

# Urban AGM Score Activity Details - Rev A

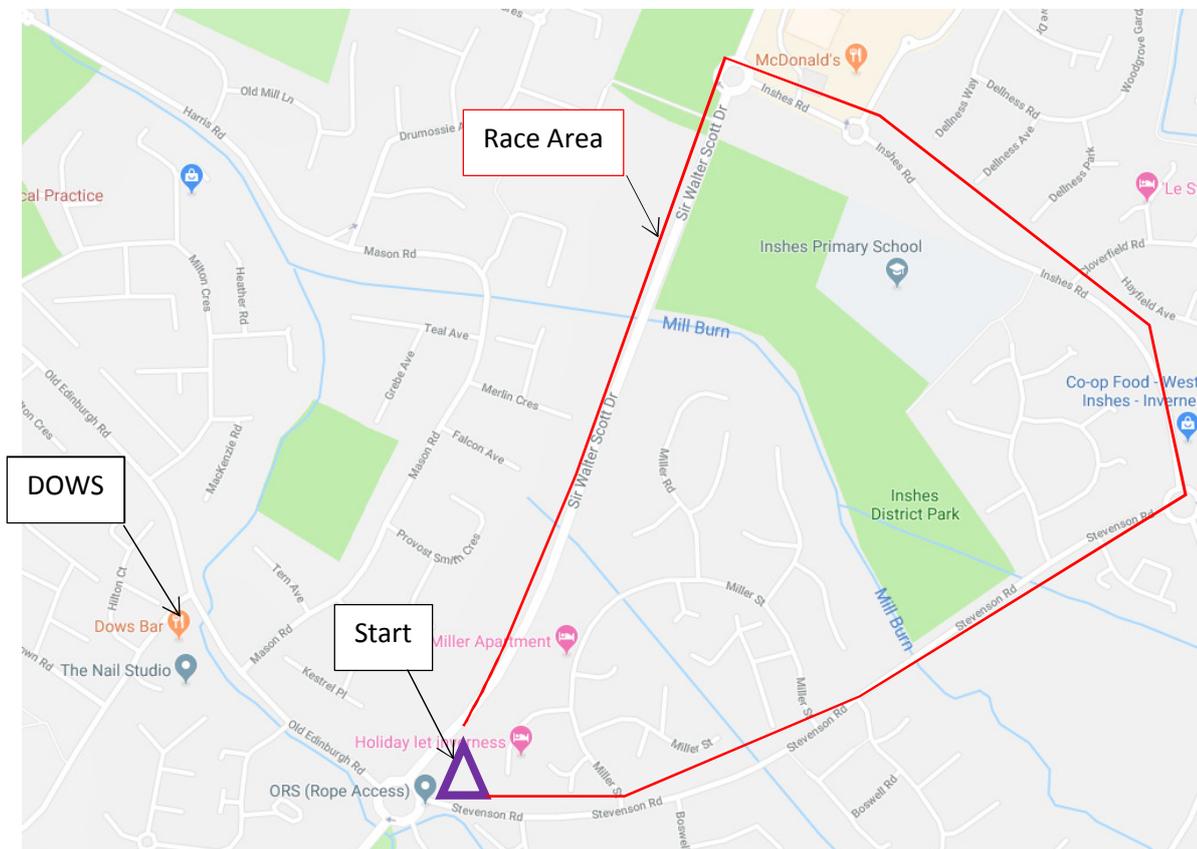
**Event:** Inshes Park (Including Wester Inshes) - Friday 26<sup>th</sup> April 2019  
**Starts:** 6.30pm (Castle Heather Roundabout). Courses close 6.55pm



Please check <http://invoc.org.uk/> before setting off in case of poor weather conditions and other last-minute information that may affect the event.

**The Activity:** As a pre AGM activity, there is an urban score event around Inshes Park and Wester Inshes to test your route choice and quick decision making. This is a fun activity, although we are using SI, your run is scored, it's against the clock and there is a prize for the highest scoring male and highest scoring female.

**Race Area:** The race area is marked below. The finish is in the same place as the start.



**Course:** There is one set of markers, with points varying from 10 to 50. There is a set time limit of 15minutes, with 25 points lost for every minute (or part minute) late.

i.e. 0-1minute late = 25 point penalty, 1-2minutes late = 50 point penalty etc.

Don't be late! There are a maximum of 340 points available, roughly 3.3km if all collected.

