



Ashton Court Re-start Event

Final Details

Sunday 13th September Vr3

Reminder You should not attend if :

- (1) You are unwell with a cough, fever, or other Covid-19 symptoms
- (2) You have been in close contact with a suspected or confirmed case of Covid-19 during the pre-scribed quarantine period, even if they are completely symptom free.
- (3) You have returned from any overseas country and consequently are in a self-quarantine period even if you are completely Covid symptom free.
- (4) You are undergoing Covid testing for suspected Coronavirus.
- (5) You have been advised 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

After all that you are all **VERY WELCOME**. The team of helpers will be smaller, with minimised interfaces, and less than usual friendly faces. Frustrating for participants and helpers. Mostly its DIY.

Use of Area

Many thanks to Bristol City Council who at a time when Permissions are difficult have supported us. The event has been designed so that the risk for all, participants, helpers, and the public is low. We should not only be able to comply with social distancing requirements but be seen to do so. It is hard to overestimate how much reputational damage a picture in the media or letter of complaint, however unjustified could cause. In this you are ambassadors of the sport. Particularly as we have ordered a sunny day, most of you will encounter other park users, including slow moving families with hounds, bikes, pushchairs, picnics, etc. please overcome those competitive juices and be prepared to give way. Note: You may encounter Cycling, Golf, Frisby Golf and Horse Riding.

Car Parking in the Chapel Lodge Car Park with access from the B3128.

What 3 words: <https://what3words.com/enter.super.riding>

GPS: 51.438935, -2.636215

The entry is from a one-way section of B3128 (essentially a slip road to the A370 approaching Bristol) just to the west of the Ashton Inn. (BS419LX) From the city take the Exit from A370 towards Long Ashton P & R and Clevedon, under the main road and then right, towards Bristol. From Weston, take the exit from A370 P & R, Left at 'T' junction and then Right. From Clevedon it is a simple left. We are sharing the pay and display car parking with the public, (fee £1.20). The fee is for all day and valid in all Ashton Court's car parks.

Avoid using public transport if possible. Good cycling links including the Nailsea/City Centre route.

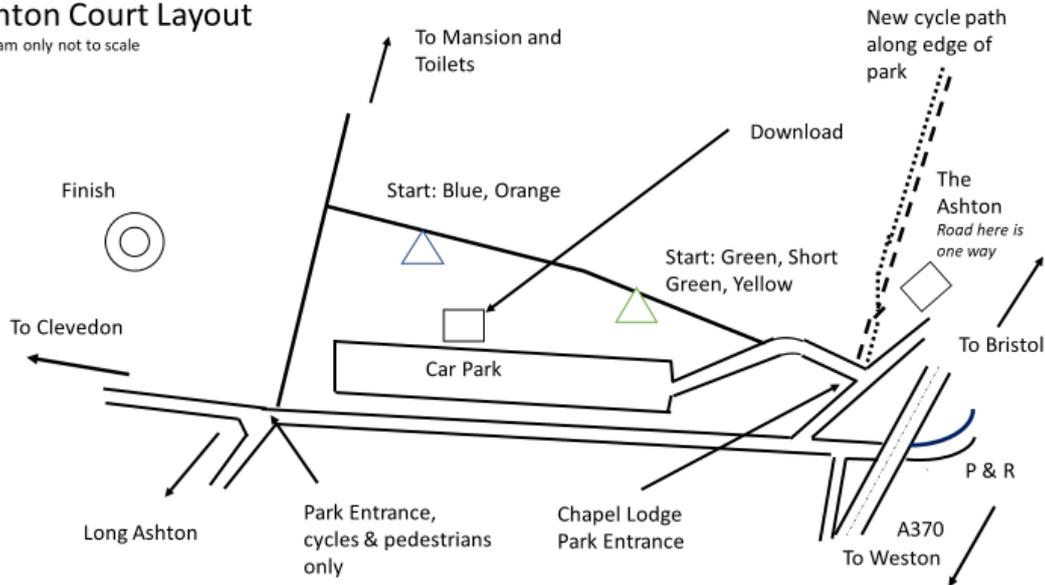
Public Toilets are situated on the east side of the Mansion in the Courtyard shared by the café. This is 900m north of the Chapel Lodge car park along the park road. Alternatively, you might choose to drive to the adjacent Mansion Car park, possibly on route to Chapel Lodge. which is accessed from Bower Action. These toilets open at 9 am. Those in the Golf Course car park are open earlier. Note displayed Covid protection instructions.

Download is situated on the north side of the car park. There are 2 **Starts** within 200m; Blue and Orange (think beach) to the North and Green, Short Green and Yellow (think forest) to the east.

The **Finish** is within 300m to the western side of road leading to the mansion.

Ashton Court Layout

Diagram only not to scale



There are no **enquiries**, but an “Ask Me” marshal will be loitering with intent to help

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

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 have a supply of single use sachets which **must** be used before download and may be used before starting.

Whistles are mandatory for Juniors. We are not going to check but the responsible adult should.

There is an **emergency number** on the map 07754 575 328

Start procedure

There will be a marshal overseeing each start, and most experienced competitors will go through without assistance, but if you need help or advice ask. A clock will display the start time.

We need you to help avoiding a crowd waiting to enter the start please and to only have one competitor in each box. There will be a punching start but there are also many gaps in the start list. So do endeavour to turn up, warmed up and ready to go just before you enter the box at -3mins to start time, but there is no need to add extra contingency or hang around in the car park or worry if you are delayed by a loo que, or if 11.14 starts before 11.12. etc. etc.

If crowding were to develop the marshal will intervene. Please follow any instructions.

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 the 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. The other courses after the start punch.
Loose control descriptions

Course Information

Beware of any fast moving, cyclists particularly on the mountain bike trail (purple dashes) which is extensive and winds through many of the park's woods. Cross rather than run along.

Some crags up to 3m and rocky ground will be encountered on Blue, Green and Short Green. These can be readily avoided and are not taped and but do take care.

In part of the parkland the long grass has been very recently mowed. The hay obscured the paths so Yellow and Orange have been re-planned. These are now near the new cycle track, which is mostly just off the map. This has been added as a map correction (Black continuous line) but don not use it

Hatched rough open land is likely to be covered in summer vegetation, horrid and best avoided. The paths through are passable.

Courses close at 14.00. Controls may be removed progressively before this time

Finish

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

Download

Recover, sanitize your hands, and DIY download. If there is a problem and you want us to investigate lets us know about the issue. Perhaps via email. chairman@bristolorienteing.org.uk . We will not display results but put results on the web as soon as we can.

First Aid

A 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. Please note **ticks** are present in Ashton Court

Post- race socialising.

We understand that you may have a strong desire to catch up with other orienteers and the wide open spaces of Ashton Court are well suited So why not fully utilise the park to its full potential, move away from the car park, possibly drive to another, stroll, picnic, visit the cafes. Do his and you should not only comply with social distancing but our event will not appear crowded to others

Enquires Chairman@bristolorienteing.org.uk

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



