



Final Details – Sanquhar Woods –15 January 2022

We would like to thank **Forres Community Woodlands Trust, Moray Council** and **Forres Academy** for giving their permission to stage the event.

In line with current SOA guidelines, please ensure that you are eligible to run by ensuring that your Club membership is current/up to date. There will be **no entry on the day**.

COVID-19

- All participants must abide by the British Orienteering COVID Code of Conduct. Details to be found at: https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering
- Please remember that anyone with COVID-19, either displaying symptoms or in quarantine, should not attend the event in line with the British Orienteering COVID Code of Conduct.
- Participants are also reminded to minimise contact with any fences and gateposts on the course and with SI boxes (for those with non-SI AIR dibbers) and kites.
- Participants must remain 1m apart from others (except family groupings): in registration; walking to/from start/finish locations and on the course.
- Hand sanitizer will be available at registration for participant use as required.
- Disposable gloves will be available at registration for control collectors as required.

Event Safety

- **Competitors.** Participants take part at their own risk and are responsible for their own safety at all times. All participants are to wear suitable footwear and full leg cover.
- **Terrain Hazards.** Bridge at top of Sanquhar Pond can be slippery when wet, care required. Sanquhar Woods is a public area well used by dog walkers, mountain bikers and horse riders, maintain open awareness when running. There are some steep slopes on the Light Green course. These may be slippery
- **Water Hazards.** All courses route near Sanquhar Pond. The pond should not be entered. Terrain also includes streams.
- **Roads.** There is one road crossing point on Sanquhar Road. A marshall will be located at the road crossing point to advise competitors of the road hazard. There is also a small car park next to the start, beware slow moving vehicles in that area. There is a large driveway near the end of all courses. Please be aware.
- **Parking.** Car parking will be available at the event registration/download at the Forres Academy car park. 'Caution runner' signs will be displayed for road users.
- **Ticks.** Sanquhar Woods has ticks so please check yourselves carefully after your run and remove them as soon as possible, and ideally within 48 hours.
- **First Aid.** A first aid kit will be available at registration as and if required. The nearest hospital is Dr Gray's in Elgin (20 mins drive away).
- **Safety Bearing.** If disorientated or retiring early: Sanquhar Woods is in urban location and surrounded by housing areas and roads. All directions will lead to safety.

Directions

- The event will be sign posted from the Sanquhar road roundabout. Event assembly is at Forres Academy car park. There may be runners crossing the road. Please take care.

Registration/Download

- The event registration and download will be at the **Forres Academy car park** (57.60303120389239, -3.6108992959063184)
- Registration is open 10.15-12.00.
- Please plan to arrive at registration no more than 25 minutes before your start time to minimise the gathering of participants in line with SOA guidance.
- On arrival, all participants must report to registration to ensure the registration team know who is planning to run the course.
- All course maps will be issued at registration.
- Hired SI dibbers will be available for collection at registration.
- Hand sanitizer will be available at the registration.

Car Parking

- Car parking will be available at the **Forres Academy car park**.

Start and finish are close to each other. They are both a very short distance from registration/download.

Start

- There is a very short walk to the start, which is adjacent to registration on the other side of Sanquhar road. A marshal will be located at the road crossing point.
- Start times are from 1030-1200 and will have been pre-allocated by SI entries.
- The start area is very small. Please do not arrive the start area more than 5 mins before your start time to minimise the gatherings of participants. Please maintain 1m distancing at all times. There is space for warm up and for waiting to enter the start area on grass before crossing the road to the start.
- A start official will be available to guide participants to move through the start area as required.
- Hand sanitizer will be available at the start area.
- Maps, control descriptions and hired dibbers should be collected from registration before going to the start.

Finish

- On finishing, all competitors must report to download in registration – even if you retire and do not complete your course.
- The Finish is approx. 400m walk back to registration/download. The way back to registration will involve the same road crossing as the way to the start. A marshal is located at this crossing point.
- All courses close at 1300. Controls will be removed progressively after this time. At this time, all competitors on the course must return to registration and report to download.

Courses

Yellow – 1.8km and 25m climb

Orange – 2.5km and 50m climb

Light Green – 3.8km and 80m climb

Timing

- SI AIR will be enabled for the event. Units will be mounted on metal stakes.
- Participants must physically dib the start and finish SI units to start/finish their timings.

Map

- Map scale is 1:4,000
- Control descriptions are printed on each map.
- Loose control descriptions will be available at the event.
- All maps, control descriptions and hired dibbers should be collected from registration before going to the start.

Additional Information

- **Toilets.** There will be no toilet facilities at registration. The nearest public toilets will be in Forres (Grant Park).
- **Other Forest Users.** Please respect other users of the Forest (dog walkers, horse riders and cyclists) and maintain 1m distancing.
- **Car Keys.** There will be no means of leaving car keys.
- **Litter.** All competitors are asked to take their litter home with them.
- **Dogs.** Dogs are welcome but must be kept on leads.

The area is popular on a Saturday morning so competitors should anticipate buggies, small children, dogs, cyclists and other footpath users on their tour around the woods.

See you on Saturday.

Moravian Orienteers

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