

FVO local event

South Achray – 20th September 2020

NOTE - This event is ONLY for FVO club members who have pre-entered.

Important:

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

Differences to 'normal' due to Covid:

- Don't arrive more than 30 minutes before your start time
- No splits or results will be provided at the finish but you MUST download at registration even if you have retired
- Please avoid touching the controls
- Avoid unnecessary contact with fences, railings, bridges etc.
- No car key drop box
- NEW --- you will be asked to use hand sanitizer before picking up your map.
- There are 2 bridges; one is about 1 metre wide and therefore a notice will be placed at either end saying 'ONE PERSON AT A TIME'. The other bridge is 2 metres wide and no notice will be used.

Safety Info

- Parts of South Achray (west and central on the map) are very popular with the public – walkers and mountain bikers. The courses also pass by some interesting play structures which are popular with families. Please be aware of others and maintain your distance.
- Please be aware that all the courses may encounter mountain bikers on the tracks.
- Ticks: there are ticks in the area so please check yourselves carefully after your run.
- The Blue and Green courses may have a route choice that could take competitors along a road. Please take appropriate care and keep to the pavement and avoid the public.
- The car parking in the Dounan's centre is along a rough track and will be used, for a short distance, by competitors on the Green and Blue courses, in both directions. There will be caution runner signs as cars enter and exit.
- **Important:** there is a river running through the competition area. The water level will be checked on the morning of the event and if it is in spate then the Blue and Green competitors will be told at the start that the use of bridges are mandatory. All maps on these 2 courses will have the river marked with red crosses as out-of-bounds. If the water

levels are deemed low enough to be crossed safely then both these courses will have a route choice whether to get their ankles wet or not! For the Orange course competitors, the bridges are mandatory. For the yellow, the river isn't crossed but the course does go along a small path by the river.

Courses, map and terrain

- The map is 1:7,500, 5m contours.
- River (see notes above).
- Terrain: Intricate and varied woodland which is hilly in places. Undergrowth in the form of mainly bracken and some brambles (unavoidable at this time of year) will be encountered by the longer courses but the planner has done her best to avoid the worst of it while at the same time offering a healthy challenge!
- Please avoid entering the out-of-bounds areas marked on the map with red hatching.
- For blue and green courses the road is only out-of-bounds where indicated by the red crosses on the map.
- A small black circle on the map is a man-made object.

Courses:

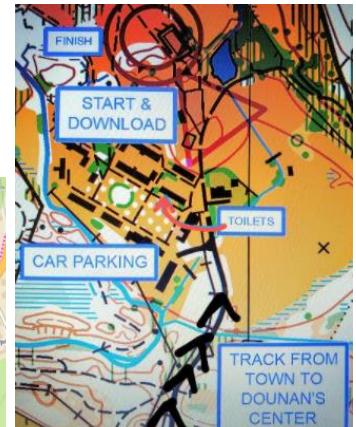
| Course | Distance (Km) | Climb (m) | Controls |
|--------|---------------|-----------|----------|
| Yellow | 1.7 | 60 | 9 |
| Orange | 2.8 | 110 | 11 |
| Green | 3.4 | 120 | 15 |
| Blue | 4.9 | 200 | 19 |

- Courses close at 2:30pm. Controls early in the courses may be removed earlier than that time.

Location

- Dounan's Scottish Outdoor Education Centre, Aberfoyle FK8 3UT. Grid ref: NN 527011 will be a signed from the main A821. It is along a rough track, narrow in places.
- At the request of the Centre manager, only 15 cars can be parked at the centre as the space is tight. Therefore this car park (see this map) is for those with young children and older competitors.

- All other cars please park in the main Aberfoyle car park (no fee). Allow 15 mins walk to the start.
- Toilets facilities: at the Dounan's Centre (in a building opposite the Manager's cottage) and also at the Visitors centre in Aberfoyle.



- **Start, Finish and download from the parking at the Dounan's Centre:** Is 130m up the main track, follow signs.
- Collect hired dibbers the start.