

The policy of OFA is to limit, as far as reasonably possible, the risk of transmission of infectious diseases at all orienteering events. This policy may be achieved by adhering to the following recommendations:

- 1 It is the responsibility of all orienteers and event officials to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases.
- 2 All orienteers with prior evidence of infectious diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
- 3 It is the responsibility of the organisers of an event to ensure that toilets and hand washing facilities, if supplied at events, should be kept clean and tidy and that adequate supplies of toilet paper, fresh water for washing, soap, paper hand towels, refuse disposal bins and disinfectants should be available at all times.
- 4 The sharing of drink containers should not occur and competitors should not be able to immerse the hands in water supplied for drinking. To this end water at events must not be supplied in open containers such as garbage containers. Water for drinking at events should be supplied in sealable containers, preferably with taps, and dispensed in disposable cups. The cups should be discarded after use so that they cannot be reused and in such a way as to pose no environmental problems. Water supplied on courses as described in OFA Technical Regulations paragraph 3.11.16 should also be subject to these provisions.
- 5 Competitors may be encouraged to carry their own water supply or cups on courses, but this in no way diminishes the responsibility of organisers in supplying drinking water for competitors as required in OFA Technical Regulations paragraph 3.11.16.
- 6 All clothing, equipment and surfaces contaminated by blood may be treated as potentially infectious. Organisers must ensure that adequate first-aid equipment is available at events and that any person who, on behalf of the organisers, treats an orienteer with open cuts and abrasions should wear disposable rubber or plastic gloves. Organisers must also ensure that event officials who are likely to come into contact with orienteers' equipment which has also become contaminated with blood (eg control cards or maps) can be supplied with disposable rubber or plastic gloves.
- 7 There is an obligation on all state orienteering associations and the OFA to provide suitable information to clubs and individual orienteers on the associated risk factors and prevention strategies against infectious diseases.

Adopted
December 1994