

# Gallamuir local event and coaching sessions

20<sup>th</sup> May 2023

## Introduction

Welcome to the event! Please read this information carefully before participating. All participants should behave in accordance with the [SOA Code of Conduct](#). Please do not attend if you feel ill or are probably infectious with covid or other diseases.

## Directions and parking

**Train/bus** – There are buses from Stirling rail station to Cowie every hour or so.

**Cars** – Please note that there won't be any road signage out.

Please navigate to Main Street, Cowie (near Stirling) and turn into Mount Oliphant street..

We have permission from the school to park in Cowie Primary School playground (approx 20 spaces) on the corner of Main Street/Mount Oliphant street:

<https://goo.gl/maps/KmqQ8HdLWjHcRXoU6>

If this is full, then please continue along Mount Oliphant St and park considerately on residential side streets on the east side Cowie Main Street on the first part of Ochilview or just off it. Please **DO NOT BLOCK** any driveways or use any private spaces. The eastern end of Ochilview is quite congested with not many spaces free on a Saturday, so please use other streets but only there are available parking spaces, for example:

- Easterton Drive: <https://goo.gl/maps/A5V9SYoqsoUSQBq18>
- Alloway Drive: <https://goo.gl/maps/eBKhh1H1oTnSwqA57>

You will then need to walk to registration along Mount Oliphant which continues into Ochilview. This may take up to 15 minutes, please take care of traffic and vehicles parking/turning. Parents are responsible for supervising their juniors to get to registration.

## Registration /Download

Registration is in a car in the layby at the last road corner on Ochilview. There will be a control flag visible here to show you are in the right place!

<https://goo.gl/maps/Qna3B6nBzZ4ewPZd7>

Please pick up your map, and also dibbers and compasses for loan here. Car keys and medical forms in envelopes ([British Orienteering website](#)) can be left here too if you wish.

First aid kit will be located here too. Please report any incidents here or to Jen on 07979 530879.

Please report to download here when you have finished your course.

## Toilets

There are no toilets at the event or in Cowie. Please go before you arrive, there is a service station with toilets at Junction 8 on the M9.

## Safety

Orienteering is an adventure sport. While we have carried out a full risk assessment of the orienteering area, and put in place mitigation of found risks, please be aware that participants take part at their own risk. Each participant is responsible for their own safety.

Suitable clothing (long trousers, NBthere may be low nettles) and footwear should be worn, paying attention to the weather on the day.

There may be mountain bikers, dog walkers in the area, please be careful around them. Take care of branches, slippery surfaces, debris from tree felling and trip hazards.

There are several barbed wire fences, both intact but also several ruined ones sometimes rather well hidden under grass/branches on the ground, so please take care in these areas.

There may be ticks in this area. You are advised to use a tick repellent and to check for tick bites in the days after the event. If a tick has attached itself to your skin then be sure to use a tick hook for removal. If you have symptoms of Lyme disease after the event, then speak to your doctor: [Tick bites | NHS inform](#)

## Starts

Event starts 1-3pm. From registration, follow the narrow path next to the industrial fence southwards to the start, which is visible at the end of this path slightly uphill. This is around 5 minute flat walk from registration. Control descriptions on the map, none available loose.

## Terrain

Mature native woodland with the odd crossable marshy area. One area of young nettles. Young bracken areas currently easily runnable but makes ground features harder to see.

## Map

Scale 1:5000. Contour interval 2.5m. There is not a full map legend. If you are not familiar with orienteering map symbols, then print out and bring your own copy: <https://www.maprunner.co.uk/resources/Maprunner-map-symbols-2017.pdf>

Note that some paths marked on the map are very indistinct and hard to find on the ground unless you are following it. The same applies to some of the ruined fences, which are nearly invisible in some places as now very overgrown.

## Out of Bounds

Out of bounds areas are marked in olive colour and are fenced off. Do not go into the factory sites. Agricultural fields are also out of bounds and marked with vertical black lines. There are Highland cows and a calf in one of the fenced off fields in the woodland, please do not disturb them. These fenced off areas are marked as Out of Bounds on the map, do not enter these areas.

**COURSES CLOSE AT 4.30pm.** Please report to download by this time even if you are retiring so that we know that you are safely back, otherwise we may start a search for you.

## Courses

Course	Length	Height	Controls
Blue	5.2km	135m	21
Green	4.3km	105m	17
Light Green	3.1km	55m	16
Orange	2.1km	55m	15
Yellow	1.2km	50m	11

Yellow and Orange participants (and others!) should be aware that red+white tape may be used to help you find/follow indistinct paths.

Blue has a double sided map.

## Dogs

Dogs are allowed in the area, please keep them under control near other orienteers and pick up poop.

## Coaching

There is a large coaching session for various club members with FVO groups, SWAT groups and East junior groups starting from 11am and finishing at around 3.30pm. Do not be surprised to find us having a picnic in the forest at lunchtime next to your control!

Coaching participants – please read the next page too to find out about arrangements for coaching! Parents who are not accompanying their juniors for the coaching may start their course from 12.30 if they wish.

## Event Officials

Organiser: Jen Leonard (FVO) - 07979 530879, [Jennifer.leonard303@gmail.com](mailto:Jennifer.leonard303@gmail.com)

Planner: Steve Scott (FVO)

# Coaching – final details

Please read the event details above first.

## **FVO Stars Levels 2+3, SWAT and East juniors.**

Please assemble at Registration at 11am. If you are late, then please ask for a map and meet your group at their first base.

We will finish at Registration at around 3.15/3.30pm, parents who are not staying for coaching should pick up from here then.

Please wear suitable clothing and shoes bring a rucksack with:

- packed lunch
- sufficient water for 5 hours of activity
- compass
- whistle
- dibber
- watch
- jacket/jumper for keeping warm during the relay
- waterproof if it is wet and/or sunscreen/sunhat if it is sunny

If you wish to run an event course after the coaching session, then please pre-enter the event and you can start at 3pm or take your chances to see if there are any maps left.

## **FVO Stars Level 1**

Please assemble at Registration to meet Ian Hendrie here at 12pm.

You will be doing a couple of coaching exercises and then doing the Yellow course, so please pre-enter the Yellow here if you have not done so already:

<https://fvo.eu.pythonanywhere.com/orienteering/view-entries?type=09> Gallamuir 20-May-2023

Please bring the same as the list above, except you will need to have your lunch before or after (ie not during!).