Deeside Night Series: A Maroc/GRAMP joint series of Night Orienteering Events

Notes for MAROC planner/organisers: Series 2020/21

Courses

Each event has 2 courses:

> Deeside Night Cup (Long) – 5km approx.

> Mini Night Cup (Short) – 3km approx.

Both should be as technically challenging as possible with no concessions to darkness.

Over the last three DNC seasons the course averages have been:

> Long: 4.9km, 150m climb   Average winning time: 40 minutes.

> Short: 3.2km, 90m climb   Average winning time: 35 minutes.

A good guide to balancing course length with climb is to use the ratio of 100m climb equivalent to 1km course length. Roughness of terrain may also be a factor so it's a good idea to check previous night results from the area as an indicator.

Don't make the courses too long such that a late starter is unlikely to complete the course before the 8pm cut-off.

Format

Format can be anything, but it's worth considering a course lay-out that keeps the competition area smaller. This saves time in hanging and collecting controls and reduces the potential search area for missing runners.

Starts -1800 - 1900 (earlier or later at planner's discretion, light may be a factor in February).

Courses Close at 2000.

The course closing time and organiser's mobile number must be printed on the front of the map.

For Covid logistical reasons a paper safety check of who is in and out of the forest must be made by the Organiser. This will affect the location of the Start and Finish – see **Principles for running the event under Covid conditions** below.

SI Kit

By default, the events will be contact punching, not touch-free.

Controls will be 'woken' by the first runner. Time loss is less than 1 second, minimal when compared to typical night-O mistakes.

Equipment to run the event

From SI Kit Holder collect:

Laptop; Hire SI-Cards, SI Stations: Controls, Clear, Start, Finish; Remote Download Unit (The SI Kit Holder will have time-synced the SI-Stations and cleared back-up memories).

From Maroc Shed collect:

Stakes for all SI Stations; reflectors for controls, start, finish and way-marking; one or two kites to signpost the car park; table for maps, hand sanitiser; weather-proof clip board.

Planning files to set up event: .xml export of courses from Condes10, .ocad file of map.

After the event it is recommended to collect controls the next day, particularly in remote forests, but controls on paths frequented by the public may be better collected on the night.

Principles for running the event under Covid conditions

All participants must pre-enter through a Google-Form in order to follow Trace and Protect requirements. No entry on the night.

The Organiser should sanitise equipment and protect themselves by wearing disposable gloves when putting out and collecting controls.

Start time blocks will be pre allocated and sent by email. This is the time interval during which the competitor needs arrive at the map/SI-Card collection point ready to start.

No handling of cash on the night, payment will be by invoice in March 2021 at the end of the series.

The event information must detail the location of the car park and the map/SI-Card collection point with estimated walking times between the two if different.

For safety and Covid logistical reasons, the organiser needs to keep a paper record of who starts and finishes based on the pre-entry list. To do this either:

(i)   the Start, Finish and map/SI-Card collection point are within sight or

(ii)   the Finish and the map/SI-Card collection point is on the way to the Start or

(iii)   there is a common location on the way to the Start/return from the Finish.

Maps and hire SI-Cards in small named bags will be available, ideally on a table. Hand sanitiser to be prominent by maps and competitors must remove gloves before sanitising. A receptacle needs to be provided for empty bags.

Competitors should then go directly to the Start where they will punch the 'Clear' and 'Start' SI units.

Download will be a remote Download SI-Unit, easily located from the Finish and close to the organiser who will record that the competitor has completed their run. The download SI-Unit should be attached to the red splits printer which will print the splits to provide a backup for the organiser. Please cover the splits printer and all wire connections with a bag to prevent them from getting wet (the download SI-Unit does not need covered).

No results or splits will be given to competitors on the day at the event.

Organiser's workflow

Before the event the organiser:

Sets up pre-entries using google forms. Closing date Monday 10pm.

Assigns start blocks and emails participants by end Tuesday.

Places pre-assigned hired SI-Cards in small named bags for collection at the event. Take note of these (name and corresponding hire SI-Card).

At the event the organiser:

Does a paper safety check with the printed list of Competitors from google forms.

Makes sure that he/she has a correct record of the SI-Card number that each Competitor is using.

Note: It will not be necessary for the Organiser to have a laptop at the event.

After the event the organiser:

Collects download station.

Interrogates the download station and extracts results file (.xml) on any laptop with SiTiming downloaded. No need for SiTiming licence key.

On a laptop with SiTiming and database (i.e a Maroc laptop) the organiser:

Creates the event in SiTiming.

Imports courses.

Loads the results file into SiTiming. This will create entries for the competitors and link results to them.

Obtains Final results.

The Maroc laptop is not needed until after the event

By arrangement, the Computing Officer can perform the final stages to create the event and generate the results but only if needed.

Safety check at the event is done manually on paper.

SI Control Codes:

101 to 160 inclusive.

These will always be an unbroken sequence starting from 101, even if a control is lost (SI-Kit holder will replace it immediately).

