

HELIX & KELPIES LOCAL SPRINT EVENT
24TH APRIL 2022
PROVISIONAL DETAILS

Important Covid Info:

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)

Parking:

The event will run from the upper Helix car park, signposted off the A9 at the Etna roundabout. There is overspill parking on the left as you enter the area.

Toilets:

There are public toilets at the Kelpies Visitor Centre, and also at the Helix boating pond.

Start/Finish:

These are both very close to the event centre. Please avoid congregating around the start area and aim to arrive at the start no more than 5 minutes before your start time. Please always adhere to the 2m rule while waiting.

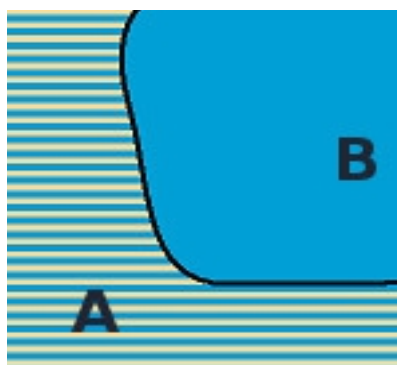
Map:

1:4,000, ISSOM2019, Contour interval 2.5m, drawn by Chris Smithard in 2019 and revised for legibility before this event.

Terrain:

Fast, open and runnable parkland. The Long course will venture into some rough open in places. Leg cover is recommended for those entered on the Long course.

There are a number of significant water features in the area, including marshland and the Forth & Clyde canal. Please ensure you are familiar with the "uncrossable water" and "uncrossable marsh" symbols.



A - Uncrossable Marsh

B - Uncrossable Water

Control descriptions:

These are printed on the front of the map. There will be no loose descriptions at the event, but you can download your descriptions from this page and print them off yourself.

Timing:

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

Controls:

Please avoid putting your hands on any of the equipment.

Courses:

Novice	-	1.7km +10m
Short	-	2.1km +10m
Medium	-	2.8km +15m
Long	-	3.5km +30m

Courses close:

at 2:30pm. If you are still out on the course at 2.30pm, please head directly to the finish!

Safety:

This is a popular tourist destination, and will be very busy on a Sunday afternoon. Please take care not to collide with pedestrians on the course. There is one road crossing on all courses, close to the main car park, but this is at a marked pedestrian crossing, and traffic will be travelling at 10mph, therefore it is safe for under 16s to race the course unescorted if required.

The car park is out of bounds to competitors during the race. Anyone crossing the car park on their course will be disqualified!

