

# iROMP and Night-O at DARROCH WOOD



## Event Details - 21 December 2020 to 31 January 2021

INVOC invites you to the latest iROMP (INVOC Regular Orienteering Mapping Programme) at Darroch Wood, near Dores. This isn't an organised event as such – the controls have been laid out discreetly 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 if desired. Reflective kites are in place so the area can be used for Night-O.

**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 iRomp programme so that its popularity can be assessed. If you take part in the Darroch 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 - [treasurer@invocmail.org.uk](mailto:treasurer@invocmail.org.uk)

**PLANNER'S COMMENTS:** Darroch is a mixed woodland. We are using the northern section, where there are areas of mature coniferous forest; areas of fantastic natural mixed trees; and some open areas. The open areas are in part marshy, in part occupied by patches of gorse and bracken, some extensive, so watch out for those. The courses have been planned to avoid these patches so far as is possible. The area gently slopes down to the shore of Loch Ness on the west. The courses do not go close to deep water – but be aware it is there, and take care to avoid it. There are few notable hills and the contour features are gentle. Several forest tracks cut through the area, there are limited other paths.

Underfoot conditions are variable, off-track it is fast in places, in others it is slower going through sometimes quite deep blueberry bushes. The bracken and gorse should be avoided where possible, although the bracken is dying back now for winter.

If you spot any problems (e.g. a missing control), please contact the planner as above.

See also "**SAFETY INFORMATION**" below.

**DIRECTIONS AND PARKING:** Car parking is limited. To get to the woods, take the B852 south from Inverness towards Dores for approx. 5½ km.

The first parking option, closest to the start, lies on the west side of the road in front of a forestry access gate at NH614381. Be very careful if turning across the main road to park here as people drive along the Dores road at high speed. There is space for 2 cars to park just before and after the gate, but you must not block the gate as forestry/estate access may be needed. If the gate is open, do not drive past it as it could be locked by the time you return! Groups should not park here – either negotiate car access through the forestry gate, or park at one of the other options.

For the second parking option, go 1¼ km further along the road towards Dores and take the next turn right down the unsigned single track road to Aldourie. There is some parking space

on the verge about 300m along that road, or continue down the road and there is space for 2 cars at the end of the road, but do not block the turning circle or house access.

The third option is the Aldourie Estate temporary car-park for walkers, at NH604365, which takes perhaps 8 cars. Keep driving towards Dores and take the next again right turn to Aldourie (immediately opposite Aldourie Primary School), the car-park is on the left after about 300m. The Start and Finish is about 2.5km from here.

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

**START & FINISH LOCATION:** The Start and Finish for all courses is about 450m down the forest track from the first Dores road parking spot, and is tucked round the north side of an old earth wall, where it is broken by an extraction lane. It is marked by a T-bar with a kite.

**COURSES:** Green, Orange, "Night" Green and Score courses are available, or plan your own using the "All Controls" map. All controls are marked by standard kites, which are also reflective so are also suitable for night use. The kites are either attached to vegetation or to stakes.

**Green** – 4.9km; 18 controls. Note - due to there being areas of gorse and bracken in the initial section of the Green course, this is not particularly recommended for night use (though it can be done - and all the kites are reflective). The Night Green course is offered so as to bypass that section.

**Night Green** – 4.1km; 16 controls. Effectively a Short Green.

**Orange** – 2.8km; 10 controls. As we need to protect the kites from being collected by walkers by making them properly "off-path", the Orange course is harder than usual. Anyone who is not already confident in doing an Orange course should be accompanied or shadowed.

**Score** – Time allowed up to 45 minutes, controls have variable points values, collect as many points as you can within the time. There is a penalty of 5 points for every minute or part minute you take over 45 minutes. The points are printed on the map.

**TOILETS:** There are no toilet facilities in the area. (The Dores Inn is presently closed, as are the public toilets there.)

**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: <https://forms.gle/hHoFFNsZx1BwdxqFA>

You can then compare times using the link on the INVOC website, or this link:

[https://docs.google.com/spreadsheets/d/1T6lf0FRekcmt-Gb0r4L8vwTA9TqkecpRcpht9\\_GdLo/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1T6lf0FRekcmt-Gb0r4L8vwTA9TqkecpRcpht9_GdLo/edit?usp=sharing)

**SAFETY INFORMATION: IMPORTANT** Please note the comments about parking – drive and park safely. 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. There are no road crossings. The B852 is Out-of-Bounds.

As the area is rough, 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. 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 Jacque on [coaching@invocmail.org.uk](mailto:coaching@invocmail.org.uk) or James [events@invocmail.org.uk](mailto:events@invocmail.org.uk)

Ticks may still be around, particularly in the bracken, so wear full leg cover and check yourself for them after your run.

**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 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 (2m) 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.

**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 Road, Inverness IV2 3UJ.

**Planner/Organiser:** Alec Keith

**Safety sign-off (excluding Covid) :** Laurence Cload

**Committee member Covid-19 sign-off:** Steve Scott

**Covid-19 Officer:** Suzanne Robins-Bird