

# CENTRAL COAST ORIENTEERS COVID-19 SAFETY PLAN

## INTRODUCTION

This Plan is based on NSW Health's COVID-19 Safety Plan [webpage](#) for "Community sporting competitions and full training activities", and the template for orienteering use provided by Orienteering NSW.

### **Business name**

Central Coast Orienteers Inc.

### **Business location (town, suburb or postcode)**

Central Coast, NSW.

Please note that each orienteering event organised by Central Coast Orienteers is at a different location. It is not practical to complete a plan and register each location.

### **Completed by**

David Bowerman & Hilary Wood

### **Plan approved by**

David Bowerman (Public Officer)

### **Email address**

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## Requirements for organisations

### **Wellbeing of staff and customers**

#### **Exclude staff, volunteers, parents/carers and participants who are unwell.**

Anyone with symptoms of COVID-19, even mild symptoms, should not attend an event or training session before they receive a negative COVID-19 test result. Symptoms of COVID-19 include: fever (37.5 ° or higher), cough, sore throat, shortness of breath (difficulty breathing), runny nose, loss of taste, loss of smell. [From NSW Health website]

In addition, organisers will refuse entry by participants who live in regions where the NSW or Australian Government has restricted travel, or who have been to a current [COVID-19 case location](#) in NSW and are required to self-isolate.

#### **Provide staff and volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick visitor.**

Some provisions of this plan might require the organiser to refuse entry, disperse people who are not social distancing or require some or all participants to leave. Organisers should ensure the

organisation team includes one or more people (COVID marshals) who have the appropriate skills and are ready to perform these roles if necessary.

Event officials shall be briefed on how to practice good hygiene.

First aid box has examination gloves and masks (resuscitation, medical). There is some advice available for first aiders, eg [Australia Wide First Aid](#), [Australian Resuscitation Council](#).

If someone is unwell and displaying respiratory symptoms (cough, sore/scratchy throat, fever or shortness of breath) they should be directed to go home, preferably with whoever they travelled to the event or session with. If appropriate, an ambulance should be called.

**Make staff aware of their leave entitlements if they are sick or required to self-isolate.**

Not applicable

**Display conditions of entry (website, social media, venue entry).**

Pre-entry via Eventor is strongly recommended for all events.

Pre-entry refunds will be provided to those that absent themselves for COVID-19 related health or travel reasons.

**If hiring the facility, consult with the owners/operators to address these requirements to understand what measures may already be in place.**

Consult with owners/operators and follow any instructions, including COVID-19 Safety Plans, they might have.

**Other types of venues or facilities within the premises must complete COVID-19 Safety Plans where applicable. If contact details are captured electronically upon entry to the main premises on the relevant day, additional collection of contact details via electronic methods may not be required if there is no other public access to the sub-premises. However, additional contact details and time of entry must be captured where these sub-premises are indoor gyms, nightclubs, dine-in hospitality venues, pubs and bars.**

Not applicable to orienteering.

## **Physical distancing**

**Ensure the number of people in a facility does not exceed one person per 2 square metres of space (excluding staff) to a maximum of 2000 people.**

**indoor areas must not exceed one participant per 4 square metres of publicly accessible space.**

Organisers should ensure assembly and start areas have enough space to meet the 2 or 4 square metre rule (as applicable).

Courses should avoid shopping centres, arcades, and other indoor areas.

**In indoor areas, audience members should not sing or chant. In outdoor areas, spectators 12 years and older should wear masks if singing or chanting.**

Not applicable.

**Minimise co-mingling of participants from different games and timeslots where possible. For mass participation events, stagger the starting times for different groups to minimise crowding where possible.**

Nearly all orienteering events have staggered starting times. If mass start events are held, organisers must ensure the participants follow the 2 square metre rule at the start and finish (4 square metres if indoors in Greater Sydney).

**Support 1.5m physical distancing where practical, including:**

- **at points of mixing or queuing such as food and drink stations, toilets and entrance and exit points**
- **between seated groups**
- **between staff.**

Organisers should use the entry information, signs, markers on the ground to emphasise the need for 1.5m physical distancing. They should, if necessary, supplement this by using COVID Marshals to encourage participants to move further apart.

In planning for events, organisers should pay attention to areas where crowding may occur. For example: toilets, start areas, relay changeovers, download stations, drinks at the finish, result boards, returning collected maps to competitors, presentations.

Organisers should liaise with the managers of any food or clothing store at an orienteering event (the store has to have its own COVID-19 Safety Plan).

**Have strategies in place to manage gatherings that may occur immediately outside the premises, such as with drop off and pick up zones or staggered start/finish times.**

The nature of orienteering events means that large gatherings do not occur outside the assembly and start areas.

**Where possible, encourage participants to avoid carpools with people from different household groups.**

Participants should avoid shared travel arrangements such as carpooling. For long journeys, please balance this with the need to have a second driver.

**Reduce crowding wherever possible and promote physical distancing with markers on the floor where people stand or are asked to queue.**

See section on "Support 1.5m physical distancing" above.

**Ensure communal facilities such as showers, change rooms and lockers have strategies in place to reduce crowding and promote physical distancing.**

Communal facilities are rarely available at orienteering. If they are organisers must devise an appropriate strategy; this could be "the facilities are closed to orienteers".

**Where practical, stagger the use of communal facilities. Strongly encourage participants to shower/change at home where possible.**

See previous section.

