



Informal Local ( Level D ) Orienteering Event

**10th October 2020**

**Shipley Park,  
Heanor**

(One course suitable for novices but no experienced orienteers able to help )

**Location:** Nearest Post Code DE75 7GX  
Grid Reference: SK 430451  
Brown sign off A608 near centre of Heanor

**Terrain:** Open parkland with many paths, some wooded areas

**Courses:** Short ( 1.9k, Yellow ), Medium ( 4.0k, Orange/Lt Green ) and Long ( 5.1k, Green-ish )

**Entries and fees: Pre- Entry only.** ( No EOD ) No fee. Bucket at Start for voluntary contributions.

**Dibbers:** No dibbers available on the day. If anyone needs to borrow one, you must indicate this on the Entry form.

**Start Times:** 13:00 to 15:00. The start and finish are less than 50m from parking.

**Courses close at:** 16:00 **You must report to Download even if you retire**, to avoid a needless search.

**Toilets:** Will be open in Visitor Centre.

**Parking:** Pay and Display..

**Map:** 2019, by Andy Hawkins, 1:10 000, 5m contours.

**Dogs** Dogs are not allowed on courses, they are permitted in car park/assembly but must be on a lead and any poo removed)

**Safety:** Shorts are not permitted.

**Relevant medical conditions:** Please leave sealed envelope at Download. This will be opened only in case of perceived emergency.

**Coaching:** The *long* course has many opportunities to practice advance route planning over the next two or three legs - aiming to improve control flow. And then in contrast the course also requires finer navigation requiring rapid route decision and accuracy. No time for a dead run if you are working hard!

The *medium* course develops the skill of simplifying legs - building up a set of way-markers to get closer to the next control, before fine navigating the last section into the control.

The *short* course practices independent navigation using prominent features to aim for and follow- such as pond edge, road (no road crossings required), hedges and paths mown on the grass fields.

**Organiser:** Andy Hawkins a.hawkins517@hotmail.com

**Planner:** Ann-Marie Duckworth

**Safety:** You **must** Download your dibber, **even if you retire**. If the weather is bad, we may ask you to wear a waterproof jacket. The Organiser has carried out a risk assessment, courses have been planned and other mitigating actions taken to reduce any risks so far as is possible. However, you take part at your own risk.

**Data:** Test and Trace information will be destroyed 21 days after the event. The Club's Data Protection Policy in full and the Photography Policy available on the website **dvo.org.uk**, as will be full results from this event, and information on future events.

*"You agree that we may publish your Personal Information as part of the results of the Event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance or for publishing results either for the event alone or combined with or compared to other events. Results may include (but not be limited to) name, any club affiliation, race times, age group and sex."*

**Photography :**

*"You are welcome to take photographs or record video at this event, but please respect people's privacy and avoid photography close to first-aid and toilet facilities, or in areas where runners are changing. Photographs may be posted on the internet. If there are particular reasons why an individual should not be photographed, please discuss the issue with the organiser in advance of the event. Report any concerns about inappropriate photography to the event organiser."*

**Covid mitigations:**

The event has been designed to minimise virus risks to competitors, helpers and the general public. There will only be a minimum number of helpers. Please know what to do when you arrive.

The event will be largely DIY. You will be allotted a Start time when you have sent in the Entry form. Go directly to Start for the allotted time, Clear, Check and Start ( punching start ). There will be a maximum of only one starter each minute ( or starters from the same household/support bubble ) on all courses. After Finish, allow breathing to normalise, go to Download.

Please check with the Final details before you travel, in case changes ( including possible Lockdown cancellation ) have had to be made. In the Final version of these details, there will be the **control descriptions** for you to print. They will also be on the map. No paper ones available on the day.