

iROMP and Night-O at Keppernach



20 January to 28 February 2021

INVOC invites you to the latest iROMP (INVOC Regular Orienteering Mapping Programme) at Keppernach 5miles beyond Cawdor. It's not an organised event– 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 and report it via the link below. Reflective kites are in place so suitable for Night-O. The courses are open to MOR and BASOC members who should email enquiries@invocmail.org.uk for a copy of the maps.

From January 5th 2021 Highland Council entered Level 4 Stay at Home restrictions. The following guidance related to exercise is valid at time of publication (January 16th): *“A maximum of 2 people, age 12 and over, can meet outdoors for sport and exercise, if they are not from the same household. Children under 12 do not count towards number when meeting outside. The members of an individual household or extended household can meet outdoors for sport or exercise. You can travel for local outdoor sport or exercise such as meeting another person, walking, cycling, golf or running that starts and finishes at the same place (which can be up to 5 miles from the boundary of your local authority area), as long as you abide by the rules on meeting other households.”* You must abide by this guidance. Furthermore before travelling check what guidance is currently valid and abide by it. <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>

RISK ASSESSMENT: A risk assessment has been carried out and is available for inspection on request. It reflects the individual nature of iRomps. If groups are wishing to use the courses they must undertake their own risk assessments and identify suitable car parking [**no groups if Level 4 stay at home restrictions remains in place**].

IF YOU TAKE PART: The committee would really like to know how much use is being made of the iRomps programme so that its popularity can be assessed. If you take part in the Keppernach 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 - events@invocmail.org.uk

iROMP 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.

As the area is remote and it is winter with short daylight hours, 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, their dogs and MTBers will also likely be present. Ticks may still be around, particularly in the bracken, so wear full leg cover and check yourself for them after your run.

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 (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.

KEPPERNACH SPECIFIC INFO	
Directions	From Inverness head to Cawdor on the B9090, on exiting Cawdor immediately turn right (signed to Cawdor Castle), after 1.9 miles turn left. After just over 2 miles you cross the Muckle Burn on a ford (only when the burn is high is it a ford!). You are now on the map. The parking location by the finish is just over 1km further on. An alternative 'bad weather' route is via Nairn and the A939.
Parking location	There are pull ins at the exit/entrance to forestry roads. The biggest adjacent to the start and finish). There are additional pull ins west of the start. We ask you keep low key e.g. with <u>2 or 3 cars</u> in each parking option whilst Level 4 restrictions remain in place. Eastern most parking option (adjacent to finish): Grid reference: NH924480; What3Words: https://w3w.co/ghost.nuns.escalates
Planner's comments:	Keppernach is a mature coniferous forest on moraine with interesting small hills and hollows, with heather and grass underfoot. There are limited paths and rides making for excellent orienteering at the TD4/5 level. The area is split by a quiet public road. The forest to the north of the road is much wetter and is slower going than that to the south. The courses avoid the wettest parts. The marsh crossed between #8 & #9 on short green, green & short blue is not that wet.
Course specific safety information	See generic iROMP safety information. Additionally, note the area is bounded by the A939 on the east. This is a fast road and is out of bounds. The green and short blue courses also cross a quiet public road. Take care on the crossing. The limited path network means there is a taped route between controls 2 and 3 on the orange course. It is winter so dress accordingly – see generic safety information.
Mobile phone	There is a full mobile signal in the area (O2). Other networks not checked.
Map	1:10,000; 5m contours. Last updated in 2018. Print your own and use a map bag if it is wet. There is a small felled area to the north of the road. The courses do not go into this and it has been marked as a map correction on the maps.
Courses (distance/climb):	Orange 2.2km/55m; Short Green 4.0km/80m; Green 4.9km/85m; Short Blue 5.6km/100m 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.
Start & finish location	The start and finish are separate, about 500m apart, they are marked with canes and red/white tape. The start is near the western parking option. There are separate finishes for orange/short green and green/blue in the vicinity of the eastern parking. Care should be taken when walking between parking and start/finish. Parent discretion on their kids walking unaccompanied is required.
TOILETS	There are no toilet facilities in the area.
Event Officials	Planner/Organiser: Angus Laird/James Laird Safety sign-off (excluding Covid) : Johannes Petersen Committee member Covid-19 sign-off: Veronica Vargas Covid-19 Officer: Jim Finlayson

