



## PEN HILL FINAL DETAILS

SATURDAY 3<sup>rd</sup> APRIL 2021

### Covid Regulations

To allow Orienteering Events to take place in a safe way for participants, helpers and the general public, and to comply with current government requirements, British Orienteering (BOF) has introduced a set of guidelines that includes a participant code of conduct; we must comply with all these requirements in both the spirit & letter.

All participants must familiarise themselves with these requirements prior to the event and the latest version of these from BOF can be found at:

[https://www.britishorienteering.org.uk/COVID19\\_Safe\\_Orienteering](https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

**Reminder** - 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 by a health professional.

We also advise competitors who fit within the higher risk groups to take particular care, especially if not yet fully vaccinated, and/or make decisions on attendance with due consideration to the risks associated with COVID-19.

Please bring your own food and drink including any water you may need for hydration.

Due to COVID-19 our team of helpers will be reduced in number. Mostly it's DIY and we appreciate your cooperation in these uncertain times

If you are attending, we would request that if possible, you **scan the attached QR code** with your NHS COVID-19 App to check-in for the event and to remember to check-out after you leave.

Despite the difficult situation we all now find ourselves in at the moment, you are all **very welcome** to participate in this event.

### Use of Pen Hill

We are very grateful to The following in their permission to use the area: landowner, Mr Simon Tudway Quilter and Arquiva for use of the access road. We are also grateful for the tenant farmers' assistance in the use of the area.

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.

As this event is taking place on private land you are unlikely to come into contact with members of the public. However there are public footpaths within the area and you should be prepared to give way. There is also a public foot path through the car park field.

At the moment there are no livestock on the area but please be aware there could be and therefore we ask for no dogs on the course and only on a lead in the car park.

### **Entries:**

You can only attend the event if you have pre entered. You will find your start times here: <https://www.fabian4.co.uk/start/list.aspx?EventID=2754>

Please ensure that your contact details on the BOF database are up to date (For *Track and Trace*).

Lost SI (contact) cards charge £40

### **Car Parking and Transport**

Parking is in a field. Entrance to field is on west side of A39 at Grid Reference ST568488, 1.5km south of junction A39/B3135. This is a fast moving road and cars travel fast in both directions – take care when approaching the field entrance. Nearest postcode: BA53LB, whatwords:puzzle, gains, flush.

You will enter the field on a road. Drive up the road and a marshal will direct you when to turn off. At present the field is dry but take care as you will be parking on a slope facing downhill.

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>

### **Facilities**

Mobile chemical toilets will be located near the entrance to the car parking field. Please obey the social distancing rules. Hand sanitizer will be available outside these toilets.

No other facilities will be present. Please bring your own water.

### **Assembly, Starts & Finish:**

This event is for pre-entries only so if you have not pre-entered (and if you have you will have an allocated start time) unfortunately you will not be able to participate.

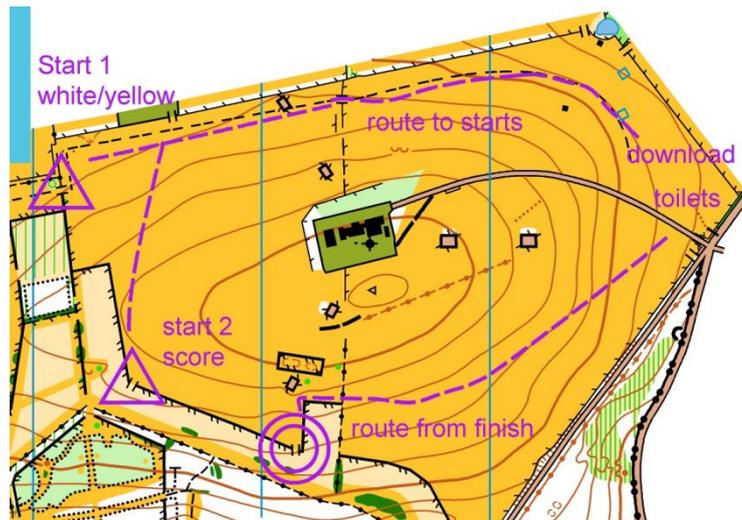
Assembly, including Download and dibber hire, will be situated near the entrance to the car park.

