

OUSA Recommendations for Preventing SARS-CoV-2 Transmission at Events

Approved by the OUSA Board 7/27/20

Executive summary:	2
Orienteers should refrain from coming to events if:	2
Masks and Distancing	2
Registration/Check-In	3
Compass and E-punch loans/rentals	4
Beginner Classes	4
Map and Control Description Distribution	5
Start	5
Download & Results	6
Food & Drink	7
Policy Communication and Data Collection	7
Groups	7
Course design	8
Washroom facilities	9
Appendix 1 Waiver of OUSA Rules to apply Covid Recommendations	9

These recommendations are in effect until December 31, **2021**. They will be updated by the OUSA Board as appropriate for changing conditions.

Following the procedures in this document are **required** for National Ranking Events sanctioned by OUSA. Clubs holding local events are urged to follow these recommendations, but there is no requirement.

❖ Executive summary:

- Stay home when sick.
- Practice social distancing: stay 2m away from other people at all times.
- Wear masks at all times except while running.
- Minimize touching of common surfaces - equipment, downloads, maps, compasses.
- Structure the event and schedule to reduce traffic and spread participants out.

As state and local governments determine that groups of people can gather again, we want to be mindful of the health and welfare of all our participants. While outdoor gatherings are safer than those held in enclosed spaces, we still must take steps to minimize opportunities for respiratory or surface contamination transmission.

There is no such thing as zero risk. OUSA recommends that these procedures in addition to guidance from official sources, be implemented to minimize the risk from Covid-19. The risk, however, still remains and it is up to each participant to evaluate their own willingness to both, follow these procedures and accept the risk when they register and participate.

Practices designated “Minimum Recommendations” are to be regarded as the essential baseline. Those designated as “Additional Suggestions” are optional, to be implemented at the discretion of event organizers. Organizers should take into account expected event attendance, characteristics of the venue, availability of volunteers, and the comfort of participants and volunteers.

❖ Orienteers should refrain from coming to events if:

- ❖ They feel unwell or experience any COVID-19 symptoms
- ❖ Have recently been in close contact with a person with symptoms
- ❖ Are under a quarantine requirement
- ❖ **Minimum Recommendations**
 - Event organizers should fully refund fees for pre-registered participants who refrain from attending for any of the above reasons.

❖ Masks and Distancing

- ❖ **Minimum Recommendations**

- Event participants are required to maintain minimum 2-meter separation from volunteers and other participants at all times, excepting members of their own household/start group.
 - Participants and volunteers wear masks covering their nose and mouth at all times from arrival at the event to departure, except while orienteering.
 - Brief unmasking is permitted in order to drink or eat, to assist someone who reads lips, or if otherwise necessary, provided 2-meter separation from others (ideally more) is maintained.
 - Participants and volunteers supply their own masks
- ❖ **Additional Suggestions**
- Organizers supply masks for volunteers and forgetful participants.
 - When there is no line at the start, participants who can't or won't wear masks can appoint someone to bring their SI-card to check-in and download.

❖ Registration/Check-In

❖ Minimum Recommendations

- Require online pre-registration and payment
 - *OUSA is providing EventReg free for clubs to use. It allows participants to pay using the club's PayPal account.*
- During pre-registration, offer a choice of arrival time blocks in order to spread participants out to avoid crowding at check-in and start lines if the anticipated total event attendance exceeds the permitted crowd size by 50%.
- Cap the number of arrivals per hour based on the number of start and check-in positions to keep the crowd size consistent with local recommendations.
- Online waiver signed during pre-registration process
- Require participants to affirmatively indicate, by checking a box or the like, their agreement to follow event rules regarding mask wearing, 2m distancing, etc., during the pre-registration process
- Check-in should be sited outdoors
- Marks for 2m separation for participants waiting to check in
- Minimum 2m separation between volunteers and participants
- Participants check in with volunteers verbally, or using their SI-punch, with no paper forms or money changing hands

- If maps are individually pre-bagged for each participant/start group, check-in may be accomplished by taking one's individually labeled map
- Rental SI-cards and compasses can be included in the bag
- Participants are encouraged to bring their own hand sanitizer.

