



Bristol Orienteering Klub WNL Event

Saturday 19 December 2020
Stoke park and Pur down

IMPORTANT: Please note the start locations has moved from what was originally advertised. Make sure you go to the new location.

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

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.

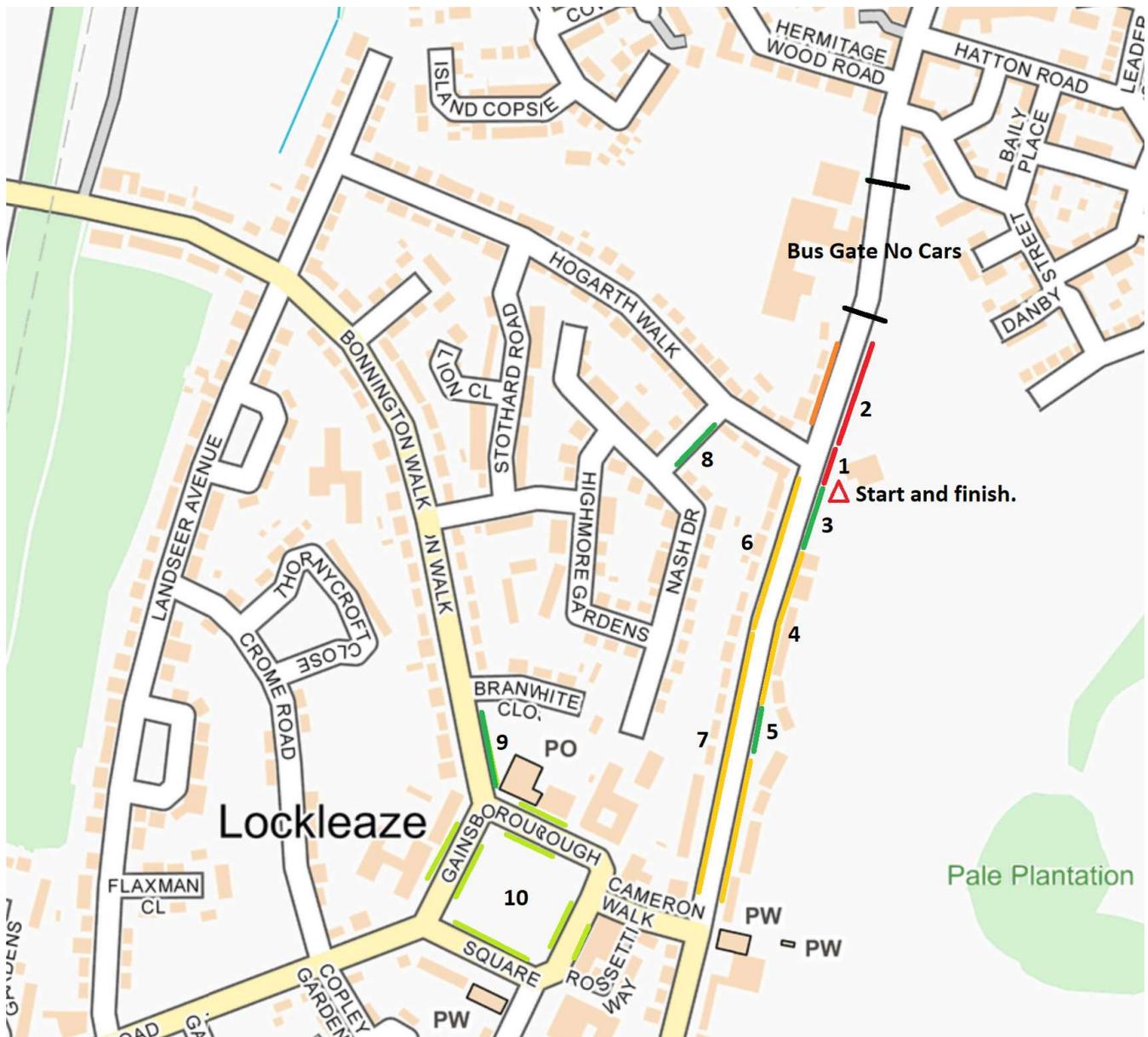
If you can no longer attend the event due to the fact that you've been told to isolate or are in any case unable to attend due to government restrictions, please contact Fabian 4 to arrange a refund minus Fabian 4 cancellation processing fees.

