

iROMP at LITTLEMILL



Event Details

14th August to 20th Sept 2020

INVOC invites you to our latest iROMP (INVOC Regular Orienteering Mapping Programme) at Littlemill, near Inverarnie. This isn't an organised event as such – controls have been laid out discreetly in the woodland, just print off a map and go run the courses in your own time. There are no timing devices - self time your run if desired.

Planner's Comments: This fabulous little area has been carved out by ancient glaciers and offers some entertaining terrain with mixed woodland, rough open land, lochans and eskers. There's plenty of features and contour detail together with a good path network. The going is mainly good though the paths can be muddy after rain and even on the Orange course there are some rides with fallen trees and deep heather – tough going for those with shorter legs.

Please note that due to ongoing forestry operations there is a large section of the map that is **STRICTLY OUT OF BOUNDS**. This area has been clearly marked on the maps and both routes have been planned well away from this area. Runners please pay particular attention to the safety notes at the end of this flyer. The courses have been planned according to the information supplied to us by the FLS but runners **MUST** follow any Forest and Land Scotland (FLS) signage on the day should FLS change current access to the path network.

Directions and Parking: From the A9 junction at Daviot, follow the B851 Fort Augustus road SW for approximately 2Km to the forestry commission car park, grid ref NH701365.

Map: Scale 1:10,000, 5m contour interval. 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 and Finish Location: The Start for both courses is just beyond the car park. Walk a few metres from the information board to where the access path crosses a small stream. This point is also the Finish for the Green course. NB: Due to it being on the public footpath there is no Kite Marker at this location. The Finish for the Orange course is on the top of the esker just above the car park and this is marked by an Orange training kite (TOP TIP – Walk up the bank behind the car park and check out the Orange finish before you start – just so you know where it is)

Courses: Two courses are available GREEN (4.7Km) and ORANGE (2Km). Controls on the Orange are marked with small training kites with a 3 digit identification code. On the green course Controls 1-4 and 9-13 are marked by small training kites and Controls 5-8 with standard competition size kites. There is also on all controls map should you wish to do your own thing.

TOILETS: There are NO toilet facilities in the area.

RESULTS: There is no timing for this activity. However we are offering a little bit 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 this link:

https://docs.google.com/spreadsheets/d/1T6lf0FRekcm-EGb0r4L8vwTA9TqkecpRcpt9_GdLo/edit?usp=sharing

SAFETY

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 (except around control 8 on the Green course where signal is intermittent).

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 Jacquie on coaching@invocmail.org.uk or James events@invocmail.org.uk

Hazards in the area include:

- Forestry operations ongoing in the area north east of the map – this is clearly marked on the maps and is STRICTLY OUT OF BOUNDS. Both courses have been designed to avoid this area. Please follow any forestry warning signs on the day, stay at least 200m away from any forestry machinery and avoid any log stacks.
- The Green course crosses a landrover track running west-east in the southern section of the map – This track is currently being used as an access track by forestry vehicles and is therefore busier than normal. Runners are asked to take extra care when crossing.
- The Orange course returns along the esker which runs well away from but alongside the B851 road. This road is out of bounds to runners – parents please note and advise juniors accordingly.
- Uncrossable water features. These are marked clearly on the map. The orange course goes parallel to one.
- Seasonal Marshes. These are crossable in dry summer conditions as indicated on the maps but this can change in event of severe wet weather.
- Car park area. Parents are reminded to supervise young children closely in the car park area.
- Ticks – especially off the paths. Beware of Lyme's disease, please wear full leg cover and always check thoroughly for ticks after your run.
- This area is popular with dog walkers so be aware of dogs and dog poo, particularly in the area around the car park. If you bring a dog, please keep your dog under control and deal with your dog waste responsibly.

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 event if:
 - o They are unwell with a cough, fever or other respiratory symptoms, or with a loss of taste or smell
 - o 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.
 - o 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
 - o If you are undergoing COVID-19 testing, until you have received negative test results and are symptom-free
 - o 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 other users on the forest trails and in the car park. This may at times require stepping off the paths and trails. **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 Rd, Inverness IV2 3UJ.

Planner: Ronan Blackwood

Safety Sign Off (excluding Covid) : James Laird

Committee member Covid-19 sign off: James Laird

COVID-19 Officer: Suzanne Robins-Bird

Organiser: Susan Blackwood