

**FVO Club Activity Day**  
**at Low Port Outdoor Centre, Linlithgow**  
**Sunday, 19th January 2020**  
**10 am – 4.00pm**

FINAL DETAILS

**WHAT TO BRING with you:**

- outdoor/running gear, shower stuff and change of clothes
- a watch for keeping track of time during the Linlithgow Challenge
- 20p piece for locker in changing rooms
- money if you have ordered lunch (£6, please bring exact change if possible)
- cash for juniors selling cakes for Scottish Junior Squad (ScotJOS) trips

**TRAVEL**

Address: 1 Blackness Rd, Linlithgow EH49 7HZ

Why not take the train? Low Port Centre is 100m from Linlithgow rail station, just across the road from Tesco.

If driving, then please park at the Long Stay car park next to Tesco. The Low Port is 200m away - cross the pedestrian crossing outside Tesco.

Driving from the West: Exit the M9 at J4, follow signs to Linlithgow. Go east all the way along to the end of the High Street until you come to the small roundabout next to the station. Go left at roundabout - Low Port is immediately on your left before the pedestrian traffic lights. Tesco/long stay car park next on your right.

Driving from the East: Exit the M9 at J3, follow signs to Linlithgow. Drive towards town and turn left just before Tesco (you've gone too far if you get to the roundabout) for the long stay car park.

**PARKING**

There are some parking spaces at the Low Port Centre itself, so please leave this for families, the injured etc. If you are fit and able, please use the long stay rail station car park, which is next to the Tesco car park (approx 200m away). Beware that the Tesco car park (also called "Regent Centre"/"Shoppers car park") is short stay for 2 hours only and they are very efficient when it comes to imposing fines.

**10am - ARRIVAL**

Register from 10 am and pay for your lunch if you have booked it.

Sign up for Orienteering carousel sessions in the afternoon session. Places will be allocated for stalls on a first come basis.

Assemble in the main hall as soon as you are ready.

### **10.15am - INDOOR ACTIVITIES**

The indoor activities are in the main hall – use trainers or indoor soft footwear. The games have gentle physical activity.

Orienteering skill games will be led by club coaches Nicola Melville and Graham Gristwood. You will be in small teams of 6- 8 people. The games are suitable for all ages and abilities. They are fun and social games where team members all help each other. Hopefully you will improve your skills too. If you are arriving on your own as a new member you will quickly meet other club members. We will create mixed groups to facilitate this. We will group parents together with younger children.

### **11.15am - LINLITHGOW CHALLENGE**

This is an outside orienteering activity. You will need to change into your warmer layers and may want to wear water proofs. Wear footwear suitable for running/walking round streets and through parkland.

The Challenge is led by club coaches Jen Leonard and Ian Hendrie. We are encouraging folk to go in groups. You have 60 minutes to visit as many controls as you wish. There are 22 controls in total, of which 9 controls are labelled JUNIOR as unaccompanied U16s must stay within the loch/park area where there are no roads.

There will be no control kites or SI units out, so no dibbers required. Instead we are encouraging folk to try using the MapRun app. Please download this in advance at home. Instructions below. You can also (or alternatively) just follow/answer the treasure hunt style clues on the back of the map.

Note that the Challenge uses a Street O map. This uses different colours to a normal orienteering map. In particular, buildings, hedges and private ground are shown in white (saves printer ink). The map is at 1:15000 - we advise using the map for planning your route and using the clues (on the back of the map) to find the exact location. All the possible crossing points for the canal and railway are marked on the map with the normal pink symbol ).

#### **Download the App in advance:**

1. Download MapRun from your App Store (exists on both Android and Apple)
2. If it asks to access your location, then say Yes
3. Click on Name and enter your details if you wish to have your run recorded (only your name will be shown on the results).
4. Click on Event list. Select the UK folder (NB folders not in alphabetical order). Select the Scotland folder. Select FVO. Select Linlithgow Town Challenge (v2)
5. On Sunday, you will click on Go To Start and we will remind you of the PIN code which 7863. You should see the map and the controls. Because of the way the app works, note that some of the control points on the screen version of the map may not be perfectly centred on the mapped feature where the control is. These have been adjusted to the right location on the paper map that we will give you on the day.
6. When you are ready to start, then click on Start the GPS. And go to the start.
7. Any questions, Jen will try to answer them (membership@fvo.org.uk).

## Safety brief and additional information

1. Please beware of traffic. Please keep on the pavement where it exists. A few roads have no pavement, so use the verge and be extremely careful.
2. When crossing roads, please pay particular attention and be aware that this is particularly challenging if you are looking at your phone as well as your map. We advise using the pedestrian crossing points on the High Street.
3. Unaccompanied U16s should only do controls marked JUNIOR which are located within the loch/park area (#200-208). They should not cross the High Street.
4. Only cross the railway/canal at the mandatory crossing points marked with the pink )( symbol.
5. Stay away from loch/river/canal banks and motorway/railtracks.
6. Please do not enter private ground, including fields. These are not marked on the map, so if you're not sure, go round.
7. Please show courtesy to other people (dog walkers, cyclists etc).

## **CHANGING**

Changing rooms and showers are available downstairs. There are also lockers available here to leave any valuables while you are out for the Linlithgow Challenge

## **12.30pm - LUNCH AND REFRESHMENTS**

Lunch is served downstairs in the dining canteen at 12.30. Those who are bringing their own food are welcome to use the tables and join everyone else

Cakes baked and served by ScotJOS along with teas and coffees are available upstairs from 1pm. Cakes are available during the Carousel session for those who want to chat and catch up or take a break from the Carousel.

## **1.30pm - ORIENTEERING CAROUSEL**

This is an opportunity to find out about different aspects of the sport and the club. It is particularly aimed at newer members of the club. It is also a good opportunity for more established members to share your experience and ideas.

You will have signed up for your first favourite carousel at registration. If you are arriving for the afternoon session only then you can choose your preferred stall when you arrive - please arrive by 1.15pm and discuss with Nicola Melville, organiser for the day.

Each stall has a different topic and club members will brief you, facilitate a discussion to share experience or enable you to feed in your ideas depending on the theme. It will be based on what you and the others want to know more about.

In addition there will be a **craft activity** for younger members.

Choose 1<sup>st</sup> favourite stall from the following:

1. **Meet your club**- What's on over the year? Who can help you with your query? Making the most of your club membership
2. **Improving your skills** - find out about training and coaching opportunities for adults and juniors
3. **SI Event Timing** – Demo - find out how the timing system for orienteering works for small events, includes an SI timed indoor orienteering activity
4. **Club volunteering** – find out about helping the club run events;share organising, course planning and controlling ideas and tips
5. **Your ideas for the club** – what makes a fun club from your perspective? Discuss your ideas for social and orienteering events.

**Note** : think about your second or third favourite in case the stall is already full. When you register. You will rotate around the others in any case, but are unlikely to visit all of them.

### **3.00-4.00pm - AGM**

The Club Secretary Brad Connor will send out information separately for the AGM. The AGM will be in the lounge upstairs next to the main hall.

### **3.00 - 4.00pm - Junior Games**

These will be in the main hall led by older juniors Andrew Twigg and Sam Hunt. Parents of younger juniors are welcome to accompany them. Sam and Andrew will be planning the games session this week.

### **Contact**

**Nicola Melville** is organiser for the Activity Day. Contact me if you have a query or a change in plans and no longer able to come, especially if you have booked a lunch.

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