

Polkemmet Country Park

Local orienteering event – 12/06/21

Interlopers Orienteering Club presents the last of our three Edinburgh and Lothians local orienteering events for spring/summer 2021.

We are welcomed to Polkemmet Country Park by the West Lothian Council Ranger Service. The Park may be busy in places, particularly if the weather is fine. Please be courteous to other Park users.

Covid Safety:

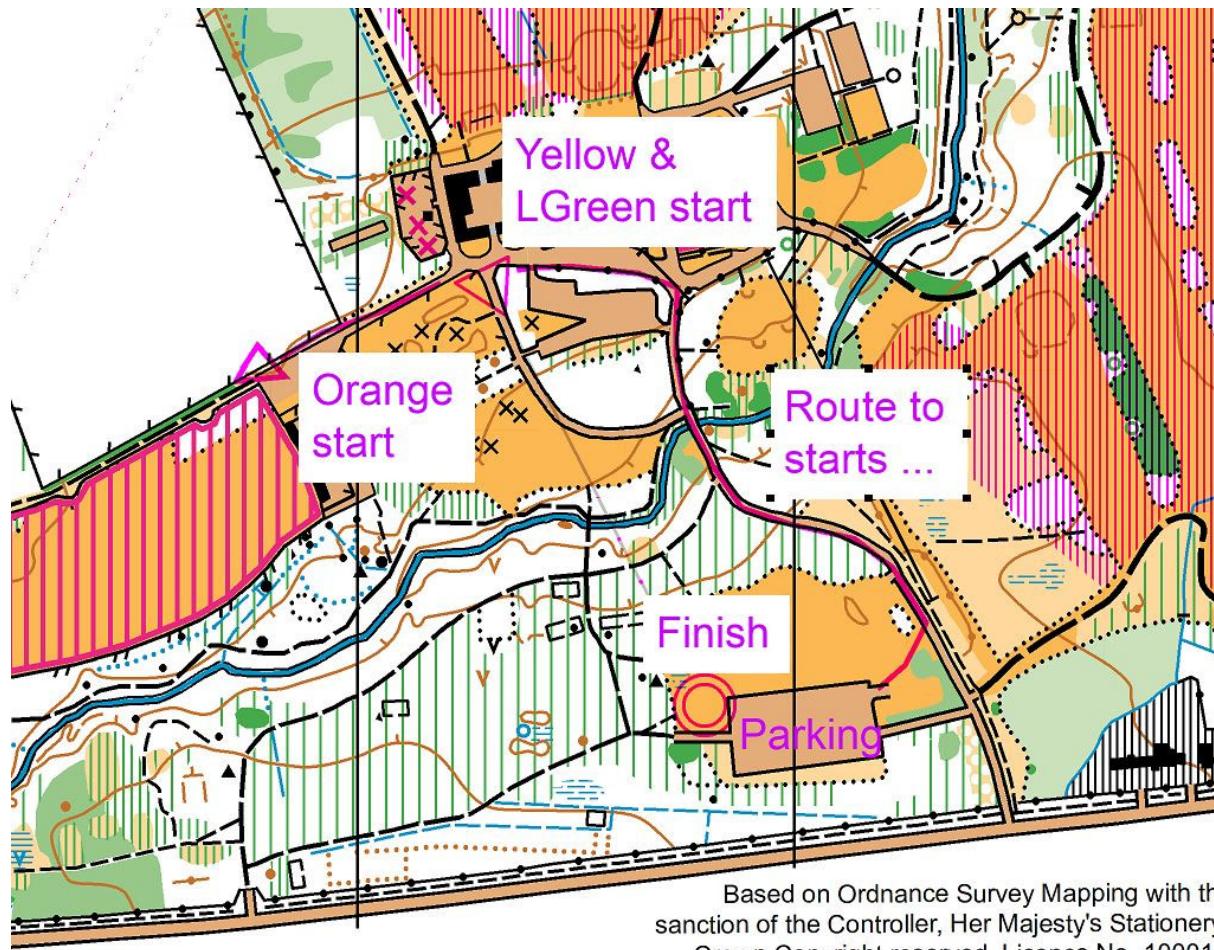
If you have a newly persistent cough, have tested positive or have been asked to self-isolate, please do not come to the event. Please follow social distancing guidelines, including before, during and after your run.

Locations:

We will be using the south car park, and the finish is adjacent.

There are two starts, very close to each other. Orange course starts from one; the yellow and light green courses from the other. There will be tapes from the car park.

Toilets and refreshments in the Visitors Centre building near to the Starts.



Information & Download:

... will be from a red car, near the Interlopers banner. There is no need to come to register unless you need to collect loan SI cards. These will be in an envelope with your name on it. The loan is free, however lost cards will be charged £30 to replace, There is no entry on the day.

Starts:

... are approximately 400m from the car park. Start times have been allocated to prevent long waits, however, we are happy for people to start earlier (or later) if there is no queue. The entry for the event is small, and the overall start window has been shrunk down to 12:15->13:30, but will close once everyone has started. Note that our "Split start" family have been allocated open starts, and are invited to jump to the front of any start queue that has formed. There will be no control descriptions, so please print your own if you require them additionally to those on the map.

Courses:

There will be SI units on t-bars at all controls. Some may be 'gripped' to immovable objects for security. All units will operate in contactless mode for those with their own SI-Air cards. The Start and Finish units must be punched, however. (safety check). Undergrowth has sprouted in the last week or so with the recent sunshine. Gaiters if you have them, or good solid leggings are recommended.

Safety:

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

Courses will start to close approximately one hour after the last start, at which time controls will start to be collected in.

BOF Rule 1.7.1 applies: "All competitors in any event to which these Rules apply take part entirely at their own risk. Competitors shall take into account their own ability to compete safely. 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".

A comprehensive risk assessment has been carried out: Please note:

- (1) Water courses must not be crossed, except at bridges, even if the water level is low.
- (2) Vehicles use the driveway and car parks, so you must watch out for vehicles, give way and follow the Highway Code.
- (3) You are required to abide by the Scottish Outdoor Access Code (see http://www.outdooraccess-scotland.com/sites/default/files//docs/know_the_code_leaflet.pdf), and if necessary give way or stop running temporarily for safety reasons, e.g. golfers, mountain bikers, dogs, etc. It is important that everyone acts responsibly, not least because we do not want to jeopardise future access.

Further information:

For further information and post event results see www.interlopers.org.uk

Other attractions in the Park:

The Park also has a great children's play area, café, Owl Visitor Centre and 9-hole golf course, so why not make a day of it.