

BY KIND PERMISSION of Forestry and Land Scotland

Moravian Orienteers welcome you to Lossie Forest for some excellent orienteering.

Scottish Orienteering League 2021**Lossie Forest – 24th October 2021**

Please read the safety information towards the end of these details.

Well-behaved dogs are welcome in the Assembly Arena. NO dogs are allowed on any of the courses. Please ensure you pick up and take home any mess.

<p>Covid 19 Guidance</p>	<p>In terms of the SOA COVID-19 event guidance, the key elements to minimise the risk of transferring the COVID-19 virus are to:</p> <ul style="list-style-type: none"> • Ensure that people who are symptomatic, have tested positive with COVID-19 or have been told to self isolate do not attend an orienteering event or activity until they have completed their period of self-isolation. • Control events by keeping people outdoors and by avoiding circumstances throughout the event or activity where people may gather. • Keep people 1m or more apart from each other. • Collect participant contact data to support the Scottish Government's Test & Protect service if a case is detected after an event or activity. • Minimise contact between participants and event equipment during the event or activity. • Disinfect and/or quarantine event equipment before and after use. <p>There are, therefore, no entries available on the day and start times will be allocated to all competitors. Competitors are asked to arrive at the event parking no more than 30 minutes before their allocated start time and to leave the event as soon as they have completed their course and downloaded.</p> <p>Competitors must maintain and abide by the 1m social distancing rule throughout the event, including at registration and walking to and from the start and finish locations, unless competitors are of the same family/support bubble. The 1m distance rule applies while competing on the course and takes precedence while at a control where other competitors may be present. Competitors are to move away from any control promptly and to maintain at least 1m spacing at download. Competitors should also remain 1m distant from members of the public.</p> <p>There will be no key drop box, so competitors must make arrangements for the storage of their key whilst they are competing.</p> <p>Hand sanitiser will be available for use by competitors and volunteers at the registration area. Controls will be quarantined for at least 72 hours before the event and will be placed by an individual wearing disposable gloves and/or with sanitised hands. Competitors are to minimise contact with SI boxes, including Clear, Check and SI AIR test boxes, and the download equipment.</p>
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Timings:	<p>Please arrive between 09:30 and 12:30 (when the gate into forest will be locked.)</p> <p>Registration from 10:00 – 12:00 Start Times 10:30 - 13:00</p> <p>Courses Close at 15:00</p> <p>Start times will be published in advance. A list of start times will also be available at Registration and the Start. Late starters will only be fitted in when a start time becomes available at the discretion of the Start team.</p>
Directions:	<p>The event will be signed at the junction opposite Inchbroom Farm on the B9103 Lossiemouth to Fochabers. Grid ref <i>NJ255670</i>. What3Words: later.imparting.pink</p> <p>Follow the track East to the Forestry carpark at Grid Reference <i>NJ257670</i> and then North-East through the gate which will be unlocked (until 12:30). Continue along this forestry track until you see the parking marshalls. Car parking is on the left hand-side of this track and you will be directed to an appropriate parking place.</p> <p>Assembly is at Grid Reference <i>NJ263679</i>. What3Words: reprints.deform.rezoning approximately 1.5km from the turn-off from the B9103.</p>
Parking:	<p>PLEASE follow the directions of the car parking volunteers. There will be a one-way system in place, with cars entering the Forest from the South-West through the Forestry & Land Scotland (FLS) car-park as described above.</p> <p>Car-parking will be either side of the Assembly.</p> <p>Campervans and minibuses will park a short distance from the Assembly. Please let the Organiser know in advance if you will be bringing a campervan, motorhome or minibus to this event. (email moragmcluckie@yahoo.co.uk)</p> <p>There is a 300m walk from the Assembly to the Start. Please do not walk on the Forestry track being used by vehicles, there will be a taped route from the Assembly to the Start.</p>
Assembly:	<p>Assembly is at a large junction in the forest, a short distance from the Finish. What3Words: reprints.deform.rezoning</p> <p>Registration, Download, First Aid and 3 Portaloos will be located at the Assembly.</p> <p>There will also be a Gruffalo themed String Course next to the Assembly.</p>
Medical declaration	<p>We strongly advise that everyone completes a Medical Declaration form available to download from our website or at Registration. Please complete a form if you would like the Organiser to know about a medical condition in the event of an emergency</p>
Map	<p>All maps will be at 1:7,500 scale except Brown and Black which are at 1:10,000.</p>
Dibber collection:	<p>SI dibber (SI Air enabled) punching on all courses.</p>