➤ **Additional Suggestions**

- On-site registration, if offered, only by mobile device
- Organizers supply hand sanitizer and/or handwashing stations
- Organizers require and enforce hand washing or sanitizing before checking in, before starting, before downloading, etc.
- Impermeable barriers (plastic curtains, plexiglass or the like) between participants and volunteers
- Cordon off the check-in area and designate entry and exit points and the route to follow through the check-in area to ensure distancing.

❖ Compass and E-punch loans/rentals

➤ **Minimum Recommendations**

- Compasses and e-punches handled by volunteers only with rigorous mask wearing and hand sanitizing
- Arranged so one can be picked up without touching others
- Returned without being touched by volunteers and not handled again during the event unless they are sanitized.

➤ **Additional Suggestions**

- Individually bag items
- Offer compasses and e-punches as options during pre-registration and package them individually along with participant maps
- Sanitize returned items before being reused at the same or a later event
- Do not offer compass/e-punch rentals or loans

❖ Beginner Classes

➤ **Minimum Recommendations**

- Offer on-site beginner instruction with a 10-participant maximum per session, requiring 2m distancing and mask wearing

➤ **Additional Suggestions**

- Poster to show map features that can no longer be shown by the instructor at close range

- Direct beginners to a beginner instruction video in lieu of on-site beginner instruction
- Schedule beginner instruction before the event via Zoom in lieu of on-site beginner instruction
- No beginner instruction offered

❖ Map and Control Description Distribution

➤ Minimum Recommendations

- Maps and separate control descriptions, if offered, pre-bagged and handled thereafter only by mask-wearing volunteers observing rigorous hand sanitization
- Maps for each course placed in boxes/bins spaced 3m apart and away from volunteers for participants to pick up
- No shared items; e.g., tape, scissors, stapler, or table

➤ Additional Suggestions

- Hang individually packaged maps for pre-registered participants on lines, as is common for maps in relay races
- Print-at-home option for *local events*
- No separate control descriptions. (A.26.5)

➤ Minimum Recommendations

- No pin punching (A.24.9) Examples of backup devices for Rule A.25.2.4 which do not require touching include:
 - use an honor system where participants record their own splits
 - Add an additional code participants write down
 - Use a trivia question relating to the location
- E-punching — ask participants to avoid touching SI-boxes
- After punching, participants should *immediately* move 20 meters away from the control before stopping to plan the next leg..
- Groups orienteering together should only send one person to punch the control with the others standing 10 meters away from the control.

➤ Additional Suggestions

- Offer courses on phone-based orienteering apps
- Allow participants to self-time

❖ Start

➤ Minimum Recommendations

- Minimum 1-minute start interval per entry (individual or group starting together) at a given start location or start punch. Add additional adequately separated start punches or separate start locations as needed to achieve desired throughput rate. (Courses that share controls, including the finish, should be separated as though they are one course..)
 - Configure start locations and design the first legs of the courses so participants leave the start heading away from those waiting to start, and so participants on different courses will tend to diverge leaving the start. Announce and/or indicate the direction in which to leave the start(s) to maintain participant distancing if necessary.
 - Minimum 2-meter separation between waiting participants and volunteers
 - Mark 2m intervals for people to line up at the start
 - No mass starts
 - No bussing or car-pooling to the start
- **Additional Suggestions**
- No punching — self-timing on the honor system
 - For NREs or other events with assigned start times, offer a spacious warmup area and an additional callup line there so only a small number of participants at a time waiting for their start time in the immediate vicinity of the start.

