

INVOC



INVOC School O League Event Cawdor Wed 25 May 2022

EVENT DETAILS

Map: Pre-marked and printed on waterproof paper, scale 1:7,500 with 5m contour interval. This is a new map produced for the schools series with the help from Awards for All funding.

Terrain: Cawdor Wood is a lovely mature open woodland with a scattering of pine areas. There is a good path network and some areas of complex contours. The forest surrounding the castle was left relatively unscathed following the recent storms.

Planner's Comments: Cawdor has recently been remapped and provides a fine mixture of terrain with open woodland, a variety of vegetation and an extensive path network. There are a number of deep gorges which are out of bounds and can only be crossed at the marked bridge locations.

The mapped area forms part of the castle grounds which has been managed for centuries with hardwood woodlands in proximity to the castle and commercial forestry becoming more prevalent away from the castle. Courses have been planned to avoid an area that is out of bounds to all participants.

There will be no forestry works during the event, but the area is widely used by the general public and visitors to the castle, please treat all you meet with respect.

All courses cross wooden bridges which can be slippery when wet

There is a 10 minute walk to the start, care must be taken when:

- crossing the stiles in proximity to the car park
- walking along the steep sided river banks and
- walking across a small bridge, NO running across this bridge.

Courses:

Details to be subject to final checks

Course	Length	Climb
White	1.3km	45m
Yellow	2.5km	60m
Orange	3.3km	100m
Light Green	3.3km	100m
Green	4.5km	120m

Directions:

Cawdor castle is situated just 7 miles from Inverness Airport and directions to Cawdor Castle are well signposted on all major routes from Inverness and Nairn. Post code IV12 5RD

The access will be using the main castle entrance and leaving the event will be

the main castle exit.

Parking: Arriving by bus/minibus: Schools arriving by bus/minibus will be parked in the bus car park (directions above).
Arriving by car: parking will be at the castle not in the main car park but an adjacent field, it will be signed with an orienteering kite.

Toilets: At the castle car park.

Registration Registration (dibber and map collection), download and First Aid will be located close to the castle car park.

Start/Finish: The route to the registration/start will be signposted from the car parks.
The start is around 10 minute walk from the registration area into the wood across a stile and a footbridge.
Start times for schools will be between 3.30pm and 5pm, so all school groups should have completed their courses by 5:45pm at the latest. Starts will remain open for non-school/club competitors until 6:15pm. Courses close 7.15pm.

The finish will be adjacent to the castle car park.
The download station is in the registration area close to the castle car park, the route will be taped and clearly sign posted.

Timing: SPORTident (Si). Please pick up your registration pack from the registration tent. Ensure each child is assigned the correct dibber. Please also ensure that the wrist cord is used as there will be a charge of £30 to replace any lost dibbers. **Please return all dibbers at the finish.**

Entries: School groups must pre enter by NOON, Monday 23rd May. Entries can be made online via SiEntries at <https://www.sientries.co.uk> or by downloading, completing and e-mailing the [school entry form](#) to Dagmar Borrowman at dagmar.borrowman@highlifehighland.com. using the link provided above or on INVOC website.

Entries for club members/individual via SiEntries
<https://www.sientries.co.uk>. – **ONLY pre-entry.**
Adult members £5, Non-BOF members £6,
Juniors £2.50

Please note that the information you provide when entering the event will be stored on computer and will be used solely for the purposes of the event. Event results will be published on the internet. By entering the event you are authorising the use of the information you provide in this way. Information will not be made available to parties not directly involved with the event other than as detailed above.

First Aid The first aid point in the Download area. Nearest A&E Dept is at Raigmore Hospital, Old Perth Rd, Inverness IV2 3UJ (approx. 20mins drive away)

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>

Safety:

- All participants must report to the Download tent, even if they have not finished their course.

- It is recommended for all children to carry a whistle.
- The area is popular with dog walkers
- There are some dangerous deep gorges on the map marked out of bounds. These are only to be crossed at the marked crossing points on the bridges.
- There is a golf course near the finish which should not be entered.
- The course has some steep terrain and can be slippery - footwear with good grips is strongly advised.
- Please bring a waterproof jacket in case of bad weather.
- Ticks are prevalent at this time of the year and the normal precautions should be taken
- Medical Conditions - You have the option of completing a medical form. It could be lifesaving if the organisers are aware of any existing medical conditions in the event of an incident. You can leave it at registration in a sealed envelope that will only be opened if required and destroyed after the event.
- COVID – Please read and follow the guidance below.

COVID-19 – PLEASE READ TBC

COVID 19: Anyone taking part in club 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/BOF_CoC.pdf

If you have a smartphone, we recommend that you download the “Protect Scotland” app.

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 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 event.
- **Please maintain physical distancing (1m) at all times** with other orienteers (not from your household) and members of the public. This may at times require stepping off the paths and tracks. The area is heavily used by the public albeit not in the dark - 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.

Organiser: Veronica Vargas
Planner: Steven and Iona Scott
SI: Jenny Hall
Safety Sign off: Laurence Cload

Covid Sign Off: Jim Finlayson
Club Committee Covid Sign Off: Jacquie Laird

Thanks for the Castle for allowing us use of the wood and facilities and for our sponsor Innes & Mackay

