



## Bristol Orienteering Klub (BOK) Level D - Local Event

Saturday 12<sup>th</sup> December 2020  
Frome Valley

**Background:** British Orienteering (BOF) has created guidelines that enable Orienteering Events to be held in a safe way for participants, helpers and the public and to comply with government restrictions.

[https://www.britishorienteering.org.uk/COVID\\_Safe\\_Orienteering](https://www.britishorienteering.org.uk/COVID_Safe_Orienteering)

**Risk Assessment:** A detailed risk assessment has been made. Flow of participants will be managed to avoid queues and interfaces with helpers minimised. So online results only, no EOD, etc.

**Attendance:** You should not attend this event if any of the following apply to you:

(1) You are unwell with a cough, fever, or other COVID-19 symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/#symptoms>

(2) You have been in close contact with a suspected or confirmed case of COVID-19 during the prescribed quarantine period, even if they are completely symptom free.

(3) You have returned from an overseas country which requires you to be in a self quarantine period even if you are completely COVID-19 symptom free

<https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

(4) You are undergoing COVID-19 testing for suspected Coronavirus.

(5) You have been advised not to participate in orienteering by a health professional.

We also advise competitors who fit within the higher risk groups to take particular care and/or make decisions on attendance with due consideration to the risks associated with COVID-19.

The event has been designed so that the risk for all participants, helpers, and members of the public is minimized. We should not only be able to comply with social distancing requirements but be seen to be doing so. It is hard to overestimate how much reputational damage a photograph in the media or a letter of complaint, however unjustified, could cause. In this we are all ambassadors of the sport of orienteering.

If you can no longer attend the event due to the fact that you've been told to isolate or are in any case unable to attend due to government restrictions, please contact Fabian 4 to arrange a refund minus Fabian 4 cancellation processing fees.

**Permissions:** At this time when permissions are difficult, we are particularly grateful to Bristol City Council. We must comply with the letter and spirit of government guidance.

**Transport:** Avoid public transport if possible and car sharing outside your 'Bubble'. Oldbury Court is about 800m from the Bristol and Bath cycleway as it runs through Fishponds.

You must abide by the UK government's (COVID-19): safer travel guidance: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

**Car Parking:** Public car park within Oldbury Court Estate, Fishponds, Bristol BS16 2JW, grid ref ST634765. What3Words: *lovely.allow.teams*. Just off Oldbury Court Road. Overflow car parking is on adjoining roads; please be considerate to residents' access. Parking is likely to be limited, please car share in your family bubble if possible and leave as soon as possible after finishing.

**Map:** 1:5000 scale, 2.5m contours updated 2020 by Chris Johnson. Overprinted with course on waterproof paper. Blue, Brown and Green courses are printed double-sided, with Frome Valley on the front and Eastville Park on the reverse.

**Planner's notes:** The area contains a steep-sided gorge with open parkland, small forest paths and high cliffs. Routes have been planned to avoid the hazardous cliffs, and they must not be approached from above under any circumstances. Paths may be muddy and/or slippery and shoes with good grip are needed on all courses. Take care when traversing on paths along the steeper slopes.

This is a busy public park; the area is very popular with dog walkers and families. The last 2 months have been the busiest I have ever seen the area. **It is imperative that a wide berth is given to all park users and fellow orienteers alike;** our ability to gain future permissions from the council is dependent on this fact. One particular pinch point is Half-Penny Bridge, a small bridge across the river in the center of the Frome Valley map. When you get to the bridge, **please give way to all members of the public who are crossing.**

Some smaller woodland paths that are clearly visible in summer are currently covered by leaves and may not be so obvious.

There are short urban sections on the Brown, Blue, Green and Short Green courses.

**Courses:** Yellow, Orange, Short Green, Green, Blue and Brown. Loose control descriptions available in the start lanes. Helpers with 'Ask Me' bibs will assist beginners. We regret that it has not been possible to provide a string course at this event.

