

# NORFOLK ORIENTEERING CLUB – EVENT DETAILS

## Club Championships - Bryant's Heath (NR280LU) – Sunday 17<sup>th</sup> October 2021

**Orienteering is an adventure sport. All competitors take part at their own risk and are responsible for their own safety, and are required to follow the British Orienteering Participant Code of Conduct in relation to COVID 19 – see overleaf**

PLEASE complete the registration form (issued on entry) in **BLOCK CAPITALS** with your details and course you wish to enter BEFORE going to register at MAP SALES (**Families & Groups please enter all names on the form**)  
**If you are new to orienteering or need assistance, please enquire at Registration.**

**Registration:** 10:00 - 11:30; Starts 10:15 - 11:45 (Courses Close at 13:15). Starts at 2m intervals

Course	Climb	Length km	Controls	Fees
Long (Green) Hard	95m	4.2	30	Juniors & Junior Pairs (under 21 and students with cards) £3.00 Seniors & Groups £7.00 Seniors & Groups (BOF Member) £5.00 E-card (Dibber) Hire: £1.00 <i>We will charge you £30.00 for each one not returned</i> Extra Maps; £1.00  * Take a long course map and at the end of part 1 navigate to the finish
Short (Green) Hard *	60m	2.3	20	
Short (Orange) Easy	35m	2.1	19	
<b>Club Championship</b>	<b>Juniors</b>	<b>Seniors</b>		
Long (Green) Hard	M/W 16 and older	All other classes		
Short (Green) Hard		M/W 75 and older		
Short (Orange) Easy	M/W 10 / 12 / 14			

**Map Scale:** All courses use 1:4000 scale maps with 2.5 metre contours and are A4 size.

**Facilities:** None

**First Aid:** A First Aid bag is available at Registration, nearest hospital is Cromer NR27 0BQ (Minor Injuries) or the Norfolk & Norwich NR4 7UY. Nearest defibrillator is at Felmingham Village Hall (Aylsham Rd) NR28 0LD. Should you need A & E please let an official know before you leave the event.

**Dogs:** Please have dogs on a lead.

**Officials:** Organiser: Nicky Nicholls (07791 515115), Planner: Daniel Cowley, Controller: Kim Eden

**Map & Control Descriptions:** The area is mapped at 1:4000 - an unusual scale - the grid lines are at 120m spacings. The area is just 480m by 340m in size - this is a 'middle distance' event. Contours are at 2.5m intervals, with form lines to show additional landforms of note. Control Descriptions are printed on the maps. The Easy course maps have text descriptions; all other courses use standard IOF pictorial descriptions. Loose descriptions will be issued at Registration.

Start is 250m walk from the car park, along a dead end lane.

### Terrain and Course Safety Information:

Due to the size of the area it has not been possible to follow the Rules regarding minimum distances between adjacent control sites, including those of same/similar features. Please be sure to check your control codes, the courses have not been set to catch you out. The area was mapped in early Spring, therefore some vegetation is more abundant than indicated - Rough Open varies between high bracken, low sparse gorse and heather/grass. There are few if any brambles. The main pond is all but dry, but remains mapped in its Winter state. The marshes however are softening up nicely! Cut pathways through the orange Rough Open are shown in the yellow Open colour, though late Summer vegetation is doing its best to reclaim some of them making them initially less obvious. There is an OOB area to the west used for BMX. Courses are planned to avoid it and the area is bounded by brushings and banking.

**Club Championships:** Prizes will be awarded for all usual age groups. Prize giving around 1.15 - 1.30 pm.

**Full leg and body cover is advised.**

**Ticks** can be active at this time of year so please check yourself after your run.

You are advised to carry a **WHISTLE** to summon help in case of emergency.

**Keys** may be deposited in a box, and confidential [medical details](#) in sealed named envelopes (for use in case of emergency), may be left with the event team at Registration. All items will later be transferred to the Download tent for collection.

### COMPETITORS MUST GO TO THE DOWNLOAD TENT EVEN IF RETIRING (safety check)

**Data Privacy:** The personal data you give will be used by the event organisers and their agents only for the purpose of processing / publishing the event entries and results, conducting safety checks and to validate British Orienteering insurance cover. Submission of an entry for the event will indicate your acceptance of this procedure. Read our Privacy Policy to see how we look after your personal data.

Many people like to take photos at sporting events and we're hoping that some of the pictures taken will be shared with us for our website or Facebook pages. We don't 'tag' or give contact details on Facebook, and hope that anyone else sharing photos on social media will also take care, particularly when young people are involved. If competitors or parents/guardians would prefer that photographs of individuals are not taken or published, please notify the event officials.

**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.

COVID-19 is still present in society and Orienteering events have a responsibility to remain safe. This code of conduct may be amended at late notice should further restrictions be reintroduced.

## **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**
  - If you have any COVID-19 symptoms,
  - 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.
  - 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.
  - 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.
- It is advised to travel on your own or with other members of your household/ support bubble to an event/ activity. However, it is permissible to car share with others should it be required.
- Observe national government and governing body guidance.

## **Personal Conduct - At the Orienteering Activity/Event**

- **Be mindful of others who wish to observe social distancing**, including – but not only – 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.
- Keep your distance from members of the public including giving way to other participants and members of the public on narrow paths and at gates or stiles.
- 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 to download.

Most important of all - enjoy the outdoors safely.