

FINAL DETAILS
Sunday 11th October - Agglestone Heath
Level C event



This event is being offered to replace the first day of the Caddihoe Chase

A message from Julie Astin, event Organiser

Welcome to this, the first post-lockdown event from Wessex, and the first in the South West region. We have obviously spent a lot of time considering the safety aspects of the event, bearing in mind the Government and British Orienteering Guidelines. In particular, we aim to ensure that we do everything we reasonably can to keep competitors and volunteers safe. We have learned a lot from attending the SLOW event on September 13th and we are particularly grateful to Charlie Turner the Organiser, for his help and advice.

Remember that the focus is on enjoyable orienteering so we hope you have fun but above all be considerate of others during your run.

In entering this event you have signed up to a Participant Code of Conduct

Everyone taking part must follow the Participant Code of Conduct at all times. The Code of Conduct can be found on the [British Orienteering website](https://www.britishorienteering.org.uk/). The key considerations include:

- Acting as an ambassador for the sport of orienteering at all times and considering how their actions may appear in the eyes of landowners or members of the public.
- Observing social distancing at all times, including keeping their distance from other participants, volunteers and members of the public.
- Using hand sanitizer on arrival and departure.

Anyone who has symptoms of COVID-19, who is living in a household with someone who has a possible or confirmed COVID-19 infection, or who has been asked to isolate by NHS Test and Trace should remain at home. People who are classified as clinically extremely vulnerable can now consider taking safe exercise outdoors and meeting up with one person outside their household; however, it is unlikely that they would be able to safely take part in an organised orienteering event or activity.

DIRECTIONS

Burnbake Forest Lodges and Campsite is Signposted off the B3351 Studland to Corfe Castle road.

Nearest Post Code BH20 5JH Parking is in the Events Field of the campsite.

OS Grid ref: SY995835.

What3Words:twisty.kitten.flask

Please note that the access road is quite narrow and there may be other users coming towards you.

CAMPING

If you want to make a weekend of it and camp at Burnbake, please email info@burnbake.com or phone James Mills (01929 480570). If there's enough interest then they will set aside a different area to the general camping.

CAR PARKING

Parking is in a large level field. Please follow directions from the car parking marshals who have been instructed not to approach cars.

Charge included in your entry fee.

FACILITIES in car park field

- **Download/ Dibber collection tent**
- **Toilets:** Hand sanitisers will be on the outside, so please make use of them before and after touching anything.

- **Tom's Food Wagon:** Contactless card transaction preferred but cash can be taken if necessary. No usual tables and chairs.
- **Key Drop:** there will be a board with hooks on for you to leave your keys if you wish.

ENTRIES

Only electronic pre-entry by fabian4. Closing date 23.59 Tuesday 6th October.
NO LATE ENTRIES OR EODs

BOF Seniors £12 Non-BOF Members £14 Juniors £5
 Dibber Hire: £1 Juniors Free £30 if lost
 SIAC Hire: £2.50 £65 if lost

NOTE: Hire dibbers will be sanitized and pre-bagged and labelled for collection at the Download tent (see diagram in Finish and Download section below)

REFUND POLICY WSX will offer a full refund to anyone who needs to withdraw their entry because they or a member of their household has COVID-19 symptoms, or because they have been asked to isolate by NHS Test and Trace. If WSX needs to cancel the event it will offer a refund of the entry fee, less the admin charge imposed by the entry system provider plus any expenses already occurred by WSX.

HYGIENE AND COURTESY Notes

- Disinfectant: there will be hand sanitisers and disinfectant spray at key places, but please bring your own if you wish
- PPE: Bring your own if you require it
- Touching: please minimise touching anything unless you have to.
- Competing: On tracks/paths keep 5m or more behind or pass quickly. At control sites do not touch the control and do not hang around it after punching.
- Download: Ensure you are drip and spittle free before approaching download.

Agglestone Heath is owned by the National Trust and is open for public access. Please be considerate to dog owners, horse riders, mountain bikers, walkers, etc. maintaining social distance at all times. Continued use of this area relies on us keeping the public AND National Trust happy.

LONE RUNNERS

If you have travelled alone, we advise you to leave your vehicle registration and ICE (In Case of Emergency) contact details in an envelope at the Download tent.

MEDICAL CONDITIONS

We recommend you download and complete the *British Orienteering* form:

[https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_fir
staid_medical_form](https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form)

Place it in a sealed envelope with your name on the outside and leave it at the Download tent. Envelopes will only be opened if required for a medical emergency and unopened envelopes will be destroyed immediately after the event.

FIRST AID

First Aid of a limited nature is provided by club First aiders, located in the car park field. Injured competitors will be encouraged to conduct self-help/self-clean, with first-aid materials provided. There will be a basic First Aid kit at the Finish. If competitor needs more than this, they should ideally walk to the Start where the team can arrange transport back to the assembly field. The nearest A & E Hospital is : **Poole Hospital** Longfleet Rd, Poole BH15 2JB. A map showing its location is available at the First Aid station.