Yellow, Orange and Short Green courses take place within the boundaries of Oldbury Court. The longer courses will cross over to Eastville Park and return by a separate crossing point. Great care must be taken when crossing the roads as they can be busy; traffic is supposedly limited to 20mph but not everyone obeys. The pavement on the river bridge at Snuff Mills is shared with a cycle track. Please look out for two- as well as four-wheeled traffic.

Please follow the marshal's instructions and use the zebra crossing on Blackberry Hill Road when crossing into the Eastville Park section.

Both Snowdon Road and Manor Road must be crossed to get back into Oldbury Court. **There will be a timed-out crossing (1 min), at this point.** A road marshal will be at the junction of Snowdon Road and Manor Road to support runners across the road. You must use the zebra crossing to cross Manor road. Once

across Manor Road there is a short urban area in which a couple of controls will be located before re-entering Oldbury Court.

Course	Straight line distance (km)	Climb (m)	Start
Brown	7.1	300	Far
Blue	5.6	230	Far
Green	4.4	170	Near
Short Green	3.8	140	Far
Orange	2.9	90	Near
Yellow	2.0	50	Near

**Registration:** **There is no Entry on the Day.** Online entry only available at [www.fabian4.co.uk](http://www.fabian4.co.uk) by Sunday 6<sup>th</sup> December. **This event is open only to members of British Orienteering.**

Junior/students £3

Seniors: British Orienteering (BOF) members £6. Half price discount for helpers.

Electronic punching hire - Juniors free; Seniors £1.50; lost SI £40, SIAC £60.  
Contactless punching will be enabled; the start and finish must be punched.

Due to the number of controls, runners on the Brown, Blue and Green courses must have a SIAC dibber. Please email the organiser **at least** five days in advance if you do not possess one. We will organize a free SIAC to be available to you for the event.

Please ensure that your contact details on the BOF data base are up to date (*Track and Trace*). Start times will be allocated, to control numbers and flow through the starts. Your entry is conditional on agreeing to conform to the BOF Code of Conduct (link above).

If you have **hired** an **SI Card** these should be picked up in a labelled bag from a table by download and should be returned to the bucket after you have run. **Keys** may be deposited at Assembly

**Start/Closure** **10:00 – 12:00.** Note there are two start areas (Far and Near). [*Depending on the number of entries we may revert to the use of a single start. If this occurs, please avoid forming a queue near the start. All runners will get a start. This will be clarified in a later version of the final details.*]

Both starts are found from the path heading east (towards Frenchay) from the car park. The Near start is approx. 300m from the car park. The Far Start is approx. 800m from the car park. It is located on a fence corner just off the main path. Please allow sufficient time to get to the starts.

**Courses close at 14:00.** Competitors must download (even if you do not finish the course) by course closure time to avoid the organiser initiating a lost runner search.

**Start Procedure** There will be a marshal overseeing each Start and most experienced competitors should go through without assistance, but if you need help or advice please ask, whilst remaining at all times at least. 2m from anybody else. A clock will display the Start time.

We need your help to avoid creating a crowd waiting to enter the Start **so please ensure that you turn up for your correct start time**, we have only one competitor in each box, and do not gaggle around the Start. There will be a punching start but please endeavour to arrive at the Start warmed up and ready to go just before you enter the box as close as possible to 3mins before your allotted start time.

If crowding develops, the marshal will intervene and you must follow any instructions from the Start team.

As the boxes vacate move into the first box and progress through the boxes to cross the Start line on the full minute, in synchronisation with other competitors. The signal to move is the long beep at the end of the count down. During the Start process ensure that you stay 2m apart from others. As you go through the boxes, punch both clear and check and after crossing the start line the start box.

Yellow and Orange maps will be available before you start. Pick up maps for other courses after the Start punch.

