



Seconds out for....Northern Night Cup round 5 at Craig Dunain Wednesday 19th January 2022

This event is Round 5 of the Northern Night Cup 2021/22. Look [here](#) for details of the leagues and results.

Entries: Please pre-enter online at SI Entries [here](#). This will guarantee your choice of map and make life as easy as possible for us as we try to operate a “light-touch” event. Online pre-entry will close at midnight on Sunday 16th January 2022. Covid-19 protocols mean that there is strictly No EOD.

Final information: An email will be sent to all entrants shortly before the event with any Final Information.

Safety: A whistle and spare torch MUST be carried. Waterproof jackets MUST be brought to the event as they may be made compulsory on the night. Reflective jackets recommended. There is good mobile coverage. Emergency contact numbers will be printed on the map.

Winter Weather: Due to the time of year, the event is vulnerable to cancellation in case of severe weather. A weather update will be issued 24 hours prior to the event, both by email to all those who have pre-entered and on the club website.

Planner’s comments: Mixed terrain, some open grassy hillsides, some old woodland, quite a few paths and tracks, some pine forestry. Steep rough ground in places. We are using the Dunain Community Woods Group land, and parts of the Craig Dunain forest.

Map: Recently updated, 1:10,000 scale, 5m contour intervals. Please note (Long and Short courses) that the map shows mountain bike trails in the forest, however the trails are constantly evolving, so do not assume that all those on the ground are necessarily shown on the map.

Directions and Parking: The event epicentre will be located near the Duckpond, NH 634436. The area is reached either by Leachkin Road; or by following the A82 for approx. 2 miles from Tomnahurich Bridge, turning R (Kilvean) then immediately L and following the road up to Forester’s Way. Parking is on the streets around Westercraigs/ Great Glen Place and associated area. Please drive slowly in the area; respect residents’ privacy and don’t block accesses to houses; in particular and to respect some local sensitivities **please don’t park in the area in front of the houses approx. 80m north of the Duckpond**. Be careful of any traffic while walking to the event area.

Enquiries / Download: Map, control description and dibber collection and Download at Event HQ (likely a van), near the Duckpond.

Start/Finish: The Start will be approx. 300m/10min walk from Enquiries/Download; the Finish will be elsewhere and also about 300m walk from Enquiries/Download. These routes will be marked – please follow tapes/reflective markers.

Timings: Enquiries will open at 1745. Starts from 1800 to 1900. Courses will close at 2000. There are no pre-allocated start times – please turn up at the Start and wait to slot in.

Course info: 3 courses are offered. Note that if you start the Long course, it will be possible to cut out a loop about 2/3rds of the way round and thus to still complete the Short course if you are running out of time or enthusiasm. The course stats, subject to checking/weather, are:

Course	Length	Climb	No of controls	Max difficulty
Long	4.2km	210m	16	TD5
Short	2.7km	150m	11	TD4
Novice	2.0km	85m	10	TD3

Entry fees: Seniors: £8, or £10 for non-BOF members. Juniors & Students: £4, or £5 for non-BOF members.

Juniors: Note that anyone under the age of 14 MUST be accompanied on their course by an adult unless the parent/guardian can convince the organiser of the young orienteer's proven competence at night orienteering and suitability to tackle their chosen course. Adults shadowing juniors on the Novice course can run competitively on the Short/Long afterwards. If you shadow a junior on the Short/Long you should declare yourself non-competitive to the organiser if later running one of those courses.

SportIdent Timing: There is no fee for hire of SI-Cards. However if you lose a hire card we will require you to pay the replacement cost.

Facilities: None - no indoor venue, no loos (go before you leave home), no refreshments.

Dogs: Well-behaved dogs only, on leads please.

Medical Conditions: If you have a pre-existing medical condition of which we should be aware, please notify us of the details in advance. This information will be kept for the duration of the event and then deleted afterwards.

Planner/ Organiser: Alec Keith (INVOC)

SportIdent Timing Officer: TBA

Safety sign-off: Johannes Petersen (INVOC)

Hazards: As well as traffic on the public roads while accessing the event area, please also be aware of the risk of ticks and Lyme's Disease (despite the time of year, ticks do remain present and active); also as the area is popular with dog walkers, be aware of the associated risks of and the adhesive nature of dog poo.

Risk Assessments: A full risk assessment and a separate Covid risk assessment have been carried out and will be available to inspect at Enquiries.

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

First aid: The first aid point is at Enquiries. A&E at Raigmore Hospital (10min drive).

BOF event number: 80629

COVID-19 – PLEASE READ

COVID 19: Anyone taking part in club events must follow Government guidance and the 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

If you have a smartphone, we recommend that you download the “Protect Scotland” app.

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, 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 event.
- **Please maintain physical distancing (1m) at all times** with other orienteers (not from your household) and members of the public. This may at times require stepping off the paths and tracks. The area is heavily used by the public albeit not in the dark - 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.

By taking part in this event you agree to the following:

1. Registration information will be recorded on computer.
2. Photographs and / or name(s) 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 personal safety and for assessing their own abilities to complete the course. Please email us in advance if you are unsure of whether the course you are entering is appropriate.
4. Event results will be published online and sent to British Orienteering.
5. INVOC's data protection policy is [here](#)