

# iROMP

## at Cnoc a Bhreacaich, by Dingwall



### Details version 19/09/21

### Mid September to end October 2021

INVOC invites you to the latest iROMP (INVOC Regular Orienteering Mapping Programme) at Cnoc a Bhreacaich, near Dingwall. It's not an organised event– the controls have been laid out discretely in the moorland, so just print a map and go run the courses in your own time. There is a Maprun set up for the courses or you can self time your run and report it via the link below. The courses are open to other club's members who should email [enquiries@invocmail.org.uk](mailto:enquiries@invocmail.org.uk) for a copy of the maps.

**The Highland Council area is currently subject to Level 0 covid-19 restrictions.** The following guidance related to outdoor exercise is valid at time of publication. You are permitted to meet up to 15 people from 15 different households for informal outdoor exercise. Physical distancing of 1m should be maintained between different households. Children of under 12 years old do not count towards the number limit. You must abide by this guidance. Furthermore before travelling check what guidance is currently valid and abide by it.

[www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/protection-level-0/](http://www.gov.scot/publications/coronavirus-covid-19-protection-levels/pages/protection-level-0/)

**RISK ASSESSMENT:** A risk assessment has been carried out and is available for inspection on request. It reflects the individual nature of iRomps. If groups are wishing to use the courses they must undertake their own risk assessments and identify suitable car parking.

**IF YOU TAKE PART:** The committee would really like to know how much use is being made of the iRomps programme so that its popularity can be assessed. If you take part in this activity please can you either submit your time (see "**RESULTS**" below), or if you don't want to do that please drop the planner a brief email via - [treasurer@invocmail.org.uk](mailto:treasurer@invocmail.org.uk)

**RESULTS:** There is no timing for this activity. However we are offering the usual element of club competition and if you want to compare your time with others please self -time and submit it via the following [link here](#). You can then compare times using the link on the INVOC website, or this [link here](#).

**MAPRUN:** The courses are run on Maprun. You need to download MapRunF app to your phone or tablet. There are no actual controls set out on the ground, but when you run the course the phone beeps when you get to the control. 95% of the time it works fine, but occasionally you have to run in a circle a bit until it finds you – it depends how good your phone's GPS is. You will need to carry your phone / tablet when you go around the course. If you want a paper copy of the map to use as well then there is a PDF maps are downloadable from the POC / VOC portal. The controls are located in the centre of the circles.

Once you have downloaded the app you will need to enter some basic personal details in the "Name" section before you can use it. Look in Select Event...UK...Scotland ... INVOC folder for the course name you require. This will load the event file onto your phone and it will be saved in local storage. Once you have the event file on your phone you don't need any phone signal or data to be able to use the app. You will, however, need to have some location services and GPS enabled on

your phone, and the volume turned up. You will need the LOCK CODE to run some courses (see course details below).

MapRunG is also available for compatible GPS watches. This allows you to download the course to your watch, which generally has significantly better GPS tracking.

When you finish follow the prompts to upload your results to the Maprun website.

#### PIN Numbers for access to be added – not yet available ####

**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/>

**iROMP GENERIC SAFETY INFORMATION: 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. It is recommended that you carry a mobile phone and a whistle.

It is 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 on the course at around the same time.

The level of supervision given to juniors is at the discretion of parents. If in doubt, parents should shadow their kids – this is an unsupervised activity and parents have responsibility for their kids.

There will be the usual slip and trip hazards, dog walkers and their dogs and MTBers will also likely be present. Ticks are around, particularly in the growing bracken, so wear full leg cover and check yourself for them after your run. There has been timber felling in the area, although none is expected at the time of the event. However avoid any forestry vehicles which you may see, and please avoid any machinery which you may come across. Do not climb on the timber stacks adjacent to the forest roads.

**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 at Raigmore Hospital, Old Perth Road, Inverness IV2 3UJ.

## COVID-19 – PLEASE READ

**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/BOF\\_CoC.pdf](https://www.invoc.org.uk/docs/BOF_CoC.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 (1m) 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 tracks. 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.

<b>Cnoc a Bhreacaich - SPECIFIC INFO</b>	
<b>Directions</b>	<p>Parking is very tight on the verge of the single track road. Approach via Dochcarty Road in Dingwall (turn right off Strathpeffer Road at Mackays Vauxhall garage in Dingwall Business Park) and follow signs for Neil Gunn Monument. There is a short section of very steep hill (15% gradient). Go past the new Glen Wyvis distillery. Turn right off road (straight on, on the ground, signed towards Leidchruch). Best parking next to the footpath turnoff, please don't park in people's driveways or at the end of the road near people's houses.</p> <p>Grid reference: NH 527 617</p> <p>What3words: legal.twists.merge</p>
<b>Planner's comments:</b>	<p>Cnoc a Breachaich is an open hillside behind Dingwall. Few trees or undergrowth, it gives good running with some areas of intricate contour detail. There are fantastic views to Strathpeffer and into the northern corries of Ben Wyvis. To the south the panorama over the Cromarty Firth and Black Isle is fantastic. There is normally livestock on the hill, mud is limited due to summer months, but it could get wetter and there are some marshes. There are a couple of unmarked motorbike tracks due to a recent event held.</p>
<b>Course specific safety information</b>	<p>See generic iROMP safety information.</p> <p><b>LIVESTOCK:</b> There is normally livestock on the hill (cattle and sheep), these are normally located in herds and do have calves. Parents should accompany children if they have any concerns. The start has been located on a fence to allow alternative routes to get to it depending on the cattle location. Towards the end of October the cattle is being removed from the hill. For this one day the hill will be closed and there should be less cattle. Due to livestock (i) dogs should be on leads at ALL times, and (ii) people should clean hands before eating.</p> <p><b>EXPOSEURE:</b> Cnoc a Bhreacaich is exposed so dress appropriately.</p> <p><b>FENCES:</b> There are numerous fences, the courses have been designed to use the gates / gaps as a good route choice.</p> <p><b>TICKS:</b> There are ticks, but not many, still check yourselves after.</p>
<b>Mobile phone</b>	There is good mobile signal in the area.
<b>Map</b>	<p>1:10,000; 5m contours. Last major update in 2021.</p> <p>Print your own and use a map bag if it is wet.</p>
<b>Courses (distance/climb):</b>	<p><b>Orange 3.1km/9 controls; Light Green 3.1km/11 controls; Green 4.4km/10 controls; Blue 6.4km/13 controls.</b></p> <p>As is the nature of iROMPs all controls are off the path network making the orange course hard in the grade, although this is an open hillside making navigation slightly easier. Parents see generic iROMP safety info.</p>
<b>Start &amp; finish location</b>	<p>From the parking, follow the road past the house to the gate. Cross the stile. Follow the track along the fence, then have a look at your map and navigate to the start depending on the location of cattle. The Start and Finish is marked with a kite.</p>

<b>TOILETS</b>	There are no toilet facilities in the area.
<b>Event Officials</b>	<b>Planner/Organiser:</b> Laurence Cload <b>Safety sign-off (excluding Covid) :</b> James Laird <b>Committee member Covid-19 sign-off:</b> Colin Simpson <b>Covid-19 Officer:</b> Suzanne R-B