onsite,

and where courses and markers have been made available for people to use over an extended, usually multi-day period of time. Guidelines for Self-Directed orienteering activities are [here](#).

### **Coached group programming**

Several Canadian orienteering clubs deliver coached programming for children, youth, and adults (for example weekly programs, clinics, summer camps). Guidelines for Coached Group programs are being developed.

## **Overview of Club Orienteering Activities (Modified from Traditional Orienteering Events)**

In order to meet the physical distancing and non-contact guidelines for COVID-19 prevention, Orienteering Canada requires a number of modifications to a regular orienteering meet.

1. **Activity Format:** Sanctioned orienteering activities will be club level events only. Travel to events hosted by another club should not be encouraged. No championship events (i.e. provincial/territorial championships and up) will be sanctioned in 2020. Only individual start activities are appropriate - no mass start activities, and no relays. Inter-club competitive orienteering is not permitted at this time.
2. **Rules and Regulations:** All regular Orienteering Canada standards are required to be met. In particular:
  - a. Permissions requirements for land use are no different than normal.
  - b. Requirements for organizers to have the appropriate officials certifications are no different than normal - activities must be set up by a properly certified official.
  - c. Activities must fit within the regular standards of the sport and the organizer must make attempts to reduce known risks.
  - d. Anyone participating in the activity must be a registered member of a recognized orienteering club (this can include “day-of” members) and must have signed a 2020 waiver.
3. **Registration:** registration, including any payment is ideally done online, typically from home, sufficiently far in advance of the event so that organizers can plan appropriately. This eliminates contact points when registration forms and money would normally change hands at an event with on-site race day registration and allows organizers to space participants over the day and stay below any group size limitations. For exceptional cases, registration and payment may be done on site with appropriate control measures being observed to meet all health authorities’ guidelines.
4. **Declaration of Health:** Every individual at an event will be required to sign a Declaration of Health. The Declaration will be available in advance but must be signed on the day of the activity. Every individual (including parents/guardians, spectators, officials, activity organizers, etc.) must sign this Declaration, not just participants.

5. **Waiver / Assumption of Risk Forms that refers to COVID-19:** Orienteering Canada will provide a template for a waiver (adults) and assumption of risk form (minors) that includes a clause related to COVID-19. All clubs and associations MUST replace their existing waivers and forms with the templates provided by Orienteering Canada. These forms should be signed when an individual registers with the club/organization for the first time and they do not need to be signed prior to each event. If an individual has already signed a previous version of a waiver or assumption of risk for this 'season' or year, they still need to sign the revised document.
6. **Timing and Results:** Sportident timing is now permitted. Participants should be reminded to NOT touch the control unit when punching. To reduce the risk from accidental contact it is recommended that either there is a bottle of hand sanitizer at each control or that participants carry a personal bottle of hand sanitizer with them. Pin punches are not permitted.
7. **Recording Starts and Finishes:** For safety reasons, to know that all participants who started have returned from the course, if clubs are not using SI timing, it is imperative to keep a record of every participant who starts, and to check them off when they return.
8. **Crowd Size:** To meet requirements for group size and physical distancing, there will need to be a cap on the number of participants that does not exceed the guidelines of your local health authority/government. It could also be beneficial to offer that people select a start window when they register online to help minimize the number of people on site and on course at any given time. It will be important that participants are encouraged not to linger before or after the event.
9. **Record Keeping:** For insurance purposes organizers will need to keep records, electronic or written, of participants and officials for a minimum of 5 years (documents may be scanned). See the Risk Mitigation Tool spreadsheet for details.

### **Required Documents for each Club/Association to Implement the Management Plan**

1. **Risk Mitigation Tool <LINK>**: this spreadsheet is to aid orienteering activity organizers in modifying procedures to mitigate risk related to COVID-19. In it you will find listed the various steps involved in organizing an orienteering event and recommendations and suggestions for how to reduce the risk. It is recognized that there may be alternate measures that organizers may use to mitigate the risk rather than those suggested in the spreadsheet. This is okay, as long as the risk is reduced appropriately. This spreadsheet also includes **ABSOLUTE REQUIREMENTS** that each event must follow.
2. **Participant Waiver (for Adults) <LINK> and Assumption of Risk Form (for Minors) <LINK>** : these forms must be signed by every participant (or the participant's parent/guardian, as applicable) prior to participating in their first event under this Management Plan (anything after June 17). It needs to be signed only once for the year 2020. All clubs and associations MUST replace their existing forms with these documents. Any participants who have already signed a document for 2020, must sign this new document. The document can be signed electronically (with a check box and typed name). Waivers

must be signed by participants who are over the age of majority in the province/territory. If the participant is younger than the age of majority, a parent/guardian must sign the Assumption of Risk form instead. Parents/guardians cannot sign the waiver – so clubs/associations who have both youth and adult participants will need to use both documents.

3. **Declaration of Health <[LINK](#)>**: Orienteering Canada is requiring that the Declaration of Health Declaration be signed on the day of the activity (not beforehand) and be done on paper. Each club/association must use this template without any alteration aside from changing the name of the club or association. Orienteering Canada, in due course, may be able to explore an online option, but for now EVERY TIME that an individual participates in, officiates, or attends a "(modified) traditional orienteering event" they must sign the Declaration of Health. The organizer **must** ensure that every individual in attendance (participants, officials, spectators) has signed and submitted the Declaration. Individuals who are older than the age of majority in their jurisdiction can sign their own declaration but parents/guardians must sign the declaration on behalf of any individual who is younger than the age of majority. Parents/guardians should review the form with their child. All Declaration of Health forms are to be collected and stored by the club or association. They cannot be destroyed without permission from Orienteering Canada (they may be scanned for storage efficiency).
4. **Return to Orienteering - Guidelines for Individuals <[LINK](#)>**: this document contains guidelines for individuals participating in **Club orienteering activities** (modified from traditional orienteering events). It can be posted on site for individuals and can be made available on a club website / registration page.