PLANNER'S NOTES and TERRAIN

The event area consists mainly of open heathland with a number of wooded areas and gorse thickets. The area is reasonably flat though there are some regions of intricate contour details. The heathland is covered in either heather or grass and the runnability is generally reasonably good.

Please note: this is an internationally important example of lowland heath. The area is managed by the National Trust as a designated National Nature Reserve.

A wide range of habitats include sand dunes, peat bog, alder and willow carr and the freshwater lagoon of Little Sea, as well as heathland. All six species of native British reptile are to be found here, including the rare sand lizard and smooth snake.

This is from the National Trust website:

'As the largest expanse of unspoiled lowland heath to survive in Dorset, the wilderness of Studland and Godlingston Heath is perhaps the closest thing to the landscape of Thomas Hardy's Wessex that the 21st century affords. In his Return of the Native, Hardy places the fictional Egdon Heath further west, but today it is here in Purbeck that we can best enjoy the uninterrupted vistas of gently undulating hills covered in purple heather he describes.

Some of the best views of the heath sweeping down to the shores of Poole Harbour are from the dramatic Agglestone – a 400 tonne rock sitting alone on a hill as if a giant had dropped it there. So out of place does it seem that legend suggests it was placed there by supernatural forces. It is said the Devil was sitting on The Needles when he saw Corfe Castle being built. He was so offended by the beautiful white tower of the Norman keep that he threw his cap at it: the missile fell short, however, and became the Agglestone. Legend aside, the 17-foot rock is thought to be part of a band of ironstone which crosses the heath, also including the nearby and much smaller Puckstone'

COURSES Subject to final controlling.

	Length (km)	Climb (m)	Controls	Start	Map Size
Brown	9.4	200	23	A	A3
Blue	7.3	180	20	A	A3
Green	5.5	80	16	B	A3
Short Green	4.2	95	16	B	A3
Light Green	4.3	80	15	B	A3
Orange	2.7	55	14	A	A4
Yellow	1.9	45	9	A	A4
White	1.3	25	9	A	A4

Take care and check your control codes when punching.

WHITE AND YELLOW COURSES

You may study your map, with overprinted course in the Start lane, before you begin your course. There will be a small number of happy/sad faces on some parts of these courses to aid competitors.

OUT OF BOUNDS AREAS

All valley mires are OOB and marked on the map. Please do not enter these areas and only cross at the marked crossing point. Unfortunately, the area around the start is separated from the rest of a heath by a mire that has just one single crossing point which will be used by all competitors on courses Light Green and above. This crossing point will be marked by stake and kite (but no control box). Obviously, this will be a bit of a pinch point on the courses but there is

no need for anybody to stop here so please move through quickly and try and maintain social distancing.

The white, yellow and orange courses will use a public footpath that runs along the northern edge of a golf course. For obvious safety reasons the area south of this path is OOB

MAP scale 1:10000, 5m contours and other information

Map history: 2016 B Brown & C Branford; 2020 B Brown

There have been some minor updates to features around control sites and that may affect navigation to controls.

All maps are on waterproof paper with course details and control descriptions on the front.

CONTROL DESCRIPTIONS

Due to Covid19, control descriptions will only be on the maps on the day. There will be no loose copies in the start lanes. **Loose control descriptions can be downloaded from** <http://www.wessex-oc.org.uk/events/event/agglestone-heath>

White and Yellow courses will have written descriptions.

All other courses (including Orange) have IOF pictorial control descriptions.

START AND START TIMES and SPORTident timing

NO WHISTLE, NO GO!

There will be two separate, but adjacent, Starts (A and B) both 1.6k from the car park field. See Course details above for which Start you are in.

The walk is more or less level all the way.

The route initially goes through the wood along a narrow path, so please be sensible and maintain social distance at all times.

Just before you enter the wood there will be a SIAC Battery Test box for those using SIAC dibbers.

Out on the heath the tracks are wide – walk on the left as the track will also be used when returning from the Finish. There are a few cattle with their calves grazing in the area and may be on or near the track to the start or even on the course itself.

If the weather is inclement, a clothing dump will be provided near the start. This will not be covered, so please place clothing in a waterproof bag.

Mixed SI and SIAC contactless punching. You are encouraged to use a SIAC if you have one – if you have entered with an SI card but use a SIAC instead, this is not a problem – come to troubleshooting/download and it can be amended.

You have been allocated a Start block time.

Make sure you go to the correct Start (A or B) for your course. Only approach your Start when your start block commences - don't crowd around the entrance to the start funnel - maintain social distancing. There will be a maximum of 15 competitors starting in each 15-minute block, so there will be plenty of slots available.

In order to comply with current guidelines there will be a number of different features in the Start procedure:

At each Start:

- There will be just one lane, with an extra-large grid for each minute to maintain social distancing.

