



## INVERNESS ORIENTEERING CLUB Schools Orienteering and Level D event

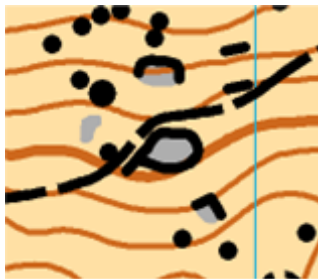
**Craigmonie Wood, Drumnadrochit – Wednesday 8<sup>th</sup> June 2022**

### **Map:**

Pre-marked and printed on waterproof paper, scale 1:5000 with 5m contour interval.

1. Recent storm damage has been marked with the difficult to run undergrowth symbol. This has been marked where it affects route choice. Some patches of historic impenetrable windblow are mapped with the very difficult to run dark green vegetation symbol.

2. There are some very large boulders, some of which are control sites. These have been mapped with a crag symbol in a complete circle infilled with the bare rock symbol. See example extract from the map.



3. There is a large boulder that sits next to the crags to form a tunnel. This has been mapped using two cave symbols. The control code used is a tunnel.



Full set of map symbols available at:

<https://www.maprunner.co.uk/map-symbols/>

Full set of control description symbols:

<https://www.maprunner.co.uk/iof-control-descriptions/>

### **Terrain:**

Craigmonie is a small but prominent hill overlooking Drumnadrochit and the craggy summit provides a stunning viewpoint over Loch Ness if you have time to stop and have a look. All participants should note that there are some **large boulders and steep cliffs at the top of the hill and everyone should take great care**. It has a good network of well-maintained woodlands trails and is home to a whole variety of trees, colourful birch, conifers, and a couple of ancient Wellingtonias (redwoods) which you will see at the start. Photos at the bottom of this document.

**Courses:** White, Yellow, Orange, Light Green and a Short Green course are available. Note that **the courses (particularly Light Green and Short Green) are quite strenuous with more climbing than for the other school events.**

Course	Length	Climb (straight line)	Climb (optimum route choice)
White	1.2km	100m	100m
Yellow	1.9km	95m	95m
Orange	2.7km	175m	140m
Light Green	3.0km	250m	180m
Short Green	3.1km	270m	200m

**Directions:** Take the A82 south to Drumnadrochit. Shortly after passing the Tourist Information office turn right (signposted Glen Urquhart High School). Take the next left into the school grounds.

**Parking:** Car parking is at Glen Urquhart High School. **Please note the following conditions:**

- 1. Do not arrive before 3:45pm to allow school traffic to clear;**
- 2. Nobody to park on the roundabout or in the twin bay adjacent to the nursery end of the school building – the nursery pick-up will be operating until 18:00;**
- 3. Overflow parking available at the public car park in the village centre (by the toilets) – not much further to walk.**

**Toilets:** Public toilets are available at the car park in the centre of Drumnadrochit where there is also plenty of parking.

**Registration:** Registration (dibber and map collection) and First Aid are located at the Start, approx. 500m from the school.

**Start/Finish:** The route will be signposted. Please note there is no pavement for part of the route - Please take care with your group and ensure children are supervised at all times.

School pupils should take jackets and/or extra fleeces to the start/registration area as they may have to wait around for other team members to return from their courses. Once at the start you can set up a base for your group (for jackets, water bottles, etc).

**Start times:** Start times for schools will be between 4pm and 5pm, so all school groups should have completed their courses by 5:45pm at the latest. Starts will remain open for non-school competitors until 6:15pm. Courses close promptly 7.15pm.

**Timing:** SPORT IDENT. Please pick up your registration pack from the registration

tent. Ensure each child is assigned the correct dibber. Please also ensure that the wrist cord is used as there will be a charge of £30 to replace any lost dibbers. Each participant will receive a printout of their times at the Finish. Please **return all dibbers** at the finish.

**Entries:**

School groups must pre enter by NOON, Friday 3rd June. Entries can be made online via SiEntries at <https://www.sientries.co.uk> or by downloading, completing and emailing the [school entry form](#) to Dagmar Borrowman at [dagmar.borrowman@highlifehighland.com](mailto:dagmar.borrowman@highlifehighland.com)

Entries for club members/individual via SiEntries

<https://www.sientries.co.uk>. – ONLY pre-entry.

Adult members £5, Non-BOF members £6,

Juniors £2.50

*Please note that the information you provide when entering the event will be stored on computer and will be used solely for the purposes of the event. Event results will be published on the internet. By entering the event you are authorising the use of the information you provide in this way. Information will not be made available to parties not directly involved with the event other than as detailed above.*

**Safety:**

All participants must report to the Finish/Download tent, even if they have not finished their course.

- It is recommended for all children to carry a whistle.
- The area is popular with dog walkers
- There are agricultural fields and private gardens bordering the wood which should not be entered.
- The course has some steep terrain and can be slippery - footwear with good grips is strongly advised.
- Around the highest part of the woods there are some cliffs and very large boulders. Easier courses have been designed to keep clear of these areas but everyone should be aware and take care.
- Please bring a waterproof jacket in case of bad weather.
- Ticks are prevalent at this time of the year and the normal precautions should be taken – such as protective clothing, clothes tucked in, use of insect repellent, check after event and carefully remove any ticks.
- 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.**

- **COVID – Please read and follow the guidance below.**

## COVID-19 – PLEASE READ

**Covid 19:** Covid restrictions have now eased. We will not be collecting contact tracing information, or assigning start times/blocks.

Please read the British Orienteering's [code of conduct](#).

The Scottish Orienteering Association has issued the following updated COVID-19 event guidance with effect from March 2022 for Clubs to follow.

- All competitors must not attend an orienteering event if they have symptoms or test positive for COVID-19 (even if they have received two doses of the vaccine and a booster) until they have completed their period of self-isolation.
- Clubs are to avoid close packed (less than 1m separation) groups of people even when outdoors. Such close packing has been known to occur around both registration – it can also occur with helpers at registration and download.

We will continue to make hand sanitiser available for use by competitors and volunteers at the registration and download areas.

Competitors are asked not to form close (less than 1m separation) groups at events (be it outdoor or indoor), particularly around registration and download, and are encouraged to minimise contact with SI boxes, including Clear, Check and SI AIR test boxes, and the download equipment.



Organiser:

Planner:

Controller:

COVID Officer:

Committee Sign-off:

SI Lead:

Jon Shepherd

Rona Laird

Iain Embrey

Suzanne Robins Bird

Colin Simpson

Jenny Hall