Please spread the battery life of the controls by not always using the lowest numbers.

There are plenty of reflectors available. Please bear in mind that some will be required for the Start, the Finish and for way-marking (to Start, Finish and Parking).

Map Corrections

For any minor map corrections that affect the planned courses e.g. new/removed paths, fences, towers etc., produce an updated sketch of the map and send with photo(s) to Jon (jon@big-jon.scot) with at least two weeks' notice and he will make the changes.

Planning consistency

Please remember to give a control description for the Start feature. As both courses are TD5 this can be any feature. Place a reflector on the Start stake.

Please add course climb to the course details and control descriptions.

Please place the Finish, with a reflector on a very prominent feature like a path.

Please make the final leg to the Finish as short and as easy to navigate as possible.

Avoid having the Start and Finish so close together that Competitors interfere with each other or accidently punch the wrong SI-Unit.

Map Printing

Please try to keep the map print area to A4 to reduce costs. Best to order the maps a week in advance and ask for the printing cost to be charged to the Maroc account. The printer is:

David Ritchie
A4 Design & Print Ltd, Inverness.

david@a4inverness.com

He will need the Condes event file and the Ocad map file.

Map print numbers

The number of ordered maps is at the discretion of the organiser but 15 Long and 30 Short might be a good starting point but always check recent results for calibration.

Data for Maroc events over the past three series:

	2017/18	2018/19	2019/20
Long			
Average no. of runners	13	12	9
Range	11 - 19	8 - 17	7 – 12
Short			
Average no. of runners	27	25	22
Range	20 - 33	18 - 31	18 - 27

Final Details

Send final details of the event in the standard website format to Nick Collins, Maroc Webmaster (webmaster@marocscotland.org.uk) at least a week before the event including:

- Location of parking with directions and distance to the Start and map/SI-Card collection point
- Course lengths and climb
- Any other pertinent information relating to the event/area

Any additional information in the lead-up to the event can be posting on the DNC Blog, run by Rachel Scott (flump@care4free.net).

Cost

£5.00 senior, £2.50 junior and full-time student.

Results

Send HTML results to MAROC Webmaster for loading to website.

Send a .csv file of results and the .ocad file to Andy Tivendale (andy.tivendale@gmail.com) for upload to BOF and Routegadget. Also send the same .csv file to Trevor Ricketts the Covid Officer (safety@marocscotland.org.uk).

Ideally results should be on the website the day after the event.

Safety

Planners are strongly advised to identify a 'buddy' with a separate car who can wait at the event until the last competitor has finished in case a search or assistance is required.

A Covid Risk Assessment must be completed for the event and the requirements adhered to. These principally comprise following protocols on distancing and hand sanitising. This will

be signed off by the Covid Officer (Trevor Ricketts, safety@marocscotland.org.uk) and a Committee Member.

A standard risk assessment must be completed for the event and countersigned by a club member with night planning/organising experience.

Planner must have a first aid kit, mobile phone and the club 'Grab Bag' with sleeping bag, extra torches and warm clothing available in their car (never yet used in anger during over 17 years of DNC). If weather is bad, the planner can insist that competitors carry a cagoule.

Masks and hand sanitiser are included in the First Aid kit and should be used if treating somebody. In the current Covid pandemic, if a first aider is uncomfortable giving CPR, they are not obligated to administer it. Mouth to mouth resuscitation should not be used.

The Planner's mobile number and the course closing time must be printed on the competition map.

Participants MUST carry a spare torch. Participants need to be reminded of the sensible precautions like taking a whistle, adequate clothing and cutting short if running too late.

DNC emergency plan

A competitor who encounters an injured competitor MUST stop and offer help. If asked for help they must stop and, if need be, give up their run.

On hearing of a competitor injured in the forest the organiser will gather as much information as possible about location, injury, state of person etc.

The organiser will gather at least 2 competent orienteers and send them with dry, warm clothing and a first aid kit to the injured person.

The organiser will decide whether the injured person can be evacuated by orienteers or if mountain rescue need to be called.

If self-evacuation is possible the injured person will be taken out of the forest and a report made on an incident form.

If further assistance is needed, call 999 and ask for mountain rescue and then police. Give GR of car park and wait for them to arrive.

If a competitor is overtime then organiser shall ask a competitor to check the last few controls for the missing person. If they still do not turn up, then the organiser shall phone the mountain rescue & police. Give GR of carpark and wait for them to arrive.

Once mountain rescue and police have arrived give as much info as possible - competitor name, age, experience, copy of course, any sightings of them by other competitors. Offer advice when asked for it.

Jon Musgrave, Nick Hale, Matthew Gooch, Trevor Ricketts, Chris Low

November 2020

Amendment list

2020 November	Introducing the splits printer attached to the download station to provide a backup for the organiser. Cover with a bag to prevent it and wire connections getting wet.
2020 November	Removal of the entries file import from google forms into SiTiming.
2020 November	Control code will be an unbroken sequence.