	<p>For all those who have entered for Sunday only, and need to collect a dibber, please come to Registration where you will be issued with one (and map if on White or Yellow).</p> <p>If you have your own dibber, or have collected one at the Lossiemouth SOL, you should go straight to the Start, but you must ensure the Start Official registers you at the start.</p> <p>SI hire is free but please note there will be a charge of £40 for any lost hired dibbers.</p>			
Map collection	White and Yellow maps must be collected from Registration			
Control descriptions	Loose control descriptions will be in the start lane for all courses.			
Start/Finish	<p>Start times will be published by Friday evening; late starters will be fitted in when a start time becomes available at the discretion of the Start team.</p> <p>Please note that maps for the White and Yellow course need to be collected from Registration – they will not be available at the Start.</p> <p>Start is 300m from Assembly – please allow no more than 5 minutes to get there from Assembly and don't arrive more than 10 minutes before your start time.</p> <p>The Finish is 200m from Assembly. Please ensure you report to Download after your run, even if you don't complete your course, so we can confirm everyone is out of the forest.</p> <p>Please note that water will not be provided at the Finish.</p>			
Terrain:	<p>Lossie Forest offers fast and technical orienteering in a fantastic part of Moray to the east of Lossiemouth. The North-Western and Northern part of the mapped forest consist of intricate open dunes with marram grass and pine forested dunes, together with new pine tree growth and denser gorse sections in part. The main pine forest area has an extensive path and track network. Recent felling in the northern forested dune area has resulted in the thinning of trees and a number of extraction lanes which have not been mapped. Some parts of the dunes are mapped as semi-open. These have young trees of varying density, but visibility in these areas is generally low.</p> <p>Competitors on all TD5 and TD4 courses are advised that the northern forest dune area has been recently thinned and contains some brashings and a number of new extraction lanes which have not been mapped.</p>			
Courses	Colour	Length	Height gain	Map scale
	Black	11.0km	140m	1: 10000
	Brown	9.1km	110m	1: 10000
	Short Brown	8.0km	105m	1:7500
	Blue	6.2km	80m	1:7500
	Short Blue	5.3km	75m	1:7500
	Green	4.6km	70m	1:7500
	Short Green	3.9km	55m	1:7500
	Light Green	3.9km	40m	1:7500

	Orange	3.0km	25m	1:7500
	Yellow	3.0km	10m	1:7500
	White	2.0km	10m	1:7500
String course	We will have a Gruffalo themed String Course, designed by some of our fantastic Juniors. It is located beside the Assembly.			
Download	Download is located next to Registration at Assembly. All competitors MUST report to Download even if they have not completed their course. Failure to do so could result in a search for them being instigated. Please check that your children have also reported to Download.			
Refreshments:	Unfortunately, there will be no refreshments provided. PLEASE bring your own water.			
Toilets:	Chemical Toilets available in the Assembly arena.			
Entry:	No Entry on the Day			
Results:	Results will be available on the MOR web site shortly after the event.			
Safety:	<p>Competitors take part at their own risk and are responsible for their own safety. Whistles should be carried. Six short blasts indicate a competitor in trouble, anyone hearing this signal is asked to offer assistance.</p> <ul style="list-style-type: none"> All TD5 and TD4 courses cross the main forest access road (which will be used for car parking). 'Caution runner' signs will be displayed on the track to warn drivers. Competitors may cross the access road and are advised to check for vehicles before doing so. Competitors are not permitted to run along the access road. Drivers are requested to drive with caution on the main forest access road and look out for orienteers crossing the road. The mapped area has a water hazard, which is deep and steep sided and must not be crossed or entered. The safety bearing for all courses is to head due north, where competitors will either meet a main forest track or path or the sea. <p>Please dress appropriately for an Event with an outdoor assembly in the North of Scotland in late October!</p> <p>Please note that Lossie Forest is a popular venue for walkers, and cyclists. The area could have ticks which may cause Lyme Disease, if not promptly removed. Competitors are strongly advised to check themselves afterwards for ticks and remove them ASAP.</p> <p>First Aid will be available at Assembly.</p> <p>Nearest A&E hospital – Dr Grays Hospital, Elgin</p> <p>ABOVE ALL, Moravian Orienteers hope that everyone thoroughly enjoys themselves in this beautiful area.</p>			
BIOSECURITY	Tree diseases and pests are posing an increasing threat to our forests and can be spread very quickly from forest to forest on muddy tyres, boots or paws. We believe everyone who loves spending time in the forest will want to help if they can to reduce the risk of spread of disease. Please clean all footwear, tyres and paws before your next trip into the forest.			

Organisers:	Morag McLuckie (moragmcluckie@yahoo.co.uk) 07974 320106
Planner:	Andrew Campbell
Controller:	David Summers
	<i>Please check www.mor.scot for any last minute details.</i>