**INTERLOPERS EVENT:**

**CRAIGMILLAR CASTLE PARK**

**Sat 10 April 2021 (afternoon)**

**Covid –related information**

**Please read these instructions in detail before attending the event. This is Interlopers’ first post-lockdown orienteering event of 2021 and as well as ensuring everyone’s safety, we need to maintain the reputation of both our club and of orienteering as a sport, by adhering to the official guidance.**

All entrants must acknowledge the British Orienteering COVID Code of Conduct (available from <https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering>)

**Important**

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. Safety must come first so hold back if necessary while another participant moves away.

5. If you have young children, please supervise at all times.

6. Turn up for your start, ready to run, just a few minutes before your allocated start time.

7. Please do not congregate at the event base / start/finish

8. By taking part you agree to British Orienteering COVID Code of Conduct

- Avoid touching the control kites and SI units with your hands

- Avoid unnecessary contact with fences / gates.

- Maintain distancing at controls: move away as quickly as you can after dibbing; hold back at controls if another competitor is still to move away.

There will be hand sanitiser at the start

Obviously guidelines can be changed at any time deemed necessary by the Scottish Government and we will need to comply with any new requirements for or restrictions on events.

The Interlopers club Covid Officer is Katherine Ivory. Should you need to pass details to NHS Test & Protect, please contact her via [Katherine@tusks.org.uk](mailto:Katherine@tusks.org.uk).

**DAY DETAILS**

**Date:** Saturday 10th April 2021

The (dis) Organiser is Jane Ackland. She will be visible at the event in her bright pink cycling jacket.

Email: [janehailey@doctors.orguk](mailto:janehailey@doctors.orguk)

Mobile 07787174930

Landline 01316677718

The cunning planner is Graeme Ackland

Times: starts from 12.30 – 2.10pm. Courses close at 3.30 pm.

The assembly (such as it is) has starts, finish and download in the open area below Craigmillar Castle visitor centre. It will be deliberately spartan to discourage people congregating. There will be no club tent, and no key drop. You shouldn’t need to register (apart from the few people needing hire dibbers), and you should arrive ready to run, and disperse once you have finished your run and downloaded.

If you have any queries, please email or phone about them before the event.

Download will be MINIMAL: there will be no results display; we want to dissuade you from congregating. We will get results online as soon as we can. If queues develop at download, please keep 2m apart.

If you want to bring any kit to the assembly field, please consider bringing a labelled carrier bag or equivalent; so that you can identify and retrieve it easily afterwards and so that it is protected from the elements – as there will be no tent access for competitors.

Getting to the event:

Start, finish, rental SI pickup and download are in the field immediately North of Craigmillar Castle.

Cycling is best!

There is to be no parking at Craigmillar Castle

The nearest parking is in the Craigmillar housing estate roads on the north east side of the map; off either side of Craigmillar Castle Road. You can then walk 4 minutes up the cycle path along the East edge of the park that heads to Craigmillar Castle visitor centre and Little France. Please be prepared to park as far away as the main road (Peffermill Road)

You may prefer to use Cameron Toll parking, and then a longer walk along the paths running W-E and then south around the edge of the map

Toilets:

Um no. The nearest public toilets are in Cameron Toll shopping centre, but may have sizable covid-loving queues

First Aid:

There will be a First Aid kit and First Aider (Jane, in pink) available, but for minor injuries it is preferable (reason:covid) that you bring and use your own plasters and dressings. A+E / minor injuries unit are available at the New Royal Infirmary, Little France, just south of the area. Postcode EH16 4SA.

Minor injuries:0300 7906267 – you need to phone in advance

NRIE : 0131 536100

**Startlist:**Attached.  Please check your time and turn up no more than five minutes before, ready to run. If you are unavoidably delayed, we will try and fit you in but cannot guarantee that.

*If you are no longer able to attend, please let us know asap so another runner can use your slot – email* [*janehailey@doctors.org.uk*](mailto:janehailey@doctors.org.uk)

**Terrain and safety issues:**

Craigmillar Park has a good mixture of open areas and pockets of woodland, with plenty of paths. The winter has done an excellent job of keeping the undergrowth low. The area is at its best up until March, after which nettles begin to appear. Full body cover is recommended.

There are some dangerous crags in the quarried wooded areas – navigate with extreme care.

Local clientele and their dogs contribute to the forest floor; please ensure your footwear is in good condition, and look out for sharp metal, discarded wire, broken glass and dog-offerings.

The area is a popular spot for dog walkers, cyclists, children visiting the central play park and individuals on other business. Please keep yourselves safe and politely avoid encounters with all of the above

A risk assessment has been carried out by the organiser, and is available on request, but participants take part at their own risk and are responsible for their own safety during the event. By entering the event you are accepting this condition. Members of orienteering clubs are covered by public liability insurance

**Out of Bounds areas:**

-Do not go into the immediate surrounds of the castle

- Do not go into the Recycling Centre, and be particularly wary of fly-tipping on the forest floor close to the Centre and dumping throughout the area.

The blue course has a leg that crosses the entrance to the Recycling Centre – any traffic should be moving slowly, but please cross with care

**Registration:**

Entry is by online pre-registration only.

Seniors (born 1999 or earlier): £4

Juniors (born 2000 or later) and students: £2

**Timing:**

SportIdent (SI) electronic timing will be used. SI Air will hopefully be available. Please contact us ahead of time if this alters which dibber you use.

* We will have your SI number from your registration form if you have your own, but you must have already registered it on SIentries (and ensure details are correct if you have acquired your dibber from someone else).

A few participants have asked for hire SI dibbers. Hire is free, but there is a £30 charge if lost.Please collect a named envelope. There will be no spare dibbers available, so do not forget your own!

Everyone must report to the finish and return to Registration to download the data on their SI dibber, whether they finish their courses or not, otherwise they might trigger a search party and a call to the emergency services

**Courses (planned to Sports Governing Body standards). Described by the planner:**

* Yellow (2.1 km) all on paths, but decision-making needed
* Orange (2.6 km)  controls are off paths, but generally path routes are best
* Green (4.0 km) avoids the roughest bit
* Blue (6.7 km) – almost as full on as Craigmillar gets, without getting too unpleasant

**BLUE people**: The blue course has a remote start across the road from assembly; please come to main start first. After a loop on the East side of the map, Blue competitors will cross the road back to the main Craigmillar Castle Park. There is a pedestrian crossing, and there will be controls on either side of the road to allow the time for this leg to be deleted. Please take care crossing. The blue course also has a map turnover.



Crossing point, main start S2 and blue start

**Map:** Craigmillar Castle Park 1:5000. Updated March 2021 by Graeme Ackland.

All Maps will be issued at the start

**Control descriptions:** Control descriptions will be on the map. If you want loose descriptions, please print your own from the pdf provided as a separate file.

**Post-Event:**

We will put results up on [www.interlopers.org.uk](http://www.interlopers.org.uk) as soon as possible after the event.

**Privacy:**

When entering our orienteering events and activities, your name may appear in the results section of the club website. We do not share your data with any other organisations, other than the sport’s governing bodies for administrative purposes. We do not use it for any marketing purposes. By entering the event you are accepting this condition.

**Any queries? Please get in touch –janehailey@doctors.org.uk**