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 or been contacted by the NHS and asked to quarantine even if you are not displauing any symptoms.
- 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.

Event Guidance (to be included when events are permitted)

Individuals should not enter an event if:

- They are unwell with a cough, fever or other respiratory symptoms

- They have been in close contact with a suspected or confirmed case of COVID-19 until they have completed the prescribed quarantine period, even if they are completely symptom-free

- If they have returned form any overseas country (except for ROI) until they have completed the self-quarantine period for 14 days, even if they are symptom-free

- If they are undergoing COVID-19 testing, until they have received negative test results and are symptom-free

- If they have been advised to stay at home by a health professional.

We also advise competitors who fit within the higher at risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19.

- Ensure you have read and fully understood any information or instructions provided by the organising club before you arrive at an event.

- Follow any requirements imposed by the organising club, either in advance or on the day of the event. Enter events in advance. Respect any limit that a club places on the number of entries – this is vital to enable the event to take place safely.

- Only share transport to an event with other members of your household.

- Arrive at an event during the time window that you have been allocated by the organising club.

- Observe social distancing requirements at all times at an event, including – but not only –

  - when you arrive, at registration,

  - while on the course,

  - at download, and

  - when you leave.

- Minimise, as far as possible, contact with others from outside your household before, during and after the race.

- Keep your distance from other participants and members of the public when waiting to start, on the course, and at the finish.

- Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.

- **Give way to members of the public on narrow paths and at gates or stiles.**

- After finishing a course, move away from the finish, allow yourself to recover (e.g. by catching your breath and reducing your rate of perspiration), and then move swiftly through download and to your vehicle.

- Do not congregate in groups at an event.

- Be patient, courteous and respectful of others at all times. Do anything that a club volunteer asks you to do – their request may be necessary to comply with rules put in place to enable the event to take place.