

Resumption of orienteering: Phase 1 in England and the Isle of Man

The updated government guidance published on 11 May 2020 permits the resumption of outdoor sports in England where you take part alone, within a household group, or with one person from outside your household from whom you must stay two metres apart at all times. This will allow us to resume a limited set of orienteering activities, as set out below. **There is no change to the current position in Northern Ireland, Scotland and Wales**, and so orienteering activities in these parts of the UK must remain suspended for now.

As a sport, we must work together to resume orienteering responsibly as and when the relevant government determines it is safe to do so. The Board have committed to following the respective advice of each government, and therefore there are likely to be periods when types of orienteering activities permitted varies between different parts of the UK, depending on the government guidance and regulations.

In England and the Isle of Man, we will move to Phase 1 of the resumption of orienteering with effect from 14 May 2020. This will mean that clubs and individuals can:

- Promote the use of Permanent Orienteering Courses (POCs)
- Make maps with pre-marked courses available
- Promote the use of MapRun and virtual orienteering courses (VOCs),
- Carry out mapping and planning for future events
- Carry out coaching on a one-to-one basis, as long as social distancing is maintained

The government guidance is that exercise or recreation must be alone, with members of your household, or (in England only) with one other person from outside your household. Orienteering events and organised club activity sessions therefore remain suspended.

Further guidance for England is contained within [Appendix A](#), and for the Isle of Man in [Appendix B](#). All participants must observe the "[Code of Conduct](#)" at all times.

It is critical for the reputation of the sport that these activities are only done where permission has been obtained from the relevant landowners, and in line both with the government guidance and with any additional conditions imposed by the landowners.

You must give careful consideration when choosing areas for these activities, and avoid using areas which are likely to be particularly busy with members of the public (such as many urban parks), or where an injury or accident could require the services of mountain rescue. Ideally, you should use your nearest, local appropriate venue. Don't travel with someone from outside your household unless you can practise social distancing, and consider all other forms of transport before using public transport.

People who have any COVID-19 symptoms or who are required to self-isolate under the current government guidance must not take part in any form of orienteering. Other than this, we are not placing any additional restrictions on who can go take part in these orienteering activities. However, we encourage everybody to take note of the guidance from the government that clinically vulnerable people who are at higher risk of severe illness from COVID-19, including all those aged 70 or over, should stay at home as much as possible and, if they do go out, should take particular care to minimise contact with others outside their own household.

In Northern Ireland, Scotland and Wales, all orienteering events and activities remain suspended. People in England or the Isle of Man must not travel to Northern Ireland, Scotland or Wales to take part in any orienteering activities. We continue to liaise with NIOA, SOA and WOA to prepare for the resumption of orienteering in these parts of the UK.

It is important to remember that this remains an extremely difficult situation throughout the UK and that many lives have been lost to the COVID-19 pandemic. The effects of the virus will continue to be felt for a long time to come. We must ensure that the safety and wellbeing of everyone is maintained at all times.

COVID-19 has already had a substantial impact on all of us personally, as well as on our sport. Orienteering clubs and participants have observed the lockdown very well so far. As the UK begins the gradual process of recovering from this crisis, it is natural that we are starting to think about resuming orienteering. However, we must all continue to act responsibly, and only orienteer when we are able to do so safely and in line with government guidance.

As your governing body, British Orienteering will continue to do all we can to provide you with support and guidance in that effort.

Peter Hart
14 May 2020

1. Promoting the use of Permanent Orienteering Courses (POCs)	
Clubs promote the use of POCs for individuals to use alone, within a household group, or with one person from outside their household from whom they must stay two metres apart at all times.	
Requirements for individuals	Requirements for clubs
<ul style="list-style-type: none"> • Ensure social distancing is maintained at all times. • Check whether the relevant landowner(s) have any restrictions in place before commencing any activity. • Avoid physical contact with any control markers. 	<ul style="list-style-type: none"> • Seek agreement from the relevant landowner(s) before promoting a POC. • Ensure any promotion refers to the need to follow current government advice/guidelines. • Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded.
	Recommendations for clubs
	<ul style="list-style-type: none"> • Promote POCs through various channels, website, social media, newsletters. • Introduce club ‘fun’ leagues. Clubs can ask members to submit their times for completing certain courses. No prizes should be offered.

2. Making maps with pre-marked courses available	
Clubs make available maps from previous events and/or create new courses for members to print at home and complete alone, within a household group, or with one person from outside their household from whom they must stay two metres apart at all times.	
Requirements for individuals	Requirements for clubs
<ul style="list-style-type: none"> • Ensure social distancing is maintained at all times. • Check whether the relevant landowner(s) have any restrictions in place before commencing any activity. • Avoid physical contact with any control markers. 	<ul style="list-style-type: none"> • Seek agreement from the relevant landowner(s) before making a map available. • Ensure any promotion refers to the need to follow current government advice/guidelines. • Discourage groups of people from different households from arranging to run courses together or at the same time. • Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded. • Courses should be open for a significant time (min 24hrs) to facilitate social distancing.

3. Promoting the use of MapRun and other virtual orienteering courses (VOCs)	
Clubs and members plan their virtual courses using technology such as MapRun, allowing members to complete these courses alone, within a household group, or with one person from outside their household from whom they must stay two metres apart at all times.	
Requirements for individuals	Requirements for clubs
<ul style="list-style-type: none"> • Ensure social distancing is maintained at all times. • Check whether the relevant landowner(s) have any restrictions in place before commencing any activity. 	<ul style="list-style-type: none"> • Seek agreement from the relevant landowner(s) before creating a course. • Ensure any promotion refers to the need to follow current government advice/guidelines. • Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded.
	Recommendations for clubs
	<ul style="list-style-type: none"> • Create several courses in various local areas. • Promote the use of courses. • Potentially introduce club ‘fun’ leagues. Clubs can ask members to submit their times for completing certain courses. No prizes should be offered.

