

iROMP

at Creag Leach forest, Blackfauld, by Inverness



Late July to early/mid-September 2021

INVOC invites you to the latest iROMP (INVOC Regular Orienteering Mapping Programme) at Creag Leach, approx. 5 miles SW of Inverness. It's not an organised event– the controls have been laid out discretely 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 and report it via the link below. The courses are open to other club's members who should email 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/

RISK ASSESSMENT: A risk assessment has been carried out and is available for inspection on request. It reflects the individual nature of iRoms. 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 iRom 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

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](#).

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

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.

CREAG LEACH - SPECIFIC INFO	
Directions	From Inverness take the A82 towards Loch Ness for approx. 2½ miles from the Tomnahurich Bridge. Turn right (take care, this is a dangerous bend) onto the minor road signed for Blackfauld & Abriachan. Follow this single-track road, steeply at first, for approx. 2½ miles until you leave the forest. 50m before an obvious white cottage, turn right into the Estate car park.
Parking location (incl. grid ref)	Dochfour Estate walkers' car park at grid reference: NH 591 408. The car park can comfortably accommodate a good number of cars and is seldom full.
Planner's comments:	We are grateful to Dochfour Estate for permission to use Creag Leach forest for the latest iROMP. This is a mature forest of well-spaced pines and larches with a wild feel to it, and some lovely runnable sections. Some of the areas round the tracks have been clear-felled, the courses use these as little as possible. There are some faint rides and older extraction lane and some newer ones which are not mapped; some of the mapped paths are becoming overgrown.
Course specific safety information	See generic iROMP safety information. The area is bounded by the Great Glen Way on the north, and by a quiet minor road to the south. The road is out of bounds to runners, and is marked as such on the map.
Mobile phone	There is good mobile signal in the area.
Map	1:10,000; 5m contours. Last major update in 2020. Print your own and use a map bag if it is wet.
Courses (distance/climb):	Orange 2.3km/90m/9 controls; Light Green 3.5km/100m/12 controls; Green 4.7km/130m/16 controls; Blue 6.5km/180m/19 controls. As is the nature of iROMPs all controls are off the path network making the orange course hard in the grade. Parents see generic iROMP safety info. The Light Green, Green and Blue maps are also available as "pathless" options for those who wish an additional challenge. (If you want to do the Orange using a map without paths then you should probably be doing a harder course!)
Start & finish location	From the car park, follow the path to the gate with the Glead Glen Way. This gate appears at the extreme west edge of the mapped area. Follow the GGW east for approx. 500m, through another gate, to a track junction. The GGW is signed to the left by a blue marker post. Instead go right/straight ahead along a minor track. The Start is about 180m further along from the junction with the GGW, on the left of the track and behind a knoll. There is a stake and a kite. The Finish is also marked with a stake and a kite.
TOILETS	There are no toilet facilities in the area.
Event Officials	Planner/Organiser: Alec Keith Safety sign-off (excluding Covid) : Susan Blackwood Committee member Covid-19 sign-off: Tara Black Covid-19 Officer: Gilly Kirkwood