



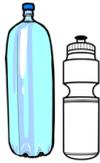
## Practice *Orienteering* in times of COVID-19; take care of your and others' safety

# Some simple rules to follow before, during and after the race

### 1. From home to the arena



**Fever or symptoms?**  
I stay at home



I bring all the water I need. **There are no refreshments** in the arena or along the course

I travel according to current regulations



Club vans must be sanitised before use



I park as directed by the organisers



I wear a **face mask** before and after the race

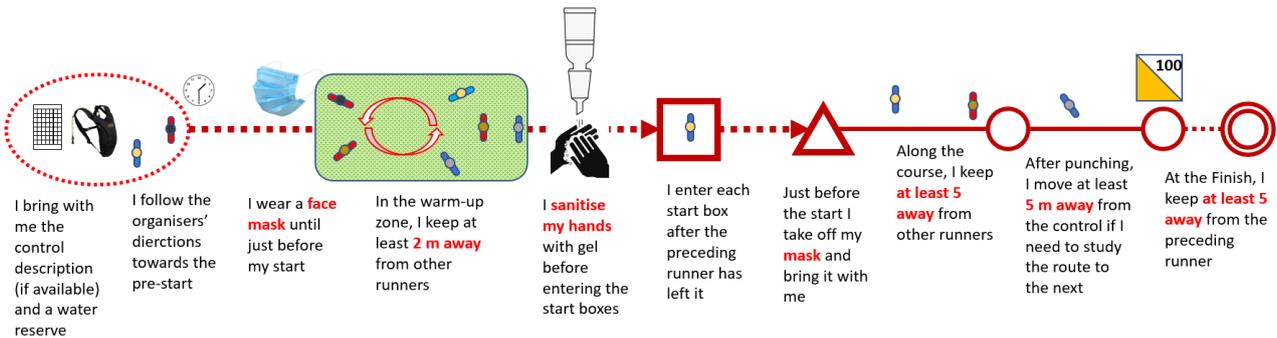


I keep **at least 1 m away** from other people



I bring home **all my rubbish**, including tissues and face masks

### 2. From the arena to the finish line



### 3. Dopo l'arrivo



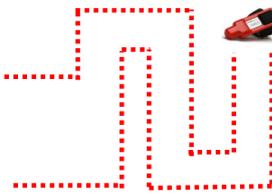
I immediately move away from the Finish punching station



I **sanitise** hands and SI card with gel



I wear the **face mask**



I follow the directions towards the SI Card downloading station; I keep at least **1 m away** from other people

I go back to my car or van and keep an adequate distance from other people while changing clothing



I read the ranking lists via web or WiFi. I do not stay in the arena to compare routes with the other runners



I return home as soon as possible