



# **COME AND TRY ORIENTEERING**

## **FOOTS CRAY MEADOWS**

### **SATURDAY 18/09/21**

#### **LOCATION**

**Foots Cray Meadows, Bexley**

#### **DIRECTIONS /PARKING**

Parking is at Kelsey's Farm Shop DA14 5ET accessible via Water Lane, a left turn off the northbound A223 North Cray Road. Entrance road at w3w judges.online.camp 51.431638; 0.140814 Grid reference TQ488726. Nearest station: Albany Park (1.5k)

#### **MAP**

1:10,000 scale with 5m contours drawn to ISOM 2017 standard. Map last updated Spring 2021. Overprinted on waterproof paper

#### **TERRAIN**

Mainly parkland in an open setting with some areas of forest including earth banks and depressions. An attractive river flows through the centre of the area.

#### **COURSES**

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

Orange (3.0km) - 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 (4.0km) - 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 wanting a longer run.

#### **ENQUIRIES**

Open from 10.30am in the car park at Kelsey's. Look for the tall dark blue DFOK banner.

## **ENTRIES**

Entries via [www.racesignup.co.uk](http://www.racesignup.co.uk). Entries in advance. No entry on the day. Entries will close at midnight on Thursday 16th September. There is a guarantee of a map for the course you would like to run if you enter by midnight on Sunday 12th September. After this date, entry limits will be imposed on each course based on the number of maps available. Select your preferred start time block when you enter. Maximum of 14 starters in any 15 minute block.

## **ENTRY FEES**

Juniors (those under 21 years on 31<sup>st</sup> December) £3  
Seniors £6

Families participating as a group £6. Enter one senior name and add the number of others in the group e.g. enter a group of 3 participating together as "One Name +2".

## **ELECTRONIC PUNCHING**

Sportident (SI) electronic punching will be used for all courses. Contactless punching (for anyone with their own SIAC) will be enabled. No additional charge for SI card hire.

## **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 with assistance provided. Hired SI cards should then be deposited in a pink container nearby. Start and Finish are approx. 400m from Enquiries and the car park.

## **FACILITIES**

Toilets are available at the Farm Shop.

Dogs on lead please when on the courses.

First Aid primarily on a d-i-y basis with a first aid kit available. A sports first aid trained club member will be available to assist as necessary. Ask at Enquiries.

No food or drinks will be provided. Please bring your own water. Kelsey's Farm Shop sells drinks and snacks.

## **SOCIAL DISTANCING /OTHER COVID MEASURES**

The event will be run in accordance with the latest British Orienteering guidelines for the resumption of orienteering in a COVID-secure manner. Click here [https://www.britishorienteering.org.uk/COVID19\\_Safe\\_orienteering](https://www.britishorienteering.org.uk/COVID19_Safe_orienteering) for further details.

Social distancing must be maintained at all times, including at the starts and at download. The ground will be marked accordingly and helpers will supervise any queuing.

There will be no key drop facility, loose control descriptions or results display. Loose control descriptions will be available online in advance of the event date. Results will be available on the DFOK website the same evening.

Newcomers are most welcome. We would be grateful if newcomers contact the Organiser after entry using the email address below for additional information ahead of the event.

Hired dibbers will have been disinfected and put into individually addressed and sealed envelopes a week ahead of the event for collection at Enquiries.

When on your course, please try not to 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 the App or to 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 9am on the morning of the event.

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 will be 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 OFFICIALS**

**Planner: Keith Parkes**

**Organiser: Andrew Evans**

[andrew.evans444@btinternet.com](mailto:andrew.evans444@btinternet.com)