

iROMP at CARSE OF ARDERSIER

NB Reflective kites used - excellent opportunity for Night Orienteering

Event Details

13 November 2020 to 3 January 2021



INVOC invites you to our latest iROMP (INVOC Regular Orienteering Mapping Programme) at Carse of Ardersier. This isn't an organised event as such – the controls have been laid out discreetly in the woodland, so just print a map and go run the courses in your own time. There are no timing devices - self time your run if desired.

Planner's Comments: Carse Wood is a mature pine woodland with an understorey varying from fast blaeberry to sluggish heather. Several wide strips of woodland have been felled in recent years and the natural regeneration is in different stages of regrowth varying from old brashings to pockets of impenetrable thickets. There is a grid network of tracks and also some paths (mountain bike trails) through the interesting contoured area in the north.

If you spot any problems (e.g. a missing control), please contact the planner on teaminvoc@invocmail.org.uk.

See also safety information below.

Directions and Parking: Grid ref NH807568. From Inverness, follow the A96 towards Nairn for just over 10 miles, then take the left turning signposted for Whiteness. Follow the minor road for half a mile to a T junction, then turn left onto the B9092 then take the first right. After 1.8 miles park in the forest entrance on the left just past the "Pine Trees" junction and just before the "Starlight Stables" junction. There is space for 4 or more cars to park here and there is additional parking on the verge or larger laybys further along the public road.

Map: Scale 1:10,000, 2.5m contour interval. It's DIY - Print your own and take along on the day/night (in a waterproof case if wet). In order to fit the map onto A4 size there is limited map legend explaining features on the map. Control descriptions are on the map.

Start and Finish Location: The Start for all courses is 150m along the main forest road, and is where the path crosses between a low formline ridge on the left and low formline hill on the right (remember Carse map has 2.5m contours). There is a 1m pine tree on the right at the Start which has a small red/white tape on it (if not removed). The Finish is where the path crosses under the overhead electric cable and there is a small red/white tape on a low gorse here (if not removed) . NB all courses navigate to Finish.

Courses: Orange (2.7Km) mainly uses tracks, paths and forest edge as line features with controls out of sight from the line feature. Use of a compass to take rough bearings will be useful on some legs. Some legs also have route choice on them. One control is on a small ditch bend but there is no need to cross any ditches on Orange. There are NOT tapes leading from the last control to the Finish.

Green (4.2Km) and Blue (6.8Km) both use the same first 4 controls so do not set off too close to someone else on these courses. There is however considerable route choice available on these legs. (Anyone choosing to run both courses could try different route options on these legs). There are two seasonal streams/ditches in the Green/Blue area. The northern one is currently almost dry whilst the southern one involves a leap over a three to four foot wide channel of water with steep sides. Blue courses will cross the southern one and it is optional on Green, depending on route choice. Both courses will encounter the wide, deep ditches (mapped as uncrossable) in the southern part of Carse which **must be crossed only where the map shows paths crossing them or a bridge**. These crossings are often old wooden sleepers which are narrow and can be slippery – take care.

“All controls” maps enable you to plan your own courses. The controls are marked by reflective kites so that these can be used for **night training**.

TOILETS: There are NO toilet facilities in the area.

RESULTS: There is no timing for this activity. However we are offering a little bit of club competition and if you want to compare your time with others please self-time and submit it via the following link: <https://forms.gle/hHoFFNsZx1BwdxqFA>

You can then compare times using this link:
https://docs.google.com/spreadsheets/d/1T6lf0FRekcmt-EGb0r4L8vwTA9TqkecpRcpht9_GdLo/edit?usp=sharing

SAFETY - IMPORTANT

Runners are responsible for their own safety whilst out on the courses and should dress appropriately for the weather. There is NO first aid provision and there may be no other people in the vicinity. It is recommended that you carry a mobile phone and a whistle. Mobile signal in the area is generally good.

It is strongly recommended that you let a friend or family member know when you are going out and when you finish. You may want to arrange with another club member to be in the woods at around the same time. Supervision of juniors is at the discretion of parents. If in doubt, parents should shadow their kids. The club coaches are also available for advice: please contact Jacquie on coaching@invocmail.org.uk or James events@invocmail.org.uk

Uncrossable ditches and seasonal ditches – see information above for Green/Blue courses.

Other users in the forest include dogwalkers and, more rarely, cyclists and horse riders. Take care not to startle other forest users when emerging from the trees on to tracks and beware of dogs off the lead. Watch out for dog mess. Although it is late in the season, ticks may still be around, so wear full leg cover and check yourself for them after your run.

There are no road crossings on the courses. The quiet public road on the north side of the wood is marked out of bounds.

COVID 19: Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow Government guidance and BOF code of conduct to ensure the safety of themselves, other participants, event volunteers and the general

public. Government guidance takes precedence over the BOF code of conduct. If government guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Please read the BOF code of conduct. <https://www.invoc.org.uk/docs/Covid-19/BOF-Code-of-Conduct-6-July-2020.pdf>

Individuals should not come to this activity if:

- They are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
- If you or someone in your household or your support bubble is showing coronavirus symptoms, everyone in your support bubble should stay home. If you or a member of your support bubble is contacted as part of the test and trace programme, the individual contacted should stay at home. If that individual becomes symptomatic, everyone in the support bubble must then isolate.
- If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the self-quarantine period for 14 days, even if they are symptom-free
- If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
- If you have been advised to stay at home by a health professional.
- Those in higher risk Covid-19 categories will be placed at increased risk through participation in this activity.
- **Please maintain physical distancing (2m) at all times with club members (not from your household) and members of the public. This may at times require stepping off the paths and trails. The area is not heavily used by the public but you may meet some walkers, including dog walkers. Physical distancing is more important than your time.**
- **Please avoid handling/touching the control kites where possible.**

Scottish Outdoor Access Code: The expectation on club members is that they are engaging in this activity as a member of the public and that they fully conform to the Scottish Outdoor Access Code for this sort of activity. <https://www.outdooraccess-scotland.scot/>

First Aid: This is an unsupervised activity, correspondingly there is NO first aid provision. You are recommended to have a small first aid kit in your car. See above for other personal safety precautions. Nearest A&E Dept is Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ.

Planner: Iain Shepherd

Safety Sign Off (excluding Covid) : Joan Noble

Committee member Covid-19 sign off: Tara Black

COVID-19 Officer: Jim Finlayson