

## Saturday 7th December 2019

### Level D Orienteering Race

### King's Garn, New Forest

### Final Details

**Location:** The event centre is at GR SU247 128. Nearest post code is SO43 7HH.

**Parking:** Competitors should use public car parks available with the nearest being Stoney Cross Plain and Stoney Cross. Car parks are within 200/300 metres of the event centre. The event centre will be clearly visible from the road at Longbeech Campsite entrance.

**Timing:** Registration: 10:00 – 12:00  
 Start times: 10:15 – 12:15  
 Courses 14:30  
 close:

**Facilities:** Toilet

**Entry:** Entry on the day only. EMIT timing system. Charge for lost card £45.

<b>Fees:</b>	Members	Public	Timing card hire
Adult	£7.00	£9.00	£1.50
Under 25s	£3.50	£3.50	£Free
Yellow/ Orange	£2.00	£2.00	£Free

<b>Courses:</b>	Course	Distance/Climb/Controls			Course	Distance/Climb/Controls		
	Blue	7.1km	140m	14	Orange	2.7km	70m	13
	Green	5.1km	95m	12	Yellow	2km	35m	11
	Lt Green	3.3km	90m	8				

**Map:** Scale 1:10,000, updated in 2018. Loose control descriptions will be at the start and printed on the map. There is no map legend on the map.

- Terrain:** Typical New Forest terrain of open heathland and runnable woodland.
- Start:** Punching start (turn up and run). Start and Finish are both close to the event centre.
- Clothing:** Full leg cover must be worn. Whistles should be carried. In adverse weather we may ask you to wear a cagoule or similar waterproof top.
- Bio-security:** Please come to the event with clean and dry shoes and clothing. After your run please follow the guidance that helps protect our precious environment:
- Check
  - Clean
  - Dry
- Before leaving the event **check** your clothing and equipment and remove any mud, soil or leaf litter.  
Once home thoroughly **clean** your footwear and clothing and then leave it to **dry** for as long as possible.
- Hazards:** Please be aware of the risk of ticks and Lymes disease. The area is frequented by ponies, deer and livestock and the usual precautions to avoid infection apply. Courses do use/cross cycle paths so please take care and be courteous to other users of the forest.
- Safety:** The safety bearing is West. Courses close at 14:30 hrs. Please make your way to the event centre if you have not completed your course at this time.  
Competitors attending the event alone **MUST** leave their car key at Registration.  
**All competitors must report to Download even if retiring from the event.**  
Orienteering is a physically challenging sport. **Competitors take part at their own risk.**
- Photography and O-Safe:** There are no official photographers for this event. Photography is not allowed in the toilets or any "changing area" including the car park. Any concerns with photography or the behaviour of anyone toward any child or young adult must be reported to the event organiser or other official.  
**Safeguarding is everyone's responsibility, play your part, report any concerns and put good practice into effect.**
- Dogs:** Dogs should be kept under control and on a lead.
- Risk assessment:** A comprehensive risk assessment has been carried out by the organiser and will be available to read at the event. Participants take part at their own risk and are responsible for their own safety during the event.

**Insurance:** The British Orienteering insurance policy provides public liability cover. Please note that if you have competed in three orienteering events and have not joined an orienteering club that is a member of British Orienteering, then you are not covered by this insurance.

**Medical conditions:** If you have a **High Risk Medical Condition** you are invited to download and complete this form: [https://www.britishorienteering.org.uk/images/uploaded/downloads/officials\\_handbook\\_safety\\_firstaid\\_medical\\_form\\_280514.doc](https://www.britishorienteering.org.uk/images/uploaded/downloads/officials_handbook_safety_firstaid_medical_form_280514.doc) and place it in a sealed envelope with your name on it. This can be left at registration. Envelopes will only be opened if required for a medical emergency. Unopened envelopes should be collected after the event. Any unclaimed envelopes will be destroyed after the event.

**Event cancellation:** If adverse weather conditions are forecast, please check the SOC website for information before travelling.

**Officials:** Planner: Norman Wilson  
Organiser: Julia Loring – 07855 584335

**Wessex Night League Event:** Please note there is also a WNL event during the evening. Start Sir Walter Tyrrell Public House (Grid Reference SU 268127) from 6.30pm.