

# Participants COVID-19 checklist

24/06/2020



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## CONDITIONS OF ENTRY

**For all participants, spectators and organisers, - you must NOT attend any orienteering event or organised activity if:**

you are unwell, even if you only have very mild symptoms

you have been in close contact of a confirmed case of COVID-19 until the 14 days isolation period is over

you have travelled overseas in the past 14 days

you are awaiting a COVID-19 test result

you have been advised to stay at home by a health professional.

**If in doubt - stay away**

Please consider personal risk, particularly if you are older, or have a chronic health condition.

*Orienteering Tasmania recommends downloading and registering the Australian Government CovidSafe smartphone app.*



**Please note: Organisers can refuse a map and start to any participant who, in their opinion, has symptoms consistent with Covid-19. You will be directed to leave the event and contact a health provider immediately. Your entry fee will be refunded if you withdraw from an event to comply with the instructions above.**

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To comply with state government 'Return to Sport' requirements the way events are organised will differ from pre-COVID-19 times:

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## BEFORE THE EVENT

o Enter and pay online; no entries or payments accepted at events.

o Consider buying your own P-card (\$20) through Eventor or SI stick through <http://aussieogear.com>

o Use the correct SI tag correct number when entering online – update your Eventor profile to make it the default

o Bring your own drinking water and container. Do not share water bottles or cups. Drinking water will not be provided on the course or at the assembly area.

o Bring your own lunch/snacks - no catering will be provided

o Look after your own keys and other personal items. There will be no central location to leave belongings

o Prepare as much as possible at home; be prepared to start as soon as possible after arriving

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## HYGIENE AND CLEANING

- o Wash or sanitise your hands thoroughly immediately before and after the event, before and after using toilets, and after touching hard surfaces and shared or common equipment.
- o Cover your mouth and nose with a tissue or sleeve while coughing/sneezing. No spitting.
- o Bring and use your own hand sanitiser. Additionally, please use provided hand sanitiser as requested.
- o Avoid touching tables, computer equipment or other surfaces at registration, start or finish.
- o Avoid touching control units, plates, flags etc as much as possible.
- o Disinfect your SI e-tag before and after use. Do not let anyone outside your household use it.
- o If renting or borrowing an SI e-tag, do not let anyone else use or handle it. Return it to the separate disinfectant container provided, as soon as you finish.
- o Separately printed Control Descriptions will only be provided for OST events. Control Descriptions will be printed on all maps.
- o Printed times/splits will be available at the download station but there will be no results board
- o Take your map home after finishing. Do not let another participant reuse or handle it.

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## PHYSICAL DISTANCING

- o Follow any specific instructions provided by the organiser.
- o At the event, maintain a physical distance of at least 1.5 metres at all times from volunteers and other participants, including when queuing for registration, start, finish and download, and toilets.
- o Move quickly away from controls to allow others to approach, and maintain at least 1.5m distance.
- o After finishing, be ready to depart as soon as possible.
- o There will be no catering, results display or presentations.
- o No entry to work spaces (eg finish tent/trailer) or taped off areas. Follow directions and signs.