

Quantico Orienteering Club COVID-19 Safeguards

The QOC Board has adopted several changes to our event procedures to ensure that we can hold these events and maximize participant & volunteer safety, while we have fun in the woods. Please read and comply with them in their entirety.

The following guidelines have been adopted to help minimize the chances that you or anyone else will contract COVID-19 at QOC events. However, there is no guarantee you will not contract COVID-19, or any other communicable disease at one of our events, even if you abide by these regulations. Participate at your own risk. Please consider not participating if you have an elevated risk of severe illness from COVID-19. Do not attend any event if you are sick, or anyone else in your household are currently displaying any symptoms of COVID-19, or have been tested positive for it within the previous 14 days.

Participants are expected to bring their own supply of water and snacks.

QOC will not be supplying water or snacks at the event.

There not be any water available to runners out on the courses, so you should plan to carry the volume of water you feel you will need.

Registration, Check In, Map Pickup, and Starts

All events will require preregistration which will normally open Monday at Noon preceding the event and close at 6 PM the day before.

Walk up registration and participation will not be allowed. Refunds will only be provided if an event is cancelled.

To help speed your time at check-in and reduce opportunities for close contact and eliminate the need to sign an attendance list at the event, your registration must include:

- Cell Phone number
- Need to borrow a compass
- Need to borrow an e-punch

You must register be for a specific time slot described below – note that to allow more participants, **courses are planned to open at 10 AM:**

- 9:45 AM – 10:30 AM – map pick up and start course between 10 and 11 AM
- 10:45 AM – 11:30 AM – map pick up and start course before 12 Noon
- 11:45 AM – 12:30 PM – map pick up and start course before 1 PM
- 12:45 PM – 1:30 PM – map pick up and start course before 1:30 PM

Some events will use 15-minute windows to reduce opportunities for crowding early in the event. Check each event's announcement for details.

No one will be allowed to start after 1:30 PM. All participants must be off the courses and back at the finish area by 3:00 PM.

These windows have been established with the expectation that participants will start their courses shortly after picking up their maps (and map bags, clue sheets, compass, and e-punch as appropriate).

At Check In: All participants must wear a proper face mask and declare that they (themselves and accompanying participants) do not have a fever (body temperature above 100.4 degrees Fahrenheit).

The key storage box will continue to be available for use.

Two starts are planned to better improve distancing:

- White, Yellow and Orange Courses
- Advanced Courses

While waiting to pick up maps or in the starting lines, you must wear a face mask and maintain physical distancing of 3 meters (10 feet) from other participants. Our intent is for everyone to stay separate from those you don't normally have close contact with.

Group Leaders

If attending as part of a group, **only group leaders should pick up maps and e-punches** at registration.

No planned Beginner Instruction. To reduce QOC event staff and maximize participation opportunities there will be no planned beginner instruction. However, these resources should help prepare for anyone going out on their first course:

- QOC: Introduction to Orienteering: <https://www.youtube.com/watch?v=vFJlLJk9tk> taught by our own David Onkst.
- QOC: Orienteering Technique for Beginners: <https://www.qocweb.org/content/orienteering-technique-beginners>
- QOC: Discover Orienteering, Discover Yourself: Your first event: <https://www.qocweb.org/content/discover-orienteering-discover-yourself-your-first-event>
- Orienteering Boy: Video: <https://www.youtube.com/watch?v=OZOI9kKuA4I>
- South London Orienteers: Start Orienteering: Video: <https://www.youtube.com/watch?v=26Zc5AVkFis>
- Delaware Valley Orienteering Association (DVOA) Video: https://www.youtube.com/watch?v=drmwbZ_ntB8

While Warming Up – masks can be down or off but keep 20 meters (65 feet) away from others you don't normally have close contact with.

When out on the course:

- Masks can be down / off – but physical distancing (3 meters / 10 feet) must be maintained, otherwise, masks should go back on, so plan to carry a face mask with you.
- If using trails, try to make room for faster participants
- Do not touch the control box with anything but the e-punch
- Do not congregate around controls. After punching, move to a distance of at least 20 meters from the control to plot the route to your next control.

- **There will be no water controls on the course.** Course setters may choose to allow personal water staging in some areas (like a common road crossing), but if so, that will be reflected in each event's notes.

At Finish, Download, and Check In Area:

- At the **finish control**, maintain proper distancing when you approach the finish, touch it only with the e-punch, put your mask back on, and move on to download. You must download your course data, even if you did not complete the entire course
- **At Download**
 - Only touch the download box with the e-punch
 - take your print out
 - turn in borrowed e-punch and compass
 - leave the finish area as quickly as possible – do not linger
- If waiting for others to finish before departing, don't congregate in the Check In Area.
- Finish results will not be posted at the event site. Check the QOC website later that day or the next to see the results.

You must be off the course and back at the finish by 3 PM. Control pickup will begin promptly at 3 PM.

Restrooms and Sanitation:

- Restroom facilities or Porta Potties will be available, but may vary from event to event due to park policies
- Hand sanitizer will be available for participants and volunteer use at check-in and after downloading.