Loose control descriptions **will be available** at the Start but due to COVID-19 considerations we advise you print out the control descriptions yourselves. At least 24 hours before the event a full list of all loose control descriptions will be posted on the Events page of the BOK website and available for download so you can print out and use on the day if you so wish.

#### **Punching**

Courses will use mixed punching, i.e. both conventional SI and SIAC (contactless) punching. However, regardless of what type of dibber you have you **MUST** punch the Start and the Finish controls.

It is advised that longer course users use SIAC dibbers due to the number of controls.

#### **Finish:**

Punch the Finish and please do not loiter, stay apart try not to chat with others and make your way to Download. The time when transmission is most likely is whilst deep breathing after hard running. Allow yourself to recover on route to Download.

#### **Download:**

Recover and then DIY Download. If there is a problem and you want us to investigate you should let us know about the issue. We will not display instant results but will put the results on the BOK website as soon as we can, hopefully ASAP after the event has concluded:

<https://www.bristolorienteeing.org.uk/results/latest-results>

#### **Facilities:**

Public toilets close to car park; follow entry road to children's playground and they will be found on the left. The first aid team will be in attendance. There is a café and children's play area near the car park.

Please bring your own food and drink including any water you may need for hydration as we cannot guarantee the usual café facilities will be open on the day and, due to the risk of COVID-19 infection, water bottles should not be shared

#### **Post- race**

We understand that you may have a strong desire to catch up with other orienteers and the facilities at Oldbury Court are well suited, so please consider using the Estate to its full potential, move away from the car park, stroll etc. Do this and you should not only comply with social distancing, but our event will not appear crowded to others.

However **in all instances**, please follow the rules applicable to tier 3 in which Bristol finds itself post lockdown.

**Safety:**

All competitors take part at their own risk and are responsible for their own safety. **'No whistle, no go'** will be in force for all Juniors and recommended for Seniors. To call attention in an emergency use 6 long blasts.

It is advisable to apply **hand sanitizer** before you leave your car, and you **must** do so before you go to the Start. Many will have their own but at download we will have a supply of sachets which **must** be used before starting the event if you don't have your own

Suitable waterproof clothing is recommended in bad weather. Competitors should wear shoes with good grip and full leg covering.

The area is popular with the public - please take care and show respect to all other users of the area.

There are numerous large crags in the woods. Competitors do not need to cross any crags or cliffs and on no account should you attempt to climb up or down these crags.

**First Aid:**

A fully-qualified and equipped first aider will be on site but with a restricted range of activities: addressing any potentially serious incidents and giving advice e.g. on head injuries or self-administered treatment of minor wounds.

The Nearest Minor Injuries Unit (MIU) is at Southmead Hospital and is part of the Emergency Department, entrance to both is at Gate 35, Level 0, Brunel building, Southmead Hospital, Southmead Road, Westbury-on-Trym, Bristol, BS10 5NB.

Southmead Emergency Department has a dedicated car park accessible from Dorian Way, which works via automatic number plate recognition (ANPR). Payment by credit card, notes or coins is required before you exit the car park.

Contact: Emergency Department: 0117 414 5100 or 0117 414 5101:  
<https://www.nbt.nhs.uk/our-services/a-z-services/emergency-zone/southmead-hospitalemergency-department-ae>

If Southmead ED is busy, you may get seen quicker at the Yate Minor Injuries unit, Yate West Gate Centre, 21 West Walk, Yate, BS37 4AX. Tel: 01454 315355

**Dogs:**

Allowed in the car park area (this is a public dog-walking area) but please clean up if necessary. No dogs allowed on courses please.

**Officials:**

Organiser: David Potter (BOK) potter.clan@btconnect.com  
Planner: Adam Potter (BOK)  
Controller: Chris Johnson (BOK)

**Data Protection:**

Your personal information provided for this event or obtained from registration databases will be used to process your entry, publish results, check for missing runners and trace missing SI cards.

Further details and latest information on the BOK website:  
[www.bristolorienteing.org.uk](http://www.bristolorienteing.org.uk)

