

Orienteering and the new Covid-19 Levels

The Government and Sport Ireland have issued guidance on activities during the Resilience and Recovery Levels. The Irish Orienteering Association are providing this information below to assist Clubs and Orienteers on Orienteering at each of these levels.

It is possible for different parts of the country to be at different levels at the same time. When organising Orienteering Events clubs should take into account the Level that the area from where most attendees will come. For example, an event in Westmeath that is organised by a Longford club may have most of its attendees from Cavan. So, it is necessary to consider the Level that applies to all three counties.

[At all times adhere to Social Distancing advice and Travel Advice.](#)

	Training	Events	Travel Restrictions
Level 1	Normal training sessions can take place outdoors with protective measures	A maximum of 200 can attend an event. No more than 15 people at the Start, Finish, Registration or Download area.	No travel restrictions
Level 2	Closed Training Sessions can take place in pods of up to 15	Up to 200 outdoors No more than 15 people at the Start, Finish, Registration or Download area	No Travel Restrictions
Level 3	Closed Training Sessions can take place in pods of up to 15	No events to take place. Consider DIY orienteering options in your local area	No travel outside your county (or as directed by the Government)
Level 4	Closed Training Sessions can take place in pods of up to 15	No events to take place. Consider DIY orienteering options in your local area	No travel outside your county (or as directed by the Government)
Level 5	Individual training only	No events to take place.	Exercise within 5 km of your home.

Training Events:

Training events in the above table should be 'closed'. There would be no results as it is not a competition. It would not be necessary to register such Training events. It is possible for clubs to share Training events with other clubs with each club/group using a different time slot.

DIY orienteering:

This includes MapRunF courses and Permanent Orienteering Courses. Since March there has been an increasing number of these available. More will be added.

Covid 19 High Performance Guidance

This guidance is based on that prepared by the "Return to Sport Expert Group"

The Senior/Junior Orienteering Squads are teams funded by Sport Ireland, and therefore can be considered as High Performance. This guidance only relates to M/W 20E & 21E.

In relation to **Domestic Travel**, where Sporting Activity is allowed i.e. for professional, elite, inter-county sports, senior club championship etc. travel will be permissible by participants and support personnel to fulfil these pre-existing fixtures. In this case the Irish Orienteering Association considers pre-existing fixtures to be provincial & national championships. These are the only races with "elite" categories.

It is not considered that the guidance on **Training** will affect how the athletes train. Level 2 & 3 allow outdoor (non-contact for Level 3) training in pods of up to 15. It should be noted that the travel exemption does not apply to training or other orienteering events.

Support Personnel are Coaches, Trainers or essential support personnel are also included in respect to the activity referred above.

Should an athlete require a letter of confirmation that they are a member of the Irish Orienteering Squad for the purposes of travel to a race, they can contact the Director of Higher Performance Orienteering, elite@orienteering.ie.