

NORFOLK ORIENTEERING CLUB (NOR)

Event Details - Lynford - Sunday 12th December 2021 - (Level D) EAL

Directions: The car parking is at the Lynford Stag car park – Post code: IP26 5DE, Grid reference TL814917, which can be accessed from either the north or south using the A134 Thetford to Kings Lynn road. **Please note that car parking is extremely limited, please share transport wherever possible albeit within Covid 19 guidelines.**

Entries: The event is Pre-entry via SIEntries website and entries close on 5th December. There will be very limited entry on the day, which will be aimed at newcomers and families.
Entry queries; Tim Eden - tm281@btinternet.com

Registration: Registration: 10.00-12.00 hours

Starts: Starts: 10.15-12.15 hours **Courses close: 14.15 hours**

Fees: Seniors BO Members - £9.00, Senior Non BO - £11, Junior / Student - £5 - BOF membership card may be requested. **HELPERS** will receive a discount code from the organiser to obtain a £4.00 discount.

Note: BOF 3rd Party Liability insurance only covers Independent competitors for first three events.

E-card hire: £1. (We will charge you £30 for each one not returned).

Extra maps: £1.

Car parking: TL 814917 Lynford Stag Car Park, O signs on A134 Thetford /Kings Lynn Road

The event is using SportIdent electronic punching. Maps – Maps for Green, Blue and Brown courses are 1:10,000, A4 size, all other courses are 1:7500, A4. All are pre-printed on waterproof paper.

<u>COURSES</u>	<u>APPROX LENGTH</u>	<u>STANDARD</u>	<u>EAL CLASSES</u>
White	1.8 to 2.0 km	Very Easy	None
Yellow	2.25 to 2.75 km	Easy	M10; W10
Orange	2.75 to 3.25 km	Moderate	M12; W12
Light Green	3.0 to 3.5 km	Hard	M14; W14
Short Green	3.0 to 3.5 km	Harder	M75;M80;M85;W65;W70;W75;W80;W85
Green	4.75 to 5.25 km	Harder	M65;M70;W16;W18;W20;W45;W50; W55;W60
Blue	6.75 to 7.25 km	Harder	M16;M18;M20;M45;M50;M55;M60; W21;W35;W40
Brown	9.0 to 9.5 km	Harder	M21;M35;M40

The White and Yellow courses are both suitable for beginners, the Orange is more difficult and better suited to those who have some experience of orienteering or map reading. Experienced orienteers will be around the registration area to give help and advice on course selection. Competitors with some orienteering experience for all other courses.

Anyone can enter any course they wish, but the age class to course protocol for scoring points in the EAL is as shown above. Please refer to EAOA website for details of East Anglian League and scoring

Please note **NO UNDER 16s** are allowed to run **Green, Blue or Brown courses as they have unmanned road crossings.**

Control descriptions: All courses have descriptions printed on the map. Loose descriptions at registration

Terrain & Safety information:

Lynford is flat but is tough going in some areas. There is a complex area of small rides in the SE corner of the map which require careful navigation. Although undergrowth is going down nettles are still a problem. Full leg cover is essential. There is a significant area of felling in the centre and east areas but courses have been designed to avoid these areas. W, Y, O, LG and SG have no road crossings, the other courses have unmanned crossings. **Please take care at all road crossings as the road is very straight and vehicles can travel at speed along it.** There are lakes in the area, keep away from the edges. Please keep dogs on a lead. Please be courteous to other users in the forest. You are advised to carry a **whistle**.

Start/Finishes: The Start is located 500m from Registration and the Finish is close to the car park entrance. Both are signed and the route to the start will be taped. Take care in the car park area as we are very tight for space.

Please ensure that all finishers, even if retiring, report to the **DOWNLOAD TENT**.

Officials: Organiser: Tim Eden **Planner:** Jonathan Gilbert **Controller:** Phil Halford - Suffoc

First Aid: A first aid bag is available at Registration.

Facilities: Toilet available on site

Dogs: **Although you may encounter dogs on your course, please keep your own on a lead.**

Results: See NOR website: www.norfolkoc.co.uk. Results will be posted as soon as possible, after 5pm.

For Entry on the Day – Please complete the registration form in BLOCK CAPITALS!
Families & Groups please name all persons on the form for insurance & participation data. Also indicate in the 'Age Class Box' if Senior (S) or Junior (J). Note a senior is classed as 21 and over.

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. General Orienteering photographs from the event may be published on the website and social media; in the absence of any objection, agreement to this will be assumed.

SAFETY INFORMATION

First Aid: A First Aid Kit will be located at Enquiries/Registration and a First Aider will be based there. The nearest hospital (with 24-hour emergency Department) is the West Suffolk Hospital, Hardwick Lane, Bury St. Edmunds, IP33 2QZ - Tel: 01284 713000

Safety and Risk: A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

Insurance: Please note that if you have participated in three orienteering events/activities and not joined an orienteering club that is a member of British Orienteering then you are not covered by our public liability insurance.

Privacy: You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not limited to) name, any club affiliation, race times and age group. Read our data protection page for further information about how we look after your personal information.

Photography: In line with British Orienteering policies, the organisers of this event request that any person wishing to take photos or video showing children should register their details with event officials before taking any such photos or videos. The event organisers reserve the right to ask people to refrain from taking photos or video and may, if such warnings are ignored, refer the matter to the police.

COVID-19:

The event is being planned in line with current BO guidelines relating to Covid19.

Before attending this event, or any other orienteering activity, orienteers, including officials, volunteers and coaches, should self-assess for symptoms of COVID-19.

These are:

- A high temperature.
- A new, continuous cough.
- A loss of, or change to, your sense of smell or taste.

If you, or anyone you live with, have one or more of these symptoms you should not attend the event, even if your symptoms are mild. You should follow NHS guidance on testing and self-isolation. If you have been informed that you need to self-isolate by NHS Test and Trace (or are required to self-isolate in relation to travel), you must do so. You should not leave your isolation location in order to participate in sport and physical activity. You can find more information in the NHS guidance on how to self-isolate.

ALL COMPETITORS TAKE PART IN THIS EVENT AT THEIR OWN RISK

Next NOR Event: : **23rd January 2022 - Beeston Regis**

Other Regional Events: 5th December 2021 – Tunstall Forest EAL – SUFFOC

6th February 2022 – West Harling - SUFFOC