

Forth Valley Orienteers

Plean Country Park colour coded event and SoSOL

Sunday 1st November 2020

Important:

1. If you're displaying one or more Covid-19 symptoms you must not attend.
2. If you are in Covid-19 quarantine you must not attend.
3. People in higher risk categories as set out by the government should be aware that attending places you at increased risk.
4. The 2-metre rule applies at all times, including at controls, so please move away from controls as soon as you have punched. Please also maintain distancing on the route between parking and Start/Finish.
5. Please keep young children with you at all times.
6. You need to turn up for your starts on time. There is minimal room for rescheduling late starters, and you may have to wait to get an available start slot.
7. Please do not congregate at the start/finish/car park.
8. By taking part you agree to British Orienteering code of conduct (see https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering)

Travel directions: Google Maps link: <https://goo.gl/maps/59F5jWVEKo7XgtCM9>, OS grid reference NS 827 868. From all directions, the recommended approach to Plean CP is to take the A872 Denny road south from the Stirling Services roundabout (junction 9 on the M9/M80), then take the second left turn onto Roman Road, signposted "Plean". Follow this road for just under 2 miles, then turn left onto Cadger's Loan. The entrance to the park is on the right, after roughly a quarter of a mile. As you enter the park, the main car parking (and registration) is to the left of the building; overflow parking is to the right.

The Park is popular, and the parking could be quite busy, so, please don't arrive more than half an hour before your allocated start time. Please also make an effort to head home promptly after you run, both to free up parking for later arrivals and also to minimise potential spread of the Covid-19. It's not the social experience we aspire to have at orienteering events, but things will improve eventually!

Registration: beside the Start. To collect hired dibbers, please report to the Start no more than 5-10 minutes before your allocated start time. Note that hired dibbers are NOT contactless, and the controls will need dibbed manually. If you have your own dibber you can proceed directly to the Start without going to Registration.

Facilities: There is one toilet in a small cabin just on the east side of the car park. This will be shared with the public, so may be busy; please consider availing yourself of other facilities before you arrive. There will be no car key drop-off and no water at the Finish.



Start: an easy stroll to the far side of the building, just a couple of minutes from parking. Please try not to arrive any earlier than 5 minutes before your allocated start time, unless collecting hire dibbers. Maintain the required 2m from other competitors not in your family.

Start procedures: Clear and Check your dibbers before you enter the start boxes, as usual. Start boxes will be laid out so that there are at least 2m between waiting competitors. There will be a contactless check box in the -2 box for those of you with SIAC dibbers to waft. If your SIAC fails to register you will need to “dib” manually at the controls. All competitors will need to manually dib the Start unit.

Finish & Download: This will be manned. The Finish control must be manually dibbed. The download tent will be by the Finish, and please download here - even if you have not completed the course – before following tapes the short distance back to the car park.

Terrain: A delightful little area with lots of terrain variety. Complex path network. **Routegadget** link to previous event: [HERE](#). The area is well used, so please be considerate to other users of the area when you are competing; there will be dog walkers, so be aware.

Map: 1: 7,500, Contour interval 5m. Newly re-mapped by Chris Smithard in 2020, to ISOM2017 standard and georeferenced. There is a legend on the map.

Control descriptions: On the front of the map only, no loose descriptions. We have made the descriptions available on the event webpage to download and print manually.

Timing: Sportident in Contactless mode (SIAC) but any version of Sportident dibber will work. Note again that all dibbers, including SIAC, must be dibbed manually at the Start and the Finish.

Control sites: Control units will be on lightweight stakes with the control code only on the unit, not the stake. Please avoid putting your hand on any of the equipment.

Courses:

Colour	Length	Climb	Controls
Brown	9.0km	255m	24
Blue	6.5km	195m	21
Green	4.4km	115m	19
Light Green	3.8km	125m	14
Orange	2.5km	75m	12
Yellow	2.0km	70m	10
White	1.2km	45m	8

Entry fees: No entry on the day.

Results: Due to Covid-19 restrictions there will be no splits printing and no display of results at the event, but we will publish results and RouteGadget to our website by the evening after the event.

Courses close: at 2:30pm but earlier controls may be collected in before then.

Post-event survey: As a club we are always trying to improve – even in these difficult times – and we have created a short post-event survey with just a few questions. We'd be very grateful if you could take the time to fill it out. The link is here: <https://www.surveymonkey.co.uk/r/PLZGBC5>.

Covid-19 procedures: Our Covid officer will be present at the event, ensuring that we meet the guidelines; please do not be offended if you are asked to move to give someone else space, or move on after you have finished, or downloaded, etc.

Sanitiser will be available at the Start. Always keep a 2m space between yourself and anyone not in your family, this includes out on your course. The Start procedure will be to sanitise your hands in the -1 box, dib the Start control box at your start time, pick up your map and go.

Sanitiser will be available after you Download. You must not linger at the Finish or Download – you should return to your vehicle and head home.

Planner: John Heaton

Organisers: Brad Connor and Chris Smithard

Entries: Brad Connor

Covid Officer: Brian Bullen