

Sunday, 2nd December 2018

New Forest Orienteering Race Highland Water, Bolderwood

EMIT touch free in the forest – great practice for the JK

Location: The car park and event centre are at Bolderwood Car Park, grid ref

SU243086, lat/long 50.876837,-1.655279. Nearest postcode SO43 7GQ (4 minute drive away – please search for Bolderwood Car Park on your

satnav).

Timing: Registration: 10:00 – 12:00

Start times: 10:15 – 12:15

Courses close: 14:15

Facilities: Toilets. Parking is free. There are payment points where you can make a

voluntary donation.

Entry: Entry on the day only. EMIT touch-free. Free hire for EMIT card owners.

Courses: Blue 7.3k, Green 5.ok, Light Green 4.ok, Orange 3.9k, Yellow 2.5k.

Map: Scale 1:10,000, revised and redrawn Summer 2015. Loose control

descriptions will be at the start and printed on the map.

Start: Punching start. Start and Finish 500m walk from the car park.

Terrain: Typical New Forest terrain of open heathland and runnable woodland.

Fees: Members Public Timing card hire

Adult £6.00 £8.00 £1.50

Under-25s £3.00 £3.00 £Free

£2.00

£2.00

£Free

ages)

Orange, Yellow (all

Clothing: Full leg cover must be worn. Whistles should be carried. In adverse

weather we may ask you to wear a cagoule or similar waterproof top.

Environment:

Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious 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.

Hazards:

Please be aware of the risk of ticks and Lymes disease. The area is frequented by ponies, deer and livestock and the usual precautions to avoid infection apply.

Orienteering is a physically challenging sport. 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.

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Safety: The safety bearing is West. Courses close at 14:15 hrs.

Competitors attending the event alone MUST leave their car key at

Registration.

All competitors must report to Download even if retiring from the

event.

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, please play your part,

report any concerns and put good practice into effect.

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

Officials: Planner: Norman Wilson

Organiser: Pete Davis – 0774 898 4748

Final details: Visit <u>www.socweb.org</u> for final details in the week leading up to the

event.



This event takes place in the New Forest National Park with the permission of the Forestry Commission