

Guide to acceptable Orienteering Activities during Government Alert Levels *as at 26 May 2020*

Guidelines	Level 4	Level 3	Level 2	Level 1
Key Government Guidelines	<p>LOCKDOWN</p> <ul style="list-style-type: none"> Essential travel only - keep it local. Contact limited to your personal "bubble". Only essential services operating. Most industries work from home. Simple exercise, non-contact physical activity can take place, including in outdoor place that can be readily accessed from home. Low-risk activities only: care must be taken not to be injured and require medical care. 	<p>RESTRICT</p> <ul style="list-style-type: none"> Stay in your bubble. Stay home except for school, work and recreation. Inter-regional travel highly restricted (essential workers) - no staying overnight. Low-risk activities only: care must be taken not to be injured and require medical care. Remain within your current abilities. Wider range of industries able to operate. Schools open for essential workers' children (years 1-10). 	<p>REDUCE</p> <ul style="list-style-type: none"> Mass gatherings limited to 100 people. All attendees at a mass gathering must be recorded for contact tracing purposes. Travel restrictions are lifted. Travellers should keep records of travel services used and who you have been in contact with and minimise stops. Try and maintain 2 metre distancing where possible Wider range of industries able to operate. Schools open. 	<p>PREPARE</p> <ul style="list-style-type: none"> No restrictions on public gatherings. No physical distancing restrictions. No domestic travel restrictions. Border entry and quarantine measures still in place. Businesses operating normally.
ONZ Key Guidelines	<ul style="list-style-type: none"> No club events or group training to take place No travel by vehicle at all for the purpose of orienteering (training or otherwise). Only solo non-competitive training allowed, or with people within your bubble. Orienteers may train in areas which are local to them, accessible by foot or bike, and which carry low risk in terms of hazards or risk of safety. Physical distancing must happen at all times with people outside your bubble. 	<ul style="list-style-type: none"> No club events or group training to take place Driving short distances in your local area for recreation is allowed. Only solo non-competitive training allowed, or with people within your close or extended bubble. Orienteers may train in areas which are local or in close driving distance, and which carry low risk in terms of hazards or risk of safety. Physical distancing must happen at all times with people outside your bubble. 	<ul style="list-style-type: none"> Local club events and group trainings can take place provided the recommended distancing of 2m can be maintained. Events are limited to 100 people (including organisers). Clubs may cater to larger numbers of people, however this must be through having multiple event blocks (eg a morning "event" and an afternoon "event"), or multiple locations (eg a Maprun event in several different suburbs). The principle must be that no one "event" can exceed 100 people.. Clubs must ensure all participants (competitors, spectators and event personnel) contact details are recorded for purposes of contact tracing. Clubs must manage events so physical distancing can be maintained, managing or removing any bottlenecks or areas where congregating can occur – avoid on the day registrations (ideally pre register), no results area, no mass starts, no socialising at the event Clubs should follow the ONZ COVID19 Level 2 Restriction Event Guidelines. 	<ul style="list-style-type: none"> National and Regional events can take place. Travel quarantine restrictions <u>may</u> prevent International events from being able to take place. ONZ will develop specific Level 1 restriction guidelines once further information is available around level 1 restrictions.
Orienteering Activity	Level 4	Level 3	Level 2	Level 1
International Events	NONE	NONE	NONE	NONE
National Events	NONE	NONE	NONE	YES
Local Events including group training sessions	NONE	NONE	YES	YES
Personal Training	YES	YES	YES	YES