

FINAL DETAILS

Maroc Cambus O' May Local Event Sunday 27th September 2020

We hope that you enjoy competing in our first post-lockdown event despite the additional Covid precautions that we ask you to follow for everyone's safety. We are always open to feedback so if you witness any unsafe situations or behaviours please raise them with the organiser or the Covid safety officer.

Covid-19 Precautions

- Please ensure that you have read and adhere to the BOF Code of conduct for events. https://www.britishorienteering.org.uk/COVID19_Safe_Orienteering
- Do not attend the event if you are showing any Covid symptoms, are required to self-isolate or you have been asked to quarantine.
- Please ensure that you observe the 2m social distancing rule at all times including; before and after the event, walking to/from starts and finishes, at download and with members of the public, and do not congregate in groups with others (unless part of your own household/transport group).
- If you encounter a member of the public on a narrow trail you must adhere to the 2m rule by leaving the trail as you pass them keeping 2m distance at all times.
- Remember that whilst competing the 2m separation rule takes precedence over a second or two on your time. So if someone is punching ahead of you please wait until they have moved away.
- Whilst competing try to minimise hand contact with SI boxes, fences and gateposts.
- Hand sanitiser will be provided at the start and at download.

We encourage you not to linger. Please arrive, have your run, download and then leave.

Parking (GR NO406980. Nearest Postcode AB35 5SD)

Parking will be available in the public forestry car park. Please share transport and park sensibly to maximise the space available and remember that there will be other forest users and dog walkers around. Note that we are unable to look after your car keys during your run. The overflow car parking area near the road is primarily allocated to EUOC. Please only park there if you have a large vehicle and/or are unable to find a bay in the main forestry car park.

Public Toilets

There are no toilets at the event. The nearest public toilets are in Aboyne and Ballater.

Hire SI-Cards

If you are hiring an SI-Card this will be available to collect at the start. Your hire card will be in an envelope with your name on it. Please remember to return your hire SI-card at download.

Starts

A start list with your start time will be published separately on the event website before the day of the event and will also be shown on the Fabian4 site. Start times are between 11am and 1pm and courses close at 3pm. Due to Covid restrictions there is no Registration tent at this event. The start is located close to the car park (see map below). There will be no Entry on the Day.

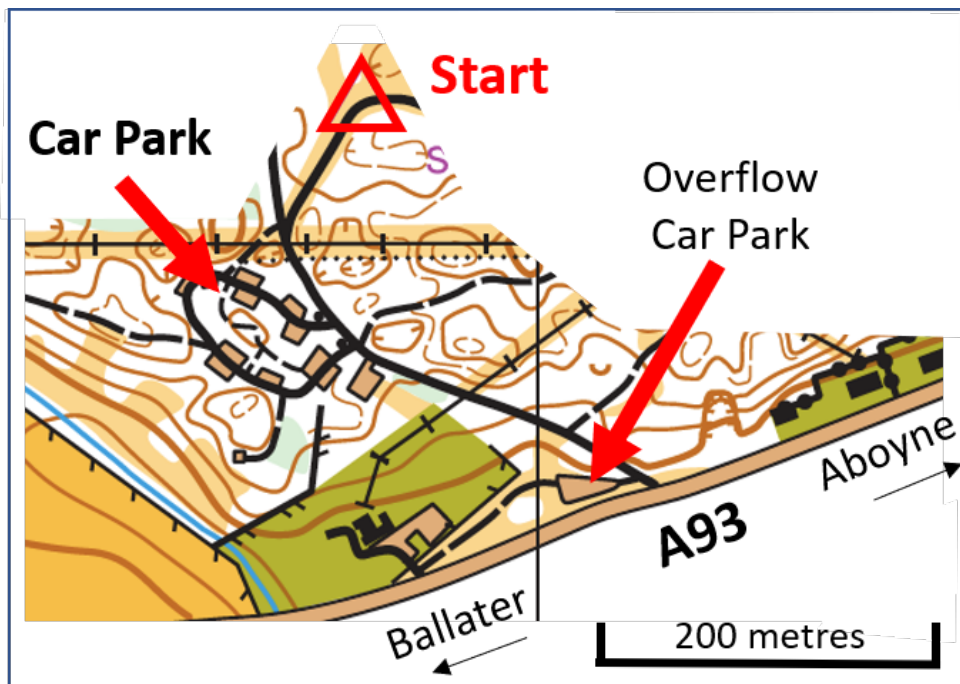
Please do not leave the car park to go to the start any earlier than 10 minutes before your allocated start time.

There will be 2 start lanes (one for White, Orange and Light Green courses combined and one for the Blue course). There will be -3, -2 and -1 minute countdown boxes, all sized to allow 2m distancing. To ensure proper social distancing everyone must adhere to their allocated start time.

Maps

Maps for all courses are to be picked-up after you have started. The control descriptions are printed on the maps and no loose descriptions will be provided, but if you wish to print out your own a pdf copy will be available on the event website. The map scale is 1:10,000 for Blue and 1:7,500 for all other courses.

Start Location



SI Timing

This will be Maroc's first event using their new SI Timing equipment. Contactless punching will be enabled so you can either use the normal SI-card or a SIAC contactless card for punching. All Cards must punch (dib) the Start and Finish.

There will be no split results handed out at download due to Covid restrictions however we are aiming to publish live results at the link below if mobile reception allows.

<http://www.marocscotland.org.uk/latest-results/>

Finish

The Finish is close to the Car Park. Download will be adjacent and we ask that you do not visit or remain in this area unnecessarily.

Courses

	Length (km)	Approx Climb (m)	Controls
Blue	6.2	200	16
Light Green	3.2	100	10
Orange	2.7	100	12
White	1.3	30	8

The Blue and Light Green courses go close to some larger crags and it is recommended that any younger or inexperienced children are shadowed.

Ticks & Lyme Disease

Ticks are abundant in Deeside forests, and a small proportion of those ticks are infected with *Borrelia* bacteria that cause Lyme Disease. To protect yourself try to avoid tick bites as much as possible. It is advisable to use insect repellent before your run, and to wear leggings that extend down to the ankle. For maximum protection wear orienteering gaiters. After your run, remove clothing promptly, shower and check for ticks, removing any that are embedded in the skin with a tick remover tool or tweezers. An infection of Lyme borreliosis would be indicated by a rash that expands to form rings - this may develop 3-30 days after the tick bite, and you should contact your GP immediately if you develop this. Not everybody gets a rash, and you should also contact your GP if you experience any of the following symptoms; flu-like symptoms, fatigue, headaches, migratory muscle and joint pain, nausea, stiff neck.

Officials

Organiser	Chris Low
Planner	Ranolph Whitehead
Planner's assistant	Sarah Dunn
SI and Download Leader	Matthew Gooch
Covid Officer	Trevor Ricketts