



## **INVOC Abriachan Orienteering Level D Event**

**Sunday 16<sup>th</sup> May 2021**

Updated 8/5/21 – Added course lengths

### **Welcome!**

We are delighted to welcome you to the first post-lockdown INVOC event. Please read the following carefully so that everyone can have a safe and rewarding and day.

### **COVID19 issues**

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

Entries will close 4 days beforehand to allow dibbers and maps to be quarantined for 72 hours.

Runners should maintain social distancing (2m +) 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.

Please aim to arrive at an event as close as possible to your allocated start time.

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-6-July-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**

Abriachan lies between Drumnadrochit (4miles) and Inverness (9miles) on the A82. If travelling from Inverness direction, take the second turning marked Abriachan. If you pass Abriachan Gardens or Clansman Hotel you've gone too far! There is a lay-by on Loch Ness side, use it to turn up the steep hill if coming from Drumnadrochit. As you proceed up the hill go past the Abriachan village hall and after a further 100m take the left fork signposted Abriachan Forest Walks – you will pass Loch Laide on your left. Then two fields past the Loch, take the forest road on the left.

Grid Reference : NH 540 354

<https://w3w.co/brew.directive.brain>

<https://www.google.co.uk/maps/place/Abriachan+Forest+Trust/@57.385094,-4.429622,17z/data=!3m1!4b1!4m2!3m1!1s0x0:0x747b323b5c71c36b>

### **Parking**

Parking is limited. The parking for the event is in the overflow parking area, so go straight past the main carpark for about 500m up the hill. The event parking is along a track on the right hand side. All maps and hired dibbers will be collected at the start so from the parking area please go straight to the start, which is another 400m up the main track. As noted above please aim to arrive close to your allocated start time, and leave as soon as you are ready after your run.

### **Terrain**

Interesting and varied terrain. A combination of woodland and open moorland. Rough in places. Many rocky features. Marshy (expect to get wet feet!) and hilly (expect to go up and down some hills).

## Courses

Colour	Length	Climb
Orange	2.7km	110m
Light Green	4.0km	130m
Green	4.5km	160m

## Entry Fees

[SI Entries click here](#) (online entries close 11th May 2021 to allow for maps to be quarantined for 72 hours).

Seniors (Members/Non –Members): £6/£7

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

(This includes a donation to Abriachan Forest Trust for the use of their facilities.)

Standard Dibber Hire £1, contactless dibber hire £3

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

## At the event

Starts will be open from 10:00 to 11:30, it will be a punching start.

Start times will be pre-allocated. Please do not come to the start until 5 minutes before your start time to minimise the number of people at the start area and maintain social distancing. Maps and hired dibbers will be collected at the start.

The start is approx. 1km from the Abriachan Forest Trust classroom.

The finish is approx. 100m from the Abriachan Forest Trust classroom where Download and First Aid will be located.

Courses will close at 13:30.

## Maps

The map will be 1:10,000 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 of 2 will strive to wake up as many of the control units as they can on the morning of the event but given the timeframe and the deepness of the heather a 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 indicates a competitor in trouble and anyone hearing this is asked to help.

There will be a First Aid point at the Abriachan Forest Trust Classroom.

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

Abriachan is very busy with mountain-bikers, and they will be on the same paths as some of the orienteering routes, so please take care.

There are forestry operations on site - stay clear of timber stacks and forestry machinery.

A short part of the walk to the start shares the narrow vehicle track to the overflow parking, as well as occasional farm traffic and residential traffic - please take care.

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.

Toilets are available at the Abriachan Forest Trust main car park (near the finish).

Mobile phone signal is patchy and unreliable.

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

## **Officials**

Planner: Colin and Eilidh Simpson

Organiser : Laurence and Carolyn Cload

SI and 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.