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. They are particularly worried about the possible environmental impact given the soft

ground conditions. 1 control in a marsh has need removed because of this. Please do not to trample down any new paths.

Location: The event location has had to be moved. Everything is now at [ST 612772](#). Post code BS7 9TB. This is at the top of Romney Avenue by the junction with Hogarth walk.

Car Parking: Parking will be on the local roads. Please park sensibly and avoid parking directly in front of houses. On the following map the green areas labeled 3, 5 and 8 are all good and suitable for the early starters. Please avoid the yellow areas 4, 6, 7 in front of houses even though there will be space there. Latter starters will need to go to Gainsborough Square where there are 40 to 50 proper parking spaces marked in light green on the map, avoid the shops please. This is limited to a 1 hour stay before 6pm so only good after 5pm. It's about a 500m walk from here to the start and finish. Be sure to lock your car, this is one of the more deprived parts of Bristol.



- Map:** 1:10000 scale. Revised 2020 with recent updates. Overprinted with course on waterproof paper. With the move of parking the start and finish have been moved. They are together and the start triangle will be hand drawn. The old location will be crossed out. Control 30 is no longer valid and will also be crossed out. The council have been busy grubbing up some of the brambles so the map is starting to go out of date already. Control descriptions are on the front of the map only.
- Terrain:** Open parkland and mixed woodland. Very muddy! You need your best grip shoes especial on the slope. Please try and avoid making any new tracks. Away from the worst of the mud some of the smaller tracks across the grass will be very easy to cross in the dark. Please note that all fences and hedges are uncross-able. There are plenty of gates and stiles please use them.
- Course:** 1 Hour night score event. 29 controls 20 points each. 1 point lost for each 6 seconds or part there-of over the hour. Bonuses at the same rate if you get all the controls under the hour. 5, 6, 1, 2, 3, 4 form a fairly easy loop with other controls close by for beginners. Please don't be too late back I want to be packed up and away quickly not out searching for a late finisher.
- Punching:** SI electronic punching. Hired dibbers will be available for collection in labeled envelopes at download by the start and finish.
- Race procedure:** Please don't come up to the start too early so we don't have people mingling. As you leave your car please sanitize your hands. If needed there will be sanitizer adjacent to download you can use. The start and finish are basically unmanned although download is in site very close. They are located on a fence crossing. Clear and Check will be on the road side of the crossing the start control and the map box will be just through the other side on the left. The finish will be on the right. Once it's your start time make sure you clear and check then go through the fence and punch the start before picking up your map. Have fun for an hour in the dark. When you finish come through the fence keeping clear of any starters. Please keep your distance while you recover your breath. Once you are not breathing hard please go and download. Take your own splits from the printer. Place any hired dibbers in the box provided. Please don't hang around download once done head back to your transport.
- Safety:** All competitors take part at their own risk and are responsible for their own safety. **'No whistle, no go'** will be in force. You need to have a **spare light** for night events. Safety bearing 'Head northwest, then up hill until you can get on to Romney road then head Northeast. If you are in the wood to the north heading northwest you will come out onto the cycle path follow this South west to get back to the finish.

In the event of bad weather cagoules may be compulsory. Please come prepared.

First Aid:

The BOK First Aid team will be in attendance, primarily for dealing with more serious injuries. Participants are encouraged to bring a small first aid kit to all events for the purpose of self-administering treatment for any minor injuries.

Casualties with more serious injuries requiring treatment from the First Aid team will find the duty First Aider based from a car near to Assembly with a First Aid sign/high-viz jacket displayed. The event organiser will also be able to help direct you.

To help protect, casualties, First Aiders and everyone else from the risk of COVID-19, we ask that wherever possible casualties should sanitise their hands and put on a face covering before visiting First Aid. BOK has a supply of disposable masks and hand sanitiser which are available from Download if required. First Aiders will wear a mask, gloves, eye protection and a gown where possible and follow the latest guidance from the HSE and the Resus Council. These two short documents and videos contain important information relevant to all, not just while orienteering and all participants are encouraged to be familiar with them:

[HSE guidance for First Aiders](#)

[Resus Council guidance on hands-only CPR](#)

Officials:

Organiser: Ifor Powell, ifor@iforpowell.com 0747 9557944

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.bristolorienteering.org.uk

