

Saturday, 11th February, 2017

Level C Orienteering Race at Queen Elizabeth Country Park South Central Orienteering League 6

- Location:** The car park and event centre are at the top of the park, Juniper car park. Grid ref: SU720188. The postcode for the country park is PO8 0QE. The country park is well-signed off the A3. The route to the Juniper car park will be signed from the visitor centre using orienteering signs. Registration, download, start, finish and string course are all within 150m of the Juniper car park.
- Parking:** Pay and Display. Cost £1.80. **We have a concession on parking. Please only purchase one hour parking. Collect a parking permit from Registration and display it alongside your one hour pay and display ticket. This will allow you to park all day at no extra cost.** There is a Pay and Display machine in the Juniper car park. Please have the correct change with you. The machine does not give change or accept cards.
- Timing:** Registration: 10:15 – 12:15
Start times: 10:30 – 12:30
Courses close: 14:00
- Facilities:** Toilets next to the event centre. Toilets and café at the visitor centre. The café will be open serving hot and cold drinks and snacks.
- Entry:** Fabian 4 and entry on the day. EMIT timing system. Punching start (turn up and run).
- Fees:**
- | | Online | EOD | Timing card hire |
|-----------------|--------|--------|------------------|
| Adult | £10.00 | £12.00 | £1.50 |
| Adult BO member | £8.00 | £10.00 | £1.50 |
| Junior (U25) | £4.00 | £5.00 | £Free |

Orienteering is an adventure sport. You take part at your own risk and are responsible for your own safety. The personal data you provide will be used by the event organisers and their agents only for the purpose of processing/publishing entries/results and as required by our insurers to validate our cover.

For more information and late-breaking news visit www.socweb.org/events

Courses:	Course	Distance/Climb/Controls	Course	Distance/Climb/Controls
	Brown	7.1km 360m	23 Light Green	2.9km 110m 14
	Blue	5.4km 250m	17 Orange	2.9km 110m 11
	Green	3.9km 160m	13 Yellow	2.1km 45m 13
	Short Green	3.2km 95m	11 White	1.9km 35m 15
	Free string course			

Map: Scale 1:10,000, 5m contours, updated Winter 2016. Courses and control descriptions will be over printed on A4 waterproof paper. Loose control descriptions will be available at the start.

Terrain: The mapped area consists of a series of narrow ridges separated by steep sided re-entrants. A mixed cover of forest types and many tracks, paths and cycle routes cover the area. Courses have been planned to try and get participants into the best parts of the forest with as little climb as possible. Note: There are several new cycle routes that do not appear on the map.

Clothing: Full leg cover must be worn. Full arm cover is recommended. Whistles should be carried. In adverse weather we may ask you to wear a cagoule or similar waterproof top.

Safety bearing: If you get lost head South until you reach a well-defined path then head West.

Photography and O-Safe: There are no official photographers for this event. Photography is not allowed in the toilets or any "changing area" including the car park. Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.

Safeguarding is everyone's responsibility, play your part, report any concerns and put good practice into effect.

Hazards: Mountain bike trails criss-cross the area. Please keep off the obvious cycle routes. Please respect other user of the park including horse riders and dog walkers. There are steep slopes that can become slippery in the wet. There is a disused quarry at the North edge of the park. Competitors are advised to keep clear of this area.

Environment: Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance to help protect the environment:

- Check
- Clean
- Dry

Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.

Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible. Many invasive non-native species are able to survive in damp corners for very long periods of time, but are less able to survive if the equipment is thoroughly dried.

Dogs: Dogs should be kept under control and on a lead when necessary.

Risk assessment: A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.

Insurance: The British Orienteering insurance policy provides public liability cover. Please note that if you have competed in three orienteering events and have not joined an orienteering club that is a member of British Orienteering, then you are not covered by this insurance.

Medical conditions: If you have a **High Risk Medical Condition** you are invited to download and complete this form: https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.

Event cancellation: If the event has to be cancelled for reasons beyond our control, SOC reserve the right to retain all or some of your entry fee to cover committed costs.

Officials:

Planner:	Kevin Bracher
Organiser:	Pete Davis (0774 898 4748)
Controller:	Mike Bray – Southern Navigators