

SROC - Red Rose

Final Details

Welcome to the New Year Cracker, Friday 1st January 2021

Travel Directions

Parking is signed from the Junction of the A6 and the access road to the Lancaster House hotel [here](#) (nearest post code LA2 0PH) just to the south of the main Lancaster University access drive. Turn off A6 as if going to the Lancaster House Hotel (not the main University entrance) then turn left after 100m.

We are parking on a large hard standing free car park. There is plenty of space so please spread out – you will not be parked.

Facilities

There are NO toilets open at the University - sorry. Please use toilets before you come. The nearest, if coming from the south, will be Forton Services, just south of J33 of the M6. From the north the Truckhaven Services off J35 will be the nearest.

Sorry, dogs are not allowed on the Campus.

First Aid – a first aid kit will be available at download for people to self administer.

Course

One score course, 60 minutes, penalty for late return: 1 point per 3 seconds or part thereof

As shown on the control descriptions, 101-109 score 10 points each, 110-119 score 20 points each, 120-130 score 30 points each

Map: 1:5000

Contours: 2.5 m

Printed on waterproof paper. Fully updated by Chris Roberts 2015 with minor updates by David Rosen 2020.

X on the map and descriptions are used to represent sculptures and exercise equipment.

There are NO control descriptions on the map. You will need to print them from [here](#).

Controls (including the finish) are in beacon mode so they can be punched contactlessly if you have a SIAC.

The controls are largely in the woods and playing fields surrounding the University, but there are a few in the built-up area. There are some steep muddy slopes so shoes with good rubber grips are suggested **BUT NO DOBS please** because of the paved areas.

In some of the woodland, the rhododendron is more extensive than appears on the map but that should not cause you problems.

Do not enter any buildings and please give any people you encounter a wide berth.

Start

This is adjacent to the car park.

Start times 12.00 - 14.00

Start slots can be viewed [here](#). Please try and keep to these to ensure an even flow of starters.

We expect to have plenty of spare start times, so we will aim to be flexible if you arrive early or late.

There is NO entry on the day.

Only go to the start just prior to starting. Join the queue, keeping at least 2m apart and follow any instructions from the Start official.

Before the clear and check boxes there will be a hand sanitiser attached to a stake - please use – then clear your dibber and check it.

On the minute shown by the digital clock, physically punch the start and then pick up your map from the box provided (please ensure you only take one).

Finish/Download

Finish is also adjacent to the car park. Please move away from it quickly.

Please proceed directly to download forming a queue if necessary keeping at least 2m apart. Use the sanitiser provided before you download and take the splits – these are pre cut and you do not need to touch the printer. Please move away from download quickly

Results will not be displayed on the day but will be on the website www.sroc.org in the evening.

Questions?

If you have any questions prior to the event please contact Martyn Roome at Development@sroc.org or phone 078661 19894

Safety

Please bring a cagoule; if weather conditions are poor, cagoules may be compulsory. Note that it may be icy on the day; if so take extra care.

If you have a pre-existing medical condition which you think we should be aware of, please notify [Martyn Roome](#) in advance or leave a note at download before you start.

There are roads on the campus (20 mph speed limit) which you will need to cross. We anticipate that on New Year's Day there will be very little traffic but please exercise care. Parents of any competitors aged under 16 should consider whether their child should be accompanied.

Fitness to Attend

Competitors must not attend the event if any of the following apply and will be asked to sign to that effect as part of entry process:

They or someone in their household have displayed symptoms of Covid-19 in the past 14 days

They or someone in their household has been tested positive for Covid-19 in the past 14 days

The test and trace service has asked them to self-isolate at the present time

A medical professional has advised or asked them to self-isolate in the past 14 days

Social Distancing and Other Covid Related Precautions

We will be following BOF's COVID guidelines but trust everyone will be using their common sense to ensure that all competitors are as safe as possible. Please maintain social distancing and adhere to the **British Orienteering Participant Code of Conduct** reproduced below:

Anyone orienteering using permanent or virtual courses, or taking part in club activities or events, must follow this code of conduct and any additional requirements set out by the organising club to ensure the safety of themselves, other participants, event volunteers and the general public.

Government or local authority guidance takes precedence over this code of conduct. If government/local authority guidance changes at any time, it must be followed with immediate effect, including, if necessary, by stopping any orienteering activity. Personal safety must be the main driver for all decision making.

Personal conduct – Preparing to Attend an Orienteering Activity/Event

- Act as an ambassador for the sport of orienteering at all times.
- **DO NOT** take part in any form of orienteering
 - o If you have any COVID-19 symptoms,
 - o Are required to self-isolate under the current government guidance or been contacted by the NHS and asked to quarantine even if you are not displaying any symptoms.
 - o If you have returned from any overseas country (except for ROI or one of the exempted countries identified by the government) until you have completed the required self-quarantine period, even if you are symptom-free.
 - o If you are awaiting the result of a COVID-19 test that isn't part of any routine testing you may be undertaking unless you are displaying any symptoms.
- Ensure you have read, fully understand and follow any information or instructions provided by a club about the event/activity before you arrive at an orienteering course. This will form part of the club's risk

assessment for the activity and may be as a result of restrictions imposed by landowners, local authorities or the government.

- Observe national government and governing body guidance including any travel restrictions.

Personal Conduct - At the Orienteering Activity/Event

- **Observe social distancing requirements at all times**, including – but not only – when travelling to a course, when you arrive, while on the course (including start and finish areas) and when you leave.
- Be patient, courteous and respectful of others. Consider how your actions may appear in the eyes of landowners or members of the public.
- Minimise, as far as possible, contact with others from outside your household before, during and after orienteering and do not congregate in groups.
- Keep your distance from other participants and members of the public including giving way to other participants and members of the public on narrow paths and at gates or stiles.
- Only share transport to an event with other members of your household / support bubble.
- Arrive at an event during the time window that you have been allocated by the organising club.
- Move quickly away from controls after you have punched – do not stand next to a control looking at your map to work out your route to the next control.
- After finishing a course, move away from the finish, allow yourself to recover (e.g. by catching your breath and reducing your rate of perspiration), and then move swiftly through download and to your vehicle.

Most important of all - enjoy the outdoors safely.