

SROC – The Red Rose Orienteers

Final Details

Welcome to Wellington Wood, Saturday 1st May 2021

Travel Directions

closest postcode is LA2 9AA but stay on the lane, don't go to the farm.

what3words ///snuggle.furniture.unusable

GR506545

From M6 J33 Turn onto A6 southbound then immediately TL Hampson Lane TR Stoneylane to Five lane ends. Follow O signs. Wellington wood is off Star bank lane.

Proceed up the lane.

Please park on the left hand side of the road just prior to the wood. You can park either with all the car on the wide verge or just leaving one set of wheels on the tarmac, depending on the recent weather. A parking official will direct you.

Please take care to avoid traffic on this road at all times.

Facilities

None! There are no toilets, please go before you come or en route. From the south there are services at Forton on the M6 and from the North at Truckhaven, J35.

We are not able to provide a key drop, so please make your own arrangements.

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 40 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 - contact James Bellarby - to collect one at the event and keep it for the foreseeable future.

Courses

Green Course, 4.1km

Short Green Course 2.3km

Orange 1.8km

There is negligible climb on any course!

The orange course provides TD3 challenges. Juniors not able to tackle this alone are best accompanied. As well as this juniors can have the orange course map before they start, to plan routes, if they wish.

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.

Terrain

The Wellington Wood map has been selectively updated in January 2021. Map scale is 1:5000 with 5m contours.

The wood is in wonderful condition, presenting delightful running and there should be bluebells on view too! Most of the wood is very runnable, with only limited dead wood on the ground, but there are small areas of rhodos some of which are scattered. There is a very limited path network, due to it not being open to the public. At the time of writing (13th April) the ground is very dry, but after

heavy rain there are small marshes and the small ditches fill up. Due to its detailed nature, you will need to make decisions quickly and very accurately to do well!

Green crosses represent a rootstock. Black crosses represent a post or hide (tripod).

Start

This is within 400m of the car parking. Start times 11.15 – 12.00am.

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.

If parents are requiring split starts please enter but contact James Bellarby who can enable this. There is NO entry on the day.

Only go to the start just prior to starting. Do not wait on the road prior to the start.

There will be NO start official. Remember to

- sanitise your hands using the sanitiser provided and keep at least 2m apart
- clear and check your dibber

On a 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 very close to the start. Please move away from it quickly. Please proceed directly to download (within 100m) 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 James Bellarby at jwbellarby@gmail.com 07751 330181

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 James Bellarby in advance or leave a note at download before you start.

Hazards

- There are some very small areas of OOB – these are old army huts and a partly filled small quarry – do not enter these, they are not marked on the ground but are very obvious
- In one area there are stacked silage bales and also some empty chemical drums – do not allow children to play with or climb on these.
- The usual forest hazards - beware low branches and twigs, dead wood and vegetation on the ground which can trip

Social Distancing and Other Covid Related Precautions

We will be following BOF's current 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.

Planners – Heather and David Roome

Organiser – James Bellarby jwbellarby@gmail.com