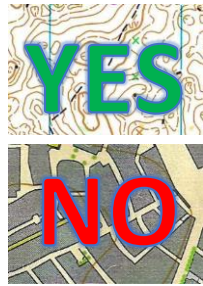


Orienteering training events; some simple rules to minimise COVID-19 risks



Training: in the forest **YES**, in cities **NO**



I download and **print training map** and course



I prepare and bring with me **all I need** for the training session.

Fever or symptoms?
I stay at home and notify my GP and Club

A yellow triangular warning sign with a black exclamation mark.

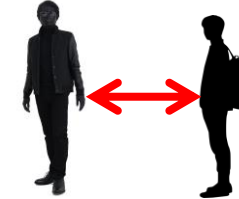
I travel to the training site according to mobility regulations



I park my car/van as directed by the organisers



I wear a **face mask**

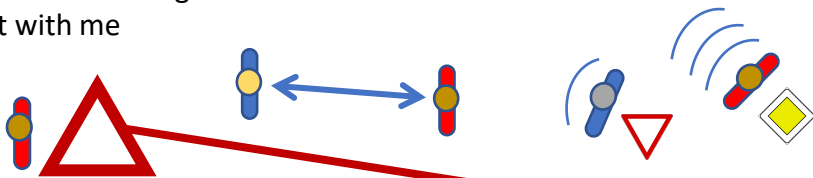


I stay at a distance of **at least 1 m** from other people

In case maps are available only on site, I **sanitise my hands before picking mine**



At the start, I **take off the mask** and bring it with me



I start according to organisers' directions. **In no case, earlier than 1 minute** after the departure of the previous runner

Along the course, I keep a distance of **at least 5 m** from other runners

I **give way** to faster runners

After punching, I **move at least 5 m away** from the control if I need to stop and study the route to the next



I wear a **face mask**



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

As soon as the training is finished, I **go back home**



I compare and discuss routes in virtual meetings