



KENT ORIENTEERING LEAGUE

EVENT 1: FOOTS CRAY MEADOWS

SATURDAY 26/09/20

LOCATION Foots Cray Meadows, Bexley.

**DIRECTIONS/
PARKING** Parking will be in Leafield Lane, DA14 5EB, 51.4281305, 0.1360221, w3w necks.tiny.visa with overflow parking in the grounds of 1st North Cray Scout Group, accessed off Leafield Lane directly opposite Enquiries. Additional parking about 500m further away may also be used. No charge for parking. Nearest railway stations are Albany Park 2.0k via the Meadows and Bexley 2.5k (with onward buses available)

MAP Foots Cray Meadows, 1:10,000 scale with 5m contours drawn to ISOM 2017 standard. Map updated Spring 2020. Overprinted on waterproof paper.

TERRAIN Parkland with some areas of forest and brown features. Good path network.

COURSES Yellow (2.5km) - Controls (checkpoints) are very easy to find, mostly on paths, ideal for younger children and complete beginners.

Orange (3.5km) - Controls are on or near paths with some route choice. Good for progressing juniors and adults who are reasonable confident reading a map.

Light Green (4.5km) - Controls are away from paths giving more navigational challenge. Suitable for those with some experience.

Blue (6.5km) - As technically as hard as we can make it; for experienced orienteers.

ENTRIES Entries via www.racesignup.co.uk. Entries in advance. **Entries will close at midnight on Wednesday, 23 September (or earlier in the unlikely event that all start times are taken). There is a guarantee of a map for the course you would like to run if you enter by Sunday, 20 September. After this date, entry limits will be imposed on each course based on the number of maps available.** No entry on the day. Select your preferred start time block when you enter. Maximum of 14 starters in any 15 minute block. A separate second start will be used if entry numbers necessitate it; if implemented, competitors will be advised of the new arrangements by email after entries close.

ENTRY FEES Seniors £5, Juniors £2; Juniors can be shadowed. Add £2 for Seniors and £1 for Juniors who are not members of British Orienteering. Families participating as a group £10.

ENQUIRIES Open from 10.30

**START AND
FINISH** Start times are 11:00 to 12:30. Courses close 14:00. It is a Punching Start and a Punching Finish. After finishing, please proceed directly to Download. Download will be by the competitor. Your splits print out will be handed to you by an official wearing gloves for this purpose. Hired SI and SIAC dibbers should then be deposited in a pink container nearby. Start and Finish are within 100m of Enquires and the main and nearest overflow Parking.

ELECTRONIC PUNCHING

Sportident electronic punching will be used for all courses. Contactless punching (SIAC) will be enabled. SI cards will be available for hire at £1.

FACILITIES

No toilets are available at the event. There are toilets at Asda, Arnsberg Way, Bexleyheath (DA6 7BN), Coop, Station Road, Sidcup (DA15 7AB) and Morrisons, central Sidcup (DA14 6BF) for customers. There are public toilets at Welling Library, Bellegrove Road (DA16 3PA)

Dogs on lead please when on the courses.

First Aid of a limited nature will be provided by club officials. Ask at Enquiries.

No food or drinks will be provided although Kelsey's Farm Shop is a few hundred metres further north on A223. Please bring all the water you need.

SOCIAL DISTANCING AND OTHER MEASURES NECESSARY DUE TO COVID

The event will be run in accordance with the latest British Orienteering guidelines for the resumption of orienteering in a COVID-secure manner. This guidance was revised w.e.f. 2 September. [Click here for further details](#)

Social distancing at 2m apart must be maintained at all times, including at the starts and at download. The ground will be marked accordingly and helpers will supervise any queueing. Take particular care when exiting your vehicle that there are no other participants outside their vehicle adjacent to you. Remain in your car until the immediate area near to your car is clear.

There will be no key drop facility, loose control descriptions or results display. Results will be available on the DFOK website the same evening.

We regret that no coaching guidance will be available at this event for newcomers.

Hired dibbers will have been pre-cleared and disinfected. They will be put into individual envelopes a week ahead of the event for collection at Enquiries.

When on your course, please do not touch the controls or linger by them planning your next leg; move away. Be patient if someone reaches a control just ahead of you. Please also respect other users of the park and give them plenty of space.

Hand sanitiser will be available at Enquiries for use on arrival and departure.

Please read the latest [Code of Conduct](#) issued by British Orienteering. By entering you agree that you will abide by the rules and guidance contained within it. If you have any symptoms or are living with someone who has symptoms of COVID-19 or are required to self isolate by notification from NHS Test and Trace or by quarantine after overseas travel, do not come to the event. A full refund less entry system charges will be made on notification by email to the Organiser by midnight on Friday, 25 September.

A copy of the risk assessments, including one specifically for COVID-19 implications, is available from the Organiser ahead of the event (please request by email) but will not be on display at the event.

SAFETY

Maps are overprinted with the Organiser's telephone number

Orienteering is an adventure sport and you take part at your own risk and are responsible for your own safety during the event.

EVENT OFFICIAL

Organiser/Planner: Andrew Evans (DFOK) andrew.evans444@btinternet.com

Controller for risk assessment purposes: David Dawson (DFOK)