**Use telephone or video platforms for essential staff meetings where practical.**

Event planning and other orienteering staff or volunteer meetings should be held by telephone or video platforms where this is practical.

**Review regular business deliveries and request contactless delivery and invoicing where practical.**

Orienteering has almost no regular business deliveries.

**Hygiene and Cleaning****Adopt good hand hygiene practices.**

Event information should encourage competitors to wash and/or sanitise their hands regularly. The information should ask competitors to bring their own hand sanitisers.

**Ensure hand sanitiser is accessible at the venue entry and throughout the facility or ground.**

Provide hand sanitiser facilities at the assembly area.

**Ensure bathrooms are well stocked with hand soap and paper towels or hand dryers. Consider providing visual aids above hand wash basins to support effective hand washing.**

Organisers should ensure public toilets are well stocked with hand soap and paper towels or hand dryers. A poster should be placed so it encourages people to hand wash effectively. A suitable poster is available on the Orienteering NSW COVID-19 Updates webpage.

**Encourage participants to bring their own water bottle, snacks/orange slices and sweat towels.****Avoid shared food and drinks.**

Participants should be encouraged to bring their own drink bottles, snacks, towels or other personal gear. They should not share them.

**Ensure processes are in place to launder shared uniform items after use, such as bibs or jerseys.**

Not relevant to orienteering.

**Clean frequently used indoor hard surface areas, including children's play areas, at least daily; first with detergent and water, and then disinfect. Clean frequently touched areas and surfaces, including in communal facilities, several times per day.**

Event organisers should provide some protective equipment, cleaning materials and disinfectant for event officials. Officials should wear gloves when cleaning and wash hands thoroughly before and after with soap and water.

**Clean indoor hard surface areas used for high intensity sports with detergent and disinfectant after each use.**

Not applicable to orienteering.

**Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use.**

No pin punch only controls. If manual control cards are used then participants should supply their own pen or pencil.

Used rental SI sticks and compasses should be cleaned and disinfected between uses/events.

**Ensure there is accessible detergent/disinfectant and gloves for visitors to use, should they wish.**

Not necessary for orienteering.

**Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with the manufacturers' instructions.**

Organisers should refer to the World Health Organisation guidance on cleaning surfaces which is available on the ONSW COVID-19 Updates webpage.

**Staff should wash hands thoroughly with soap and water before and after cleaning.**

Noted.

**Encourage contactless payment options.**

Contactless event registration or entry and electronic payment is recommended.

**In indoor areas, increase natural ventilation by opening windows and doors where possible, and increase mechanical ventilation where possible by optimising air conditioning or other system settings (such as by maximising the intake of outside air and reducing or avoiding recirculation of air).**

Indoor facilities are rarely used at orienteering. If they are organisers must devise an appropriate strategy; this could be "the facilities are closed to orienteers".

## **Record keeping**

**Keep a record of name, contact number and entry time for all staff, volunteers, participants, spectators and contractors attending community sports activities, where this is practicable, for a period of at least 28 days. Electronic collection (e.g. using a QR code) of contact details for each person is strongly encouraged. Any paper records must be entered into an electronic format such as a spreadsheet within 12 hours. Records must be provided as soon as possible, but within 4 hours, upon request from an authorised officer.**

The entry process must capture all participants contact details. Entry using Eventor is recommended.

COVID contact details of competitors who don't enter using Eventor, organisers, parents, young children who do not compete at an event must be recorded, preferably electronically. The club plans to use the Services NSW QR code process for those who can't enter via Eventor. If it is necessary to resort to paper records these must be entered into an electronic format such as a spreadsheet within 12 hours.

If entries are taken by means other than Eventor or Services NSW QR Codes, organisers must ensure participants contact details are retained for a period of at least 28 days.

The club's Public Officer is an Eventor administrator, and must receive, in electronic form, any contact information not included in Eventor or the Service NSW QR code system, from the event organiser within a few hours after the event. The Public Officer will provide records as soon as possible, but within 4 hours, upon request from an authorised officer.

**Ensure records are used only for the purposes of COVID-19 contact tracing and are collected and stored confidentially and securely. When selecting and using an electronic method of record collection, take reasonably practical steps to protect privacy and ensure the records are secure. Consider the 'Customer record keeping' page of [nsw.gov.au](http://nsw.gov.au).**

Eventor entries will use the Eventor database of Australian orienteering members and casual orienteers. The database, Orienteering Australia and Orienteering NSW have privacy rules.

Records gathered only for COVID-19 tracing purposes will comply with this requirement.

**Make your staff and volunteers aware of the COVIDSafe app and its benefits to support contact tracing if required.**

Event information should recommend all orienteers and other attendees download the COVIDSafe app and bring their phone to the event or training session.

Carrying a phone whilst competing or training is optional at events up to State League level. Carrying a phone at a NSW Championships or higher-level event is not permitted, unless the organiser permits it.

**Community sport organisations should consider registering their business through [nsw.gov.au](http://nsw.gov.au).**

Our club is registered as an Incorporated Association with NSW Fair Trading. Inc #: 9896104.

**Cooperate with NSW Health if contacted in relation to a positive case of COVID-19 at your workplace, and notify SafeWork NSW on 13 10 50.**

We will do this.

**I agree to keep a copy of this COVID-19 Safety Plan at the event.**