

iROMP at Craig Phadrig



Event Details

14th September to 25th October 2020

INVOC invites you to our latest iROMP (INVOC Regular Orienteering Mapping Programme) at Craig Phadrig, overlooking Inverness. This isn't an organised event as such - controls have been laid out discreetly in the woodland, just print off 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: With its prominent location overlooking Inverness, Craig Phadrig will be well known to most members. It's a hill of contrasts with a steeper eastern side leading down to housing and a gentler western side bordering open country. Some areas particularly around the southern end and the summit are well trafficked while the north end and a recently mapped area to the south west are much quieter. A mix of more open woodland, denser plantings, undergrowth and small crags interspersed with a good network of paths make for some entertaining terrain. Conditions are generally quite dry (although less so in some places after heavy rain) which can make for some quite fast courses.

Directions and Parking: From central Inverness take the A82 towards Fort William and turn right at the new roundabout just after crossing the canal to join General Booth Road. Alternatively take the A862 road towards Beaully, cross the canal, pass the left turn alongside the canal and take the next left onto King Brude Road. General Booth Road and King Brude road form a loop road between the A82 and A862 with traffic lights about half way along. Turn uphill here onto Leachkin Road (signposted to Leachkin and New Craigs hospital). Continue uphill, cross straight over a small roundabout and after another 150m turn right past the bus turning area and continue up the steep hill to the forestry commission car park, grid ref NH638449. There are two car parks off this road and the start / finish are adjacent to the (larger) top one.

Map: Scale 1:10,000, 5m contour interval. It's DIY - Print your own and take along on the day (in a waterproof case if wet) and remember your compass and whistle!

Courses: Two courses are available GREEN (3.8 Km, 220m ascent) and ORANGE (2.4 Km, 120m ascent). Controls on both courses are marked with tapes with a 3-digit identification code attached. As this is a popular forest participants should be aware that despite messages to discourage removal, there is a possibility that some tapes may be removed by others.

Start and Finish Location: The Start for the Orange course is by the walk markers just inside the gate at the end of the car park. The start for the Green course is where the

path leaves the west side of the car park. Both courses finish by the walk markers at the gate but neither start nor the finish are marked

Toilets: There are NO toilet facilities in the area. The nearest publicly available toilets are at the Co-op in Telford Street but bear in mind these may not always be open in the current situation.

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/1T6IfOFRekcmt-EGbOr4L8vwTA9TqkecpRcpht9_GdLo/edit?usp=sharing

SAFETY

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. Mobile signal in the area is generally good.

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

As a popular area with locals much of the area is accessible and well trafficked so there are perhaps fewer hazards than more remote areas. However, some hazards do exist including:

- Car park - this can be busier than many more rural locations. Parents are reminded to supervise young children closely in the car park area.
- Dogs - being so accessible, Craig Phadrig is very popular with dog walkers so be aware of dogs and dog poo, particularly in the area around the car park or on / beside the main paths. If you bring a dog, please keep your dog under control and deal with your dog waste responsibly.
- Crags - there are a number of generally small crags scattered around the area most notably immediately south of the summit or at the north end of the forest. The Orange course is designed to avoid these but parts of the green course go closer to some crags which are however obvious.
- Ticks - especially off the paths. Beware of Lyme's disease, please wear full leg cover and always check thoroughly for ticks after your run.
- Missing controls - there is a possibility that control tapes may be removed leading to participants becoming lost. However, there are numerous catching features that should assist participants in relocating even if a control cannot be found. If truly lost the simplest way to relocate would be to head east as a continuous line of houses bounds the east side of the forest. Paths can then be followed southwards along the forest edge and back to the car park.

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 event if:
 - o They are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
 - o 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.
 - o 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
 - o If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
 - o 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 other users on the forest trails and in the car park. This may at times require stepping off the paths and trails. **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 at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ.

Planners: Colin & Eilidh Simpson

Safety Sign Off (excluding Covid): Joan Noble

Committee member Covid-19 sign off: Veronica Vargas

COVID-19 Officer: Gilly Kirkwood

Organiser: Colin Simpson