There will be 2 separate Starts, both of which, together with the finish, are on the western edge of the parking field:

Start 1 will be for white and yellow courses, start 2 for the score course. Both starts are approximately 800 metres from download.

The finish is approximately 600metres from download, 200 metres from start 2, 500 metres from start 1.

All will be signed and the route marked with red and white tape.



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. It is advisable to apply **hand sanitizer** before you leave your car, and you **must** do so before you go to the Start. Many of you will have your own but at download there will be a supply of sachets.

**Whistles** are mandatory for Juniors and advised for adults. We are not going to check but the responsible adult should. There is an **emergency number** on the map 0798097423.

#### **Timings:**

Starts 10.30- 13.00. Courses close by 14.00. Please adhere to your allocated start time.

#### **Risk Assessment:**

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

#### **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 a distance of approx. 2m from other humans. 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** and that there is only one competitor in each box. There will be a punching start but please endeavour to arrive for your allotted start time. There is plenty of space to maintain social distancing.

There will be 3 start boxes; 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 remember to punch the start box.

Yellow and white maps will be available before you start, the score course maps after the start punch.

### **Loose control descriptions**

Loose control descriptions **will not be available** at the Start due to COVID-19 considerations. All maps will have descriptions on the map.

### **Punching:**

Courses will use mixed mode, 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.

### **Maps:**

The map was originally drawn by Trevor Crowe and updated in 2019 with minor updates for this event. The scale (for all courses) is 1:10,000 with 5m contours overprinted, and the map is A4 size and waterproof.

There are a variety of fences and walls, some of which cannot be crossed. They range from barbed wire strands to high pheasant pens. Please ensure you only cross these fences at crossing points. These could be gates or stiles. One wall has the forbidden to cross purple overprint so please do not climb over this wall. Some fences that you may cross have single strands of barbed wire, please take care crossing these. Please familiarize yourselves with the different symbols for walls and fences here: <https://www.maprunner.co.uk/resources/Maprunner-map-symbols-2017.pdf>

Please report to download any fences or walls you damage.

### **Course Details**

White -1.8km 45m

Yellow - 2.4km 75m

1hour score consisting of 30 controls with different points and the penalty for late return will be 10 points per minute or part of.

The terrain is a mixture of farmland with coppices of woods most of which are very runnable. There are few paths on the area. The white and yellow courses follow line features such as fences, forest edge and rides in open land. Please ensure children are aware of this. Where necessary the white course will have smiley faces to guide in the right direction. Please make your child aware of this.

On the score course you will encounter some steep slopes which can be very slippery when wet, please take care and studded shoes are advised.

Runners on the score course may come across sink holes. These can be very deep and dangerous. **Black and yellow tape will mark off any areas you should not enter.**

There are strands of loose barbed wire, rusted and newer, at various parts of the score course. Please be aware.

There is a large population of pheasant who have escaped the shoot this year. You may also encounter hare or deer. Please check for ticks after your run.

**Finish:**

Punch the Finish and please do not loiter, stay apart, 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.

Please follow the signs, red & white tape, and any instructions back to Assembly ASAP.

Please ensure you report to download even if you retire.

**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. Via email is acceptable if it's not feasible to do it in person on the day: [cliveandjackie.hallett@virgin.net](mailto:cliveandjackie.hallett@virgin.net)

We will not display instant results but will put the results on the Web as soon as we can, hopefully ASAP after the event has concluded:

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

**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 accident and emergency is at Bath Royal United Hospital and the nearest minor Injuries unit at Shepton Mallet Community Hospital Old Wells Road, Shepton Mallet, BA4 4PG

**Post- race socialising:**

We understand that you may have a strong desire to catch up with other orienteers please do not gather at the start, finish or download. We are in a large field and there is plenty of space for groups of no more than 6..

**Officials**

Organiser: Jackie Hallett BOK (07980974235)

Planner: Michael Hallett BOK

Controller: Carol Iddles BOK

Email enquiries: [cliveandjackie.hallett@virgin.net](mailto:cliveandjackie.hallett@virgin.net)

**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 will be on the BOK website:

[www.bristolorienteing.org.uk](http://www.bristolorienteing.org.uk)

