



INVOC Evanton Orienteering Level D Event

Sunday 31st October 2021

Welcome!

The next INVOC orienteering event is being held at Evanton Community Wood, courtesy of the Evanton Wood Community company. For further information about the wood please visit www.evantonwood.com.

COVID19 issues

There will be no entry on the day - pre-entry online only.

Entries will close at 23:00hrs on Tuesday 26th October 2021 to allow all dibbers and maps to be quarantined for 72 hours.

Runners should maintain social distancing at all times, unless with family/bubble members. Be particularly careful at download.

Please bring your own hand-gel and use it before and after your run. Masks must be worn in toilets/first aid.

Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.

After finishing your course, move away from the finish, allow yourself to recover, and then move swiftly through download and back to your vehicle.

Anyone taking part in club activities or 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/Covid-19/BOF-Code-of-Conduct-December-2020.pdf>

- **Individuals should not come to this event:**

- If you 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.

Getting There

Evanton is approx. 18 miles north of Inverness, just off the A9. Follow the A9 across the Black Isle and Cromarty Bridge, then take the 2nd exit at the roundabout. Continue to follow the A9 for a further 2 miles, then take the left fork along the B817 signposted Evanton. On entering the village of Evanton take a left at the Co-Op into Chapel Road (SatNav IV16 9XT).

Parking

Parking is on residential streets, Chapel Road or Hermitage Street should have ample space - please park considerately and remember these events rely on the goodwill of the local community. Once you have parked safely, please continue on foot up the hill towards the old chapel, immediately before the entrance to the old chapel itself there is a green signpost to the entrance of Evanton Wood – from here the route will be taped. All maps and hired dibbers will be collected at the start so from the parking area please go straight to the start. 5 min walk from Chapel road to the Start depending upon where you park.

Courses

Colour	Length	Climb
White	1.8km	45m
Yellow	2.3km	95m
Orange	2.6km	130m
Light Green	3.0km	195m
Green	4.2km	225m

Entry Fees

Seniors (Members/Non –Members): £6/£7

Juniors/Students (Members/Non –Members): £4/£5

(This includes a donation to the Evanton Community Wood for the use of their facilities.)

Standard Dibber Hire £1, contactless dibber hire £3

Pre-entry only; there is no Entry On The Day

Online entries close at 23:00hrs on Tuesday 26th October 2021.

At the event

Starts will be open from 10:00 to 12:00, it will be a punching start.

Please remember to follow social distancing guidelines, and follow any instructions given by the start marshal.

Maps and hired dibbers will be collected at the start.

The start is approx. 250m from the assembly area / download at the community cabin / toilet.

The finish is approx. 200m from the Cabin where Download and First Aid will be located.

Courses will close at 14:00.

Maps

The map will be 1:5,000 with contours shown at 5m intervals.

All maps will be available at the Start.

SI Timing

SI timing will be being used and the units will be set up for both standard dibbers and SAIC. For those participants planning to use SAIC (contactless) please note that if you are the first runner out on the course some of the units may not be “awake” and may need to be dibbed in the normal way. Our small planning team will strive to wake up as many of the control units as they can on the morning of the event but full “wake up” of units cannot be guaranteed. Apologies in advance if you are the first runner and lose a few seconds activating units. Thank you for your understanding. Please also note that the start and finish units are NOT set to SAIC and must be dibbed in the normal fashion.

Safety

A risk assessment will be carried out and will be available for inspection at download.

Cagoules may be compulsory depending on the weather - this will be advised on the day. Please bring a cagoule with you in case it is required.

Competitors are advised to carry a whistle. Six short blasts indicate a competitor in trouble and anyone hearing this is asked to help.

There will be a First Aid point at the Cabin.

Please note any relevant medical conditions on your SI entry, or email the organiser.

Evanton Wood is popular with mountain bikers, dog walkers and local families using the various parts of the woodland and play areas; please show courtesy to all and provide space when you pass, particularly in view of the fact COVID 19 is still with us. Ticks are present – please check for ticks after you have been orienteering.

Download

It is essential that everyone returns to download even if you have not completed your course. This is so that we know you are back safely and don't send out a search party.

Additional Information

There will not be a car key drop or catering at this event.

A composting toilet will be available adjacent to the Cabin, please follow the instructions displayed inside the toilet.

Mobile phone signal was reasonable when tested (O₂ network).

Well behaved dogs are welcome, but please take care of their poo!

Officials

Planner: Suzanne Robins-Bird

Organiser: Ian Shread

SI: Stephen Hudson

Covid Officer: James Finlayson

Safety Sign Off: Marsela Mcleod

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.
4. Event results will be published on the Internet and sent to British Orienteering.