



INTERNATIONAL ORIENTEERING FEDERATION  
MTBO COMMISSION

# **Guidelines for quarantine zones**

## at MTB Orienteering World Cup events

January 2019

**Current rule 22.17:**

The organiser may define one or more quarantine zones in order to prevent those who have not started gaining information about the courses. The organiser defines times when competitors and team officials must be inside the quarantine zone. The organiser shall provide adequate facilities (toilets, refreshment, shelter etc.) for those waiting in the quarantine zone. If a competitor or team official attempts to enter the quarantine zone after the deadline, they may be refused entry. Competitors and team officials are not allowed to use telecommunication devices within the quarantine zone.

Quarantines are necessary. However, they are also stressful and boring for the competitors. The key is to minimise the quarantine times as much as possible and to set up the quarantine zones so that they consider the competitors' needs.

**Tips for organising the quarantine**

1. The quarantine zone can be at the start or at the finish or in both places. If circumstances allow, it is much better for the competitors to have a quarantine zone at the start and at the finish. That way, the overall time spent by the competitor in the quarantine decreases.
2. It is fairer and more comfortable for the competitors to spend more time in the finish quarantine than in the start one.
3. The quarantine zone contains a check-in point at the entrance, toilets, refreshment (at least water), tents for competitors and tents for leaving personal belongings for transport to the arena (or equivalent indoor facilities). Six toilets is the minimum adequate number. Teams may set up their own tents if permitted by the organiser.
4. The quarantine zone must be fenced off or its limits need to be delineated in the terrain by tapes. Communication with people outside the quarantine must not be possible!
5. The car parking must be outside the quarantine zone - in the other case it is impossible to control the communication.
6. A part of the quarantine zone, or alternatively an area near the pre-start, must be provided for warm-up (see competition rule 22.3). If the warm-up area is not inside the quarantine, the same principle as in point 4 applies.
7. There should be enough space for warm-up or cool-down. For safety reasons it is better to separate the warm-up area from the rest of the start quarantine facilities. It is recommended to allocate a separate place to athletes who want to warm up on their rollers (they can be noisy).
8. Only competitors and registered team officials are allowed to enter the quarantine zone. The electronic punching system can be used to speed up the start quarantine check-in procedure.

9. The organiser defines times when competitors and team officials must be inside the quarantine zone. Usually when the finish quarantine starts, the start quarantine is finished and open. Competitors who are not in the start quarantine by the relevant time deadline will not be allowed to participate in the race.
10. Up to the check-in deadline – when it is not yet compulsory to be inside – it is allowed to leave the quarantine zone via the check-in point, e.g. to go to the car park and back. Those doing so must re-enter the quarantine zone before the check-in deadline.
11. It is allowed for anyone (usually the team officials) to leave the start quarantine anytime, but no one is allowed to return back before the quarantine ends.
12. The principle is the same for the finish quarantine: The team officials are allowed to enter the finish quarantine anytime, but it's forbidden to leave it before its end.
13. It is strictly forbidden to use any telecommunication devices within the quarantine zone. That includes mobile phones, tablets, laptops etc. This is crucial especially when there is a live broadcast of the GPS tracking etc. It is not allowed either to bring maps of competition areas into quarantine zones.
14. Check-in deadlines must be agreed with the event adviser before publication. Transport schedules must ensure that all competitors can be at the quarantine zone well before the deadline.
15. All competitors must be informed about quarantine zones (times, facilities etc.) in the last bulletin or at the team officials' meeting.
16. If there is a WMMTBOC (World Championships for Masters) held in conjunction with a World Cup event and the Masters are concerned by a quarantine zone, organisers must make sure that these competitors get the information too – Masters do not attend team officials' meetings.