- No more than one competitor will be allowed to start in any minute except members of the same household, provided of course they are all in the same start block and on different courses. This may help parents with young children.
- There will be a sanitiser station at the entrance to the Start system for competitors to use on their hands.
- The Clear, Check and SIAC Test boxes will be on stakes in the Start system. It is the competitor's responsibility to ensure that they use each one correctly. The Clear and Check MUST be physically dibbed by ALL competitors; the SIAC Test just swiped by SIAC dibbers.
- There will not be any control description sheets in the Start system.
- There will be no blank map in the start lane.
- It will be a punching Start for ALL competitors: everyone must 'dib' into the Start box to record their start.
- Ensure that you take the correct map and don't touch any others.
- Move away from the map boxes immediately
- There will be two separate start triangles – one for White, Yellow and Orange on a fence corner and the other for all other courses. These will be made clear to all competitors at the start.

SI FAILURE

If during your race the SI box fails, **the back-up pin punch attached to the kite must not, for Covid-19 reasons, be used. A failed SI box will not result in your disqualification.**

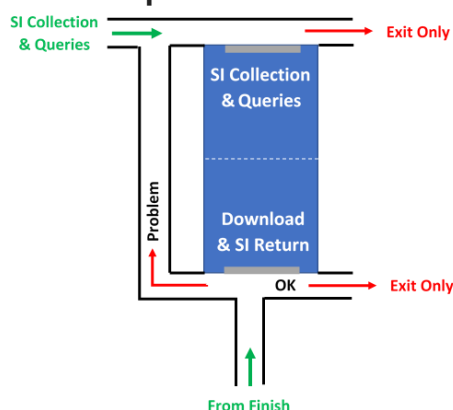
Note: SIAC users are responsible for ensuring a contactless punch has registered. If there is no optical/acoustic feedback from the SIAC, the punch has not registered and the box should be punched manually like a standard SI Card.

FINISH and DOWNLOAD

- There will be one Finish for all courses. It is approximately 200m from the Start. ALL COMPETITORS TO DIB THE FINISH – INCLUDING SIAC COMPETITORS.
- Do NOT gather at the Finish in groups
- We hope to have the Finish manned throughout, but in the event of no-one being there, please walk to the Start team where they will summon help for you. There will be a First Aid bum-bag at the Finish.
- Route back to the assembly field and download is the same as that to the start. Follow the tapes.

Download will have two options:

- **All competitors to download at the right-hand end - shown on the diagram below ('Download and S.I.Return').** This will be manned but you are asked to tear off your own results printout. Hired dibbers to be placed in the box provided.
- **If there is a problem** with your result, please progress round the outside of the tent to the other end where the problem will be resolved.
- **Do not touch the printer or the download station if at all possible.**



COURSE CLOSURE TIME

This is planned to be at 3.00 pm.

To avoid any useless search operation, you must report to Download, even if you do not complete your course.

DOGS

Only well behaved dogs on a lead in the car park.

SAFETY

- **Orienteering is an adventure sport:** A comprehensive risk assessment for the event has been prepared and identified risks have been mitigated, however **please be aware that participants take part at their own risk and are responsible for their own safety during the event.** Parents are responsible for their children and advice is available on request about the suitability of the course that their children may have entered. Please report any accidents and injuries ON THE DAY to the organiser.
- **Emergency:** All maps are overprinted with the organiser's telephone number.
- **Clothing and whistle: WHISTLES ARE COMPULSORY. NO WHISTLE, NO GO!** In an emergency to summon help - 6 short blasts, followed by a one minute break.
- **Full body cover is compulsory** – but short sleeves are OK.
- If the weather is poor we may also require you to wear a cagoule.
- **Safety Bearing:** is west which will take competitors to either a large track that they should follow SW back to the start/finish area or to the footpath on the edge of the golf course which they should follow to the NW.
- **Ticks** - Could be present in the area but with a low likelihood at this time of year. Check over your whole body after competing and again over the next few days, removing any (recommend using an O'Tom tick Twister tool) without delay. If bites develop a rash or become inflamed, obtain medical advice. Tick bites could be a source of Lyme disease.
- **ASH DIEBACK PRECAUTIONS**

Please arrive with all kit cleaned following use at any previous orienteering event, as per *British Orienteering* guidelines on Ash Dieback precautions.

RESULTS

Due to covid restrictions there will be no results screens or result printouts on the day. These will be available after the event on our website.

PERSONAL DATA

The **personal data** you give will be used by the event organisers and their agents only for the purpose of processing and publishing the event entries and results, for conducting safety checks and to validate *British Orienteering* insurance cover.

OFFICIALS

Organiser: Julie Astin (julie.astin@hotmail.co.uk) Planner: Roger Crickmore (WSX)
Controller: Linda Pakuls (WIM)

ACKNOWLEDGEMENTS

Without these people, this event would not be possible:

Tom Clarke of National Trust; James Mills, Manager of Burnbake Forest Lodges and Campsite; Roger Crickmore who stood in at late notice to plan the courses and Linda Pakuls of Wimborne OC for also stepping in at the last moment to control the event.

CANCELLATION OR LAST MINUTE CHANGES

Check website <http://www.wessex-oc.org.uk/events/event/agglestone-heath> prior to travelling in case of any last minute changes.