

Participant Code of Conduct

Issued by the Irish Orienteering Association

Applies to all orienteering activities in the Republic of Ireland

Last Updated September 8th, 2020

Government and HSE guidance take 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,
 - you were in contact in the last 14 days with someone who has Covid-19 symptoms,
 - you are required to self-isolate
 - you have been outside Ireland in the past 2 weeks.
- When training, make someone else aware of your planned route and intended start and finish time, and let them know when you return home.
- Use your judgment when choosing where to go orienteering. Avoid using areas which are likely to be particularly busy with members of the public, or where an injury or accident could require the services of mountain rescue.
- Obey Government guidelines with regard to travel restrictions
- Carpooling is not recommended.
- Ensure you have read and fully understood any information or instructions provided by a club before you arrive at an orienteering course. This includes requirements for pre-entry and/or online payment which clubs may choose to apply at their discretion.
- Provide a Covid-19 Health Declaration and Contact Details, ideally as part of your pre-entry. Ensure your Covid-19 Health Declaration is still valid before the event.

- 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.
- Observe good personal hygiene practices, including - but not limited to - cough and sneeze etiquette and avoid spitting and other bodily secretions.
- Be patient, courteous and respectful of others at all times.
- Stop and assist any injured competitor. Maintain physical distancing if possible.
- Inform the event organisers if you develop Covid 19 in the 2 weeks following an event.