**Juniors:** The activity does require crossing low speed lightly trafficked public roads (Although you can get two thirds of the controls without crossing a road). Note the area is bordered by higher speed roads, but these are not required to be crossed.

Due to road crossings 15 years and younger can only take part if they are closely accompanied by an adult at all times; this adult must take responsibility for road crossing decisions.

**Event Times/Costs/Registration:** Registration from 6.20pm. Start: 6.30pm at Inshes Park. Registration/download will be at the start. [In case of bad weather download may move to Dows.] Courses close at 6.55pm.

The activity is free

Dibber hire free BUT replacement charge if lost (£30) - Bring your own if possible.

Although start at noted at 6.30pm, it will be a punching start and we will slightly stagger runners. All starters to have commenced by 6.35pm.

**Pre-registration:** To help know how many maps to print please fill in the online survey: <https://www.surveymonkey.co.uk/r/28HLLYB>

No payment will be taken, and pre-registering does not commit you to coming - but it helps us plan and be organised.

**Each competitor must collect their map in person and listen to any safety information that will be issued. All competitors must report back to download even if they do not finish their course.**

**Controls:** Majority of controls in the urban areas will not be on stakes, the control unit and a kite will be tied to the control feature or in the immediate vicinity

**Map:** 1:4,000 (mapped 2016, but generally up to date). Urban mapping standard. Note that the green around the houses means that land is out of bounds because it is gardens; please do not enter. All pink areas (lines and hatching) are out of bounds. Thick black lines on the urban standard maps means an uncrossable fence/wall.

**Terrain:** Classic urban orienteering across The Inshes Park and Wester Inshes areas of Inverness. A mixture of urban streets and parkland. There are two watercourses crossing the area, both are shallow, but the wide one (as marked on the map) is 3m wide, so you will get your feet wet if you try and cross - best avoid. Only the larger trees are marked, small young trees are not mapped. The rough open with trees areas within the fenced areas of Inshes Park are variable in run ability and generally best avoided rather than running through them.

A barbed wire fence runs along the distributor road. The courses do not require this to be crossed.

**Parking:** Parking will be Dows, Old Edinburgh Road, Inverness. Which is the location of the AGM. The AGM will be held in the upstairs meeting room (accessed from outside).

There may not be enough parking in the Dows car park and it is advised to park in the Castle Heather or Drakies housing areas. Parking will not be marshalled. Please make your own way to the start area for registration and starting.

**Toilets:** Toilets available at Dows after event.

**Event Team:**

Planner, Organiser and SI: Laurence Clod, 01463 713799, [mapping@invocmail.org.uk](mailto:mapping@invocmail.org.uk)

Safety sign off: James Laird

**SAFETY - in addition to the information above please note:**

**Clothing/Shoes:** A lot of the area is grass parkland. Mostly shoes with good grip recommended. Metal dobs are not recommended. Please bring change of shoes for Dows.

**Urban orienteering involves road crossings.** Always look carefully before crossing a road to check that it is safe to do so. All competitors should take the same precautions when crossing roads that they would take if not competing

**Pedestrians, dog walkers and cyclists:** As this is an Urban area, please be considerate to other pedestrians while you are out on the courses, take extra care if you encounter young children or animals.

**Dogs and dog fouling** may be present.

**Courses close at 6.55pm.** PLEASE RESPECT THIS. The AGM is to start at 7.15pm and we need to collect the controls first!

**The risk assessment** for the event will be available to view at Registration.

**First aid.** The start area will be manned at all times and will have a first aid kit available. The organiser will manage any incident involving an injury, but may not be able to administer first aid. The injured person may be required to go to Raigmore Hospital A&E (no more than a 10 minute drive). The organiser will assist in organising any transfer that is necessary,

**Insurance:** Please note that if you have competed in three orienteering events and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

**Medical Conditions:** You have the option of completing a medical form. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration in a sealed envelope that will only be opened if required and destroyed after the event.

**BY TAKING PART IN THIS EVENT YOU AGREE TO THE FOLLOWING:**

1. Registration information will be recorded on computer.
2. Photos and/or names may appear on our website or in the media. We will seek permission where this involves young people.
3. Competitors are responsible for their own safety and for assessing their own abilities to complete the course.
4. Results may be published on the internet.
5. Our data protection policy is here: [http://www.invoc.org.uk/docs/DPN\\_current.pdf](http://www.invoc.org.uk/docs/DPN_current.pdf)