

## Special Covid-19 Considerations

In making these courses events available we ask you to adhere to the following conditions:

1. Only go to the start when ready to start. Stay at a distance while you plan your route and don't linger at the finish once you have completed your course.
2. If there are others at the start please wait before they leave before you approach
3. Obey all group size and social distancing limitations in force at the time.
4. Take care when running to give space to other members of the public out for their exercise. Take particular care when going around corners. Do not look at your map when running unless you are sure it is clear ahead.
5. Take care when crossing roads.

People should NOT attend any orienteering event:

- If they are unwell with a cough, fever or other respiratory symptoms
- If 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 from any overseas country 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 results and are symptom free
- If they have been advised to stay at home by a health professional

For further information about COVID-19 and exercising responsibly under various COVID Response Levels, please see [covid19.govt.nz](https://www.covid19.govt.nz) and <https://www.orienteering.org.nz/covid-19>