

# Falkirk Wheel and Roughcastle Fort

## FVO Local Event, Sat 11th November 2017

Info updated: 6/11/17

### General Information

**Dress:** Please check the weather forecast and dress appropriately. Long trousers are compulsory.

**Terrain:** Deciduous forest with a good path network and some semi-open areas. Some paths are very muddy.

**Other Users:** Falkirk Wheel and Roughcastle Fort are used by the public including cyclists, horse-riders, other runners and dog walkers. Please respect other users' right to be there at the same time as you are orienteering.

**Dogs:** Dogs are allowed in the area.

### Directions and parking

Postcode: FK1 4RS

There are 2 different car parks for the Falkirk Wheel. The brown tourist signs from the motorway/main road network to the Falkirk Wheel may lead you to either one:

**SOUTH** - Approach from B816 (Tamfourhill Rd). Assembly/registration will be near the South car park of the Falkirk Wheel. This car park is pay and display (£3) - please pay parking charges.

**NORTH** - Approach from Larbert/Stenhousemuir on A803 or A9. Free parking available at the North car park of the Falkirk Wheel. Approx 600m walk to assembly - this will not be signed so walk along the canal to the Falkirk Wheel and then walk south uphill to the south car park where registration is located.

### Registration & Start Times

**REGISTRATION:** In the Falkirk Wheel South car park. Registration will be from 1.30pm to 2.30pm.

It is not necessary to pre-enter this event, however if you are a member of British Orienteering and would like to reserve a map and help avoid registration queues, then click on the link to the Doodle poll on the FVO website and put your name, club, SI number and course colour.

Everyone is very welcome, just to turn up. Whether you are a newcomer or have been to a lot of events, please try to come and start early if you think you might take a long time over your course.

**START AND FINISH:** These are both next to Registration. Start times will be from 1.30pm to 2.30pm.

**COURSE CLOSURE TIME:** 3.30pm. Controls will start to be brought in from this time. Please make sure you arrive in plenty of time to register, get to the start and complete your course before controls begin to be brought in at this time.

## Map

1:7500, 5m contours. Please note that the pylons/overhead powerlines are not shown on the map.

The main road is out of bounds (marked by pink crosses). Crossing points for the railway are marked by pink crossing point symbols. Blue course - please note that some vegetation on the map is somewhat out of date and has grown/moved.

## Course Information

Yellow (Easy, 2.4km) - Simple course along paths with decision points at path junctions and some controls slightly off the path.

Orange (Moderate difficulty, 3.2km) - For improvers with controls off the paths and route choices through the forest.

Green (Difficult, 4.0km) - For experienced orienteers, with skills to navigate through the forest and rough terrain.

Blue (Very Difficult, 5.8km) A course for people who are confident in their navigation skills and have an excellent level of fitness.

## Map prices

### **Seniors (born 1996 or earlier)**

FVO members - £3

Non-members - £5

### **Juniors (born 1997 or later)/Students**

FVO members - £2

Non-members - £3

**SportIdent (SI)** electronic timing will be used. If you have your own SI (dibber) please bring it with you. We'll have SIs for hire free of charge but there is a £30 charge if lost.

## Safety and Risk

A comprehensive risk assessment has been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event. Parents are responsible for their children, except during the junior coaching session.

Please take note the following specific safety information:

**The main road (marked by pink crosses), railway track, canal and pylons are out of bounds.**

Please be careful of moving cars in the car parks and roads before and after your run. The Green and Blue courses cross the park. This has speed bumps but parents should consider whether juniors can cross this.

Take care of trips and slips in the forest as it is slippery in places with plenty of branches and treeroots. Blue course - the path near the canal is very slippery.

Note that orienteering may involve going through undergrowth in areas where ticks may be present. Rarely, tick bites can lead to Lyme disease which is a serious medical condition. You should check thoroughly for ticks after orienteering. If you find a tick, go to the NHS website for advice on removing it.

**PUBLIC LIABILITY INSURANCE INFORMATION:** Please note that participants who are not members of an orienteering club automatically have Public Liability insurance cover provided by British Orienteering's insurance policy for their first three "taster" sessions.

Thereafter, if they wish to continue with this cover, they should become a member of an orienteering club, such as FVO, which includes membership of British Orienteering and Scottish Orienteering.

**Other useful things to know:**

Newcomers briefing

If you are a beginner, club members will be on hand with tips to help you navigate round the courses. Meet at 1.30pm at registration for a briefing. If possible, please contact Jen the day before (membership@fvo.org.uk) to let her know that you are coming.

Junior Briefing

FVO juniors - meet at 1.30pm for a club warm-up and a pre-course briefing with coaches.

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There is an excellent cafe at the Falkirk Wheel, open 11am-4pm. As well as the café in the main visitor centre, which serves homemade soups, scones, sandwiches, salads and hot food every day, they also have some outdoor facilities serving up artisan ice creams, wood-fired pizzas as well as hot dogs, fried and nachos etc.

**Privacy:** when entering our events your name may appear in the results section of this website or in newspaper reports.

Contacts / Officials

Organiser - Matty Smith

Lead Coach - Nicola Melville

Any queries, please email: membership@fvo.org.uk