❖ Download & Results

➤ **Minimum Recommendations**

- Download should be sited outdoors
- 2 meters between waiting participants
- Lines marked to enforce 2m distance
- Participants requested to catch their breath and put on a mask before lining up to download.
- No on-site display screens or printed results (WiFi is OK)
- Split printer and download box 3 meters or more from download volunteer
 - Lightweight printers should be secured so participants don't need to hold the printer when removing the paper

➤ **Additional Suggestions**

- On-site results available via wifi
- Impermeable barriers (plastic curtains, plexiglass or the like) between participants and volunteers

- No printed splits

❖ Food & Drink

➤ Minimum Recommendations

- No water supplied on courses by organizers — participants should carry adequate water with them while orienteering. [A.24.12](#)
 - Notices included in event information that water will not be available on the course or provided at the event site by organizers.
 - Signs posted at check-in and start locations reminding participants water is their personal responsibility.
 - Notices/signs should be more prominent if the temperatures will be higher than normal.
- No pre- or post-race snacks or drinks supplied by organizers — participants should bring their own. [A.29.2](#)
- Any participants wishing to picnic after orienteering should stay well away from check-in and download areas

➤ Additional Suggestions

- Water at the finish, if provided, should be in individual bottles or given out by an attendant upon demand.
 - Filled cups are not left out for people to pick up
- Food can be provided if it is individually packaged and handed out by an attendant.

❖ Policy Communication and Data Collection

➤ Minimum Recommendations

- Write out your club's procedures and display them in the event announcement and prominently at the event site.
- Collect and preserve the following information for at least 3 weeks for every start group to be used for contact tracing.
 - Name
 - Phone number
 - E-mail address
 - Start and finish clock time

➤ Additional Suggestions

- Additionally, collect event arrival and/or departure time

❖ Groups

➤ Minimum Recommendations

- Contact groups to discuss event procedures
- **Additional Suggestions**
 - Arrange special block of time for participation by large groups
 - Provide separate assembly area(s) for groups

❖ Course design

- **Minimum Recommendations**
 - Design courses so that the expected participant numbers will space participants 2 minutes or more apart at the start, and average that throughout the courses and at the finish.
 - Maintain a 2 minute *course* separation at each start control
 - Maintain an **average** 2 minute separation at
 - GO and finish controls
 - Controls within a course and shared between courses
 - Multiple start controls at the same general location should be spaced 2m apart and the courses starting from those controls should head along different routes.
 - Maintain a 2 minute separation on the use of expected and obvious trail runs.
 - To the first control
 - From the GO control(s) to the finish
 - Legs between controls
 - As an example, with participants spaced evenly over a 2 hour start window, shared controls including the start, finish, and GO control, should only be visited by 60 people.
 - Avoid legs that might tempt participants on course to pass through/near parking, assembly area, download area, areas where people are lined up to start, and any other areas where other participants or other park visitors not actually orienteering will be assembled
 - Avoid control placements in restricted areas like pits or deep gullies or hemmed in by thick vegetation that might tend to force participants into close proximity
 - Site Start and Finish locations away from Check-In and Download areas'
 - Finish should be far enough from download for people to catch their breath before entering the queue to download.
- Additional Suggestions:
 - Do not use shared controls

❖ Washroom facilities

➤ Minimum Recommendations

- Make clear that washrooms or portable toilets, if available, are to be used at participants' own risk.
- If neither washrooms nor portable toilets will be available on-site, event announcements must prominently include this information.
- Organizers provide handwashing stations or hand sanitizer outside any washroom or portable toilet to enable hand sanitization before and after use.

Appendix 1 Waiver of OUSA Rules to apply Covid Recommendations

- **A.24.9** Waiver is granted to OUSA Rule of Competition A.24.9 concerning dual (manual and electronic) punching.
- **A.24.12** OUSA Rule of Competition A.24.12 is waived.
- **A.26.5** A waiver to OUSA Rule of Competition A.26.5 is granted, concerning providing separate control descriptions to competitors, provided pre-event information makes this change clear to competitors.
- **A.29.2** OUSA Rule of Competition A.29.2, concerning refreshments at the start and finish, is waived.