4. Mapping and planning for future events

Mappers and event officials visit local areas to prepare for future events and activities alone, within a household group, or with one person from outside their household from whom they must stay two metres apart at all times.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Stay local and avoid overnight accommodation or traveling long distances.
- Ensure when operating alone that someone is aware of your planned activity and proposed route.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before members undertake any activity.**
- Ensure members are only asked to complete tasks that they are comfortable with and under circumstances that adhere to government advice/ guidelines.
- Do not ask members to travel long distances.

Recommendations for clubs

- Give priority to preparations for local events when restrictions are further lifted.

5. One-to-one coaching

Coaching of athletes on a one-to-one basis, where the athlete and coach are from the same household or are able to stay two metres apart at all times.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Ensure that the orienteer is only asked to complete activities that they are comfortable with and under circumstances that adhere to government advice/ guidelines.
- Ensure that both the athlete and the coach are self-sufficient and that no equipment is shared.
- Ensure appropriate safeguarding standards are upheld.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before members undertake any activity.**
- Ensure that both the athlete and the coach are self-sufficient and that no equipment is shared.
- Ensure appropriate safeguarding standards are upheld.

Note: Participating in activities 1-3 will constitute individual activities and not a club activity, and therefore will not be covered by British Orienteering's public liability insurance.

Appendix B – Orienteering activities that can resume in the Isle of Man from 14 May 2020

1. Promoting the use of Permanent Orienteering Courses (POCs)

Clubs promote the use of POCs for individuals to use alone or within a household group.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Avoid physical contact with any control markers.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before promoting a POC.**
- Ensure any promotion refers to the need to follow current government advice/guidelines.
- Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded.

Recommendations for clubs

- Promote POCs through various channels, website, social media, newsletters.
- Introduce club 'fun' leagues. Clubs can ask members to submit their times for completing certain courses. No prizes should be offered.

2. Making maps with pre-marked courses available

Clubs make available maps from previous events and/or create new courses for members to print at home and complete alone or within a household group.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Avoid physical contact with any control markers.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before making a map available.**
- Ensure any promotion refers to the need to follow current government advice/guidelines.
- Discourage people from different households from arranging to run courses together or at the same time.
- Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded.
- Courses should be open for a significant time (min 24hrs) to facilitate social distancing

3. Promoting the use of MapRun and other virtual orienteering courses (VOCs)

Clubs and members plan their virtual courses using technology such as MapRun, allowing members to complete these courses alone or within a household group.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before creating a course.**
- Ensure any promotion refers to the need to follow current government advice/guidelines.
- Carefully consider the impact of any activities on members of the public and local residents. Avoid using areas that are likely to be particularly busy or crowded.

Recommendations for clubs

- Create several courses in various local areas.
- Promote the use of courses.
- Potentially introduce club 'fun' leagues. Clubs can ask members to submit their times for completing certain courses. No prizes should be offered.

4. Mapping and planning for future events

Mappers and event officials visit local areas to prepare for future events and activities alone or within a household group.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Stay local and avoid overnight accommodation or traveling long distances.
- Ensure when operating alone that someone is aware of your planned activity and proposed route.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before members undertake any activity.**
- Ensure members are only asked to complete tasks that they are comfortable with and under circumstances that adhere to government advice/ guidelines.
- Do not ask members to travel long distances.

Recommendations for clubs

- Give priority to preparations for local events when restrictions are further lifted.

5. One-to-one coaching

Coaching of athletes on a one-to-one basis, where the athlete and coach are from the same household.

Requirements for individuals

- Ensure social distancing is maintained at all times.
- Check whether the relevant landowner(s) have any restrictions in place before commencing any activity.
- Ensure that the orienteer is only asked to complete activities that they are comfortable with and under circumstances that adhere to government advice/ guidelines.
- Ensure that both the athlete and the coach are self-sufficient and that no equipment is shared.
- Ensure appropriate safeguarding standards are upheld.

Requirements for clubs

- **Seek agreement from the relevant landowner(s) before members undertake any activity.**
- Ensure that both the athlete and the coach are self-sufficient and that no equipment is shared.
- Ensure appropriate safeguarding standards are upheld.

Note: Participating in activities 1-3 will constitute individual activities and not a club activity, and therefore will not be covered by British Orienteering's public liability insurance.

Participant Code of Conduct



All participants must abide by the following code of conduct.

Government guidance takes precedence over this code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity.

Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow this guidance to ensure the safety of themselves, other participants, event volunteers and the general public.

It is essential that all participants adhere both to this code of conduct and any additional requirements set out by the organising club. These will form part of the club's risk assessment for the activity, and maybe a result of restrictions imposed by landowners, local authorities or the government.

Personal safety must be the main driver for all decision making.

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.
- **DO NOT take part in any form of orienteering** if you have any COVID-19 symptoms or are required to self-isolate under the current government guidance.
- Train on your own. Training in informal groups is not acceptable. You can only train with other members of your household or (in England only) with up to one person from outside your household, if you stay two metres apart at all times.
- When training, make someone else aware of your planned route and intended start and finish time, and let them know when you return home.
- Use your judgment when choosing where to go orienteering. Avoid using areas which are likely to be particularly busy with members of the public, or where an injury or accident could require the services of mountain rescue.
- Stay local and, wherever possible, avoid using public transport.
- Ensure you have read and fully understood any information or instructions provided by a club before you arrive at an orienteering course.
- 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. Give way to other participants and members of the public on narrow paths and at gates or stiles.
- Be patient, courteous and respectful of others at all times.