



Littlemill

Local event (Level D)

Sunday 5th December

We return to the popular Littlemill forest, which might be small but hides dramatic features that tell of a landscape very different from today's peaceful glen. The ridges and lochans are leftovers from the Ice Age, formed when glaciers ground their way across the land.

COVID 19 : There will be no entry on the day – pre-entry only.

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

Sanitiser will be provided at the start, finish, download and toilets. Masks must be worn in toilets or where social distancing cannot be maintained.

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

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 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 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 of 14 days, even if they are symptom free
- If you are under going COVID-19 testing, until you have received a negative test result and are symptom-free
- If you have been advised to stay at home by a health professional.

Event centre: Toilets & Download are in **Farr Village Hall, IV2 6AX** on the **B851**

Directions: Head south from Inverness on the A9 for about 6 miles and turn right onto the B851, signposted for Fort Augustus. Farr village hall is about 2 miles along the road, on the right hand side. Toilet facilities available.

Parking Car parking will be available at the village hall car park.

Start/Finish are approx 500m from Farr Village Hall and the road crossing will be marshalled.

Courses :

Yellow -	2.3km	35m climb
Orange -	2.7km	40m climb
Short Green -	3.1km	80m climb
Green -	4.6km	110m climb
Blue -	6.7km	185m climb

Starts: 1000 - 1130

Start times will be pre-allocated to ensure social distancing and follow any instructions given by the start marshall.

Courses close: 1300

Please note courses closing early due to the reduced daylight hours.

If you think there is a chance you might take more than 90 mins on your course please start early to allow you to be back before courses close

Pre-entry Information: on SI entries – [Click here to enter online](#)

Entry fees:

Seniors (Members/Non –Members): £6/£7.

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

Punching: SI card... Hire fee £1

Toilets: There are toilets in Farr Hall (Masks to be worn when entering the hall)

SAFETY

Risk Assessments will be carried out and 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 that a competitor is in trouble and anyone hearing is requested to help.

There will be a first aid point at Farr Hall.

Courses are not suitable for buggies.

Please check for the presence of ticks after you have been orienteering.

In the event of cancellation due to adverse weather notices will be posted on INVOC website and facebook page

Planner: Guy Seaman
Controller: Iain Shepherd
Organiser: Steve Scott - invocvolunteering@gmail.com
Covid Officer: Gilly Kirkwood

Thanks

To Farr Community for letting us use their hall.

Forestry Land Scotland for permission to use the area

Volunteers

Needed for starts, marshalling, first aid and control collecting. Please contact Steve Scott on invocvolunteering@gmail.com if you are able to help.

Map: Pre-marked and printed on waterproof paper, scale 1:10.000 with 5m contour intervals to be collected at start along with hired dibbers.

SI Timing

SI Timing will be used and the units will be set up for both standard dibbers and SIAC. For those participants planning to use SIAC (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. We will strive to wake up as many of the control units as they can on the morning of the event but it 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 note that the start and finish units are not SIAC and must be dibbed.

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 have to send out a search party.

Mobile Phone

There is good mobile phone reception in the area.

Planner's Comments:

Littlemill has a fine mixture of terrain and vegetation including runnable woodland with steep gradients and intricate rides and paths. There are a number of wide marshes and uncrossable lochans and care will be needed when running in those areas.

Many parts of the woodland have been thinned, and cleared in one area, in recent times and works are still ongoing. Consequently, there are many unmapped extraction lanes and brashings. Courses have been planned generally to avoid the most affected areas but inevitably in some areas there may be difficulty in fast running.

Forestry works will not be in progress during the event but the area is used widely by the public, so please treat all you meet with respect.

There are piles of logs alongside some of the forest roadways and competitors should not walk on these.

All courses except Yellow cross a wire fence. This is approximately 1m high and has barbed wire in places. Please cross with care as crossing points have not been provided.

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. [Please seek advice at the registration desk on the day if you are unsure of whether the course you are entering is appropriate].
4. Event results will be published on the Internet and sent to British Orienteering.