

England Local Covid Alert Levels Orienteering Guidance - Updated 16th October 2020



Version 1.3 16th October

Under the tiered approach which came into force on 14 October 2020, organised sport, including orienteering events, can continue to take place outdoors at all local COVID alert levels. However, there are restrictions on indoor sporting activity in both high and very-high alert level areas, and travel restrictions apply in very-high alert level areas. Additional local restrictions may also apply in very-high alert level areas.

Anyone organising or taking part in an orienteering event or activity must ensure that they are aware of the local COVID alert level both in their home area and at the intended venue for their activity, and act in line with the restrictions which apply.

British Orienteering has created this matrix of activities to show which orienteering activities are permitted at each alert level, subject to landowner permission.

[Link to local COVID alert levels](#)

[Link to full government local covid alert level guidance](#)

Tier	Overview	UK Government Guidance Summary	Permissible Orienteering Activities/Events
<p>Local COVID alert level: medium</p>	<p>This is for areas where national restrictions continue to be in place.</p>	<p>This means:</p> <p>You must not socialise in groups larger than 6, indoors or outdoors (other than where a legal exemption applies).</p> <p>Businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law.</p> <p>Exercise classes and organised sport can continue to take place outdoors, or indoors if the rule of 6 is followed.</p>	<p>Participants and volunteers are advised not to travel into very high (Tier 3) alert areas to take part in training, competitions or activities</p> <p>Personal/individual training</p> <p>Club competitions and activities with infrastructure providing the Return to Orienteering Guidance (England) is followed</p> <p>Virtual events / activities</p> <p>Permanent Orienteering Courses/events</p> <p>Outdoor coaching activities</p> <p>Indoor coaching activities, subject to the requirement that adults remain in coaching bubbles of no more than six</p> <p>Advised not to carry out mapping and planning for future events which involves travelling to a very-high alert level area</p>

Tier	Overview	UK Government Guidance Summary	Permissible Orienteering Activities/Events
<p>Local COVID alert level: high</p>	<p>This is for areas with a higher level of infections where some additional restrictions are in place.</p>	<p>This means on top of restrictions in alert level medium:</p> <p>You must not socialise with anybody outside of your household or support bubble in any indoor setting, whether at home or in a public place.</p> <p>You must not socialise in a group of more than 6 outside, including in a garden or other spaces like beaches or parks (other than where specific exemptions apply in law).</p> <p>Exercise classes and organised sport can continue to take place outdoors. These will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with or share a support bubble with, or for youth or disability sport.</p> <p>You can continue to travel to venues or amenities that are open, for work or to access education, but should look to reduce the number of journeys you make where possible.</p>	<p>Participants and volunteers are allowed to travel within and in/out of the area to fulfil or attend an organised competition/activity. However, it's recommended that travel is minimised where possible. People are advised not to travel into very high (Tier 3) alert areas to take part in training, activities or competitions.</p> <p>Personal/individual training</p> <p>Club competitions and activities with infrastructure providing the Return to Orienteering Guidance (England) is followed</p> <p>Virtual events/ activities</p> <p>Permanent Orienteering Courses/events</p> <p>Outdoor coaching activities</p> <p>Indoor coaching activities for under-18s and disability orienteering only. No adult indoor coaching</p> <p>Advised not to carry out mapping and planning for future events which involves travelling to a very-high alert level area</p>

Tier	Overview	UK Government Guidance Summary	Permissible Orienteering Activities/Events
<p>Local COVID alert level: very high</p>	<p>This is for areas with a very high level of infections and where tighter restrictions are in place. The restrictions placed on areas with a very high level of infections can vary, and are based on discussions between central and local government. You should therefore check the specific rules in your area.</p>	<p>At a minimum, this means:</p> <p>You must not socialise with anybody you do not live with, or have formed a support bubble with, in any indoor setting or in any private garden or at most outdoor hospitality venues and ticketed events.</p> <p>You must not socialise in a group of more than 6 in an outdoor public space such as a park or beach, the countryside, a public garden or a sports venue.</p> <p>Exercise classes and organised sport can continue to take place outdoors. These will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with), or for youth or disability sport.</p> <p>You should try to avoid travelling outside the very-high alert level area you are in or entering a very-high alert level area, other than for things like work, education or youth services, to meet caring responsibilities or if you are travelling through as part of a longer journey.</p> <p>You should avoid staying overnight in another part of the UK if you are resident in a very-high alert level area, or avoid staying overnight in a very-high alert level area if you are resident elsewhere.</p> <p>This is the baseline in very-high alert level areas. The government will also seek to agree additional interventions in consultation with local authorities, in order to drive down transmission of the virus.</p> <p>You should therefore check whether additional restrictions apply in your area at this link.</p>	<p>Participants and volunteers are advised not to travel into or out of areas that have a very high (Tier 3) alert level, including for any orienteering training, activity or competitions, unless this is necessary to enable individual exercise or to exercise for people from the same household or support bubble. This doesn't apply to travel where it is necessary to enable disability sport, sport for educational purposes or supervised sport and physical activity for under-18s to take place</p> <p>Personal/individual training</p> <p>Club competitions and activities with infrastructure providing the Return to Orienteering Guidance (England) is followed. People from outside the very-high alert level are advised not to travel into the area to participate or volunteer</p> <p>Virtual events/ activities</p> <p>Permanent Orienteering Courses/events</p> <p>Outdoor coaching activities</p> <p>Indoor coaching activities for under-18s and disability orienteering only. No adult indoor coaching</p> <p>Advised not to carry out mapping and planning for future events which involves travelling into or out of a very-high alert level area</p>