

SROC – The Red Rose Orienteers

Final Details

Welcome to Yarrow Valley, Saturday 17th April 2021

Travel Directions

Event will be in Yarrow Valley Park. Find Birkacre Rd. Yarrow Valley Park car park is off this road. This road is in the bottom of the valley on the B5251 which joins Chorley to Coppull. Postcode is PR7 3QL. What Three Words to use are metro.swan.spits. Car parking is in Car park so find your own spot.

Facilities

There are loos in the Visitor Centre that can be used.

The “Treeface Café” is located in the car park and should be open from 10am for take-aways.

Dogs are allowed but keep them under control..

First Aid – a first aid kit will be available at download for people to self administer.

Entries

Entries will be all pre entry, via SI Entries, later in April and closing before the event, with a limit of 60 competitors who must be members of British Orienteering. Fees £5/£2. At this time we are not able to hire dibbers to anyone who does not have one, but any SROC members who do not own a dibber can request to collect one at the event and keep it for the foreseeable future.

Courses

Green Course, 3.7km 150m climb.

Short Green Course 2.8km 100m climb.

Orange 2.7km 70m climb.

There are NO loose control descriptions, but they are on the map. If you want loose descriptions you will need to print them from [here](#).

Controls (including the finish) are in beacon mode so they can be punched contactlessly if you have a SIAC.

The Yarrow Valley map has been completely resurveyed in February 2021 and has been extended northwards from previous events. Map scale is 1:5000 with 5m contour. The wooded areas in the north and east contain steep sided valleys and there are some areas of light and undergrowth (avoidable, but gaiters are recommended). The Burgh Meadows part of the area has large areas of reeds indicated by the light vegetation screen - competitors are requested to avoid running through the reeds as much as possible to avoid disturbing wildlife. One non-standard feature is used – a small blue circle indicates a *manhole cover*. Other man-made objects are indicated with a black cross.

Start

This is adjacent to the car park. Start times 10.00 – 11.00am. **Please make careful note of these times as they are earlier than normal because the area gets busy with local people later on.**

A start list, with people allocated to start blocks, will be shown **here** a few days before the event. Please try and keep to your allocated start block if at all possible.

There is NO entry on the day.

Only go to the start just prior to starting. Join the queue, keeping at least 2m apart and follow any instructions from the Start official.

Before the clear and check boxes there will be a hand sanitiser attached to a stake - please use – then clear your dibber and check it.

On the minute shown by the digital clock, physically punch the start and then pick up your map from the box provided (please ensure you only take one).

Finish/Download

Finish is 300m from Car Park. Please move away from it quickly. We hope to have the finish manned.

Please proceed directly to download forming a queue if necessary keeping at least 2m apart. Use the sanitiser provided before you download and take the splits – these are pre cut and you do not need to touch the printer. Please move away from download quickly

Results will not be displayed on the day but will be on the website www.sroc.org in the evening.

Questions?

If you have any questions prior to the event please contact Dave Hargreaves at davehargreaves07@btinternet.com or 07821105928

Safety

Please bring a cagoule; if weather conditions are poor, cagoules may be compulsory.

If you have a pre-existing medical condition which you think we should be aware of, please notify Dave Hargreaves in advance or leave a note at download before you start.

Social Distancing and Other Covid Related Precautions

We will be following BOF's COVID guidelines but trust everyone will be using their common sense to ensure that all competitors and the public are as safe as possible. Please maintain social distancing and adhere to the **British Orienteering Participant Code of Conduct** reproduced below:

Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow this code of conduct and any additional requirements set out by the organising club to ensure the safety of themselves, other participants, event volunteers and the general public.

Government or local authority guidance takes precedence over this code of conduct. If government/local authority guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Personal safety must be the main driver for all decision making.

Personal conduct – Preparing to Attend an Orienteering Activity/Event

- Act as an ambassador for the sport of orienteering at all times.
- **DO NOT** take part in any form of orienteering
 - o If you have any COVID-19 symptoms,
 - o Are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms.
 - 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 required self-quarantine period, even if you are symptom-free.
 - o If you are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking unless you are displaying any symptoms.
- Ensure you have read, fully understand and follow any information or instructions provided by a club about the event/activity before you arrive at an orienteering course. This will form part of the club's risk assessment for the activity and may be as a result of restrictions imposed by landowners, local authorities or the government.
- Observe national government and governing body guidance including any travel restrictions.

Personal Conduct - At the Orienteering Activity/Event

- **Observe social distancing requirements at all times**, including – but not only – when travelling to a course, when you arrive, while on the course (including start and finish areas) and when you leave.

- Be patient, courteous and respectful of others. Consider how your actions may appear in the eyes of landowners or members of the public.
- Minimise, as far as possible, contact with others from outside your household before, during and after orienteering and do not congregate in groups.
- Keep your distance from other participants and members of the public including giving way to other participants and members of the public on narrow paths and at gates or stiles.
- Only share transport to an event with other members of your household / support bubble.
- Arrive at an event during the time window that you have been allocated by the organising club.
- 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 a course, move away from the finish, allow yourself to recover (e.g. by catching your breath and reducing your rate of perspiration), and then move swiftly through download and to your vehicle.

Most important of all - enjoy the outdoors safely.

Planner – Andy Quickfall

Organiser – Dave Hargreaves davehargreaves07@btinternet.com