

SPRINGTIME IN SHROPSHIRE 2023



FINAL DETAILS

INFORMATION COMMON TO ALL DAYS

V1 15th May

CHECK YOUR ENTRY NOW:

After the closing date (23.59 on Sunday 21st May) no changes can be made via Fabian. All Fabian amendments are free until midnight on Sunday 21st May so please let Fabian know NOW about any changes you wish to make before the system allocates the time you originally asked for! You have a choice of V Early, Early, Middle, Late, V Late or Any for all three events.

The aim is to publish Start Times on Fabian by 06.00 on Wednesday 24th May.

Please **also CHECK ON FABIAN THAT YOU HAVE ENTERED THE CORRECT COURSE** as the Fabian start lists have what appear to be a number of anomalies.

We would remind you that to be eligible for the Midland Championships and/or UKOL you should have entered via your age class not a colour coded course.

Covid: Covid is still circulating within the population and everyone attending the event should follow the BOF Covid-19 Participant Code of Conduct. The latest version was issued in September 2022 and is available on the BOF website.

The key points are that you should not attend:-

- If you have any Covid-19 symptoms
- Have tested positive for Covid-19 in the last five days
- If you are awaiting the result of a Covid-19 test

Please be mindful of others who wish to observe social distancing.

Road Access: Please respect other road users and residents in and around the competition areas to ensure we will be welcomed back in future.

Parking: For details of parking on Day 1 in Telford please see the specific Day 1 Final Details. On Days 2 and 3 parking will be within farmer's fields and parking must be at the marshals' instructions.

Traders in the Assembly areas:

Podium Catering and Compasspoint will be attending on Days 2 and 3 at Brampton Bryan and Corndon.

Toilets: On Day 1 in Telford there are toilets within the Rugby Club's clubhouse that we will also be using for Enquiries, Registration and Download.

Spacemobiles will provide toilets at the Day 2 and 3 Assembly areas. Toilets will not be provided at the Starts.

Registration: On Day 1 in Telford, Enquiries, Registration, SI card hire and Download will be located in the Rugby Club's clubhouse. Please see the specific Day 1 Final Details for the address and directions.

Enquiries, Registration, SI card hire and Download on Day 2 at Brampton Bryan and Day 3 at Corndon will be located within each day's assembly area.

Entry on the Day: On Day 1 at Telford and Day 3 at Corndon, EOD will be available for all courses *subject to map availability*. On Day 2 at Brampton Bryan EOD will only be available for the colour coded courses again *subject to map availability*.

Electronic punching: SportIdent electronic punching will be used as usual for SINS and controls will be SIAC enabled for all 3 days.

SI cards are available for hire at £1 per day for Seniors and Free for Juniors. Those of you who have pre-booked SI cards can collect them from the Enquiries/Registration area each day. Should you lose your SI card, or fail to return it, you will be charged the full price of a replacement (currently £40). You are advised to bring some twine or very thin cord to make a wrist loop for your SI card.

The hired SI cards will be standard SI cards and are non SIAC.

For those using SIAC cards please note that you will need to PUNCH the finish control on all three days. It will not be in beacon mode.

Start procedure: Please ensure that you are familiar with the Start procedure for each particular day.

You will be allocated a start time which will be checked off against a start list.

Late starters and helpers will be fitted in at the discretion of the officials.

Punching starts will operate with a 4-minute call up.

Labelling of the Start Lanes and the Maps will be by the Colour of the Course so please make sure you know the Colour of the Course your Age Class is allocated to.

It is your responsibility to ensure you pick up the correct map and **please make sure you only pick one up.**

Split Starts: These will be available for EOD. Pre entered families should have pre-booked their split times.

Whistles: For the Urban event on Day 1 at Telford it has been decided that only Juniors (M/W 16-) will be required to carry a whistle.

All competitors will be required to carry a whistle for the cross country events on Days 2 and 3 at Brampton Bryan and Corndon.

These will be checked at the start. Failure to comply with the whistle requirement will result in you not being allowed to run.

Maps: All maps are printed on waterproof paper.

Loose description sheets will be available in the start lanes.

Maps will not be collected at the finish but please do not show your map to other competitors who have yet to run.

White and Yellow Maps: These maps will be made available to young and inexperienced orienteers before they step into the start box. The Start team will be able to help if needed.

OOB areas: as indicated on the maps.

Control Descriptions: Printed on the maps with loose descriptions available in the Start lanes.

Shadowing Juniors: Juniors may be shadowed on all courses on Day 1, Telford and Day 3, Corndon. On Day 2 at Brampton Bryan shadowing is allowed on the colour coded courses but not on the age related (championship) courses. To remain competitive, any adult who shadows a junior must have completed their run beforehand.

Control Sites: If you discover you have punched the wrong control, ignore the mistake and continue to the correct control. Similarly if you punch out of sequence, the error will be ignored providing you go back and subsequently re-punch *in the correct sequence*. Each control site will have a manual punch in line with BOF Guidelines.

SI Download: After **PUNCHING** the finish control you must download as soon as possible. Hired SI cards will be collected from you at the end of your hire period.

Results: We will aim to display these in the assembly area for each day. The SINS web site will have the previous days' results.

First Aid: Provided by members of WRE and HOC who have completed the relevant First Aid course.

Hospitals. The nearest A + E hospital for Day 1 at Telford is Princess Royal Hospital, Grainger Drive, Telford TF1 6TF. There is a hospital car park with a parking fee payable.

The nearest A + E hospital for Day 2 at Brampton Bryan is The County Hospital, Stonebow Rd, Hereford HR1 2BN. There is a hospital car park with a parking fee payable.

The nearest A + E hospital for Day 3 at Corndon is Royal Shrewsbury Hospital, Mytton Oak Rd, Shrewsbury, SY3 8XQ. There is a hospital car park with a parking fee payable.

A "Hospital" sheet will be available with addresses and phone numbers for each hospital. Collect one if needed from the First Aid points.

Clothing: All competitors must have full leg cover for the cross country events on Days 2 and 3 at Brampton Bryan and Corndon, as per BOF rules. In the event of bad weather competitors may be required to carry a cagoule. If required a "Cagoules Compulsory" notice will be displayed on the way to the start leaving the assembly area. Failure to comply with any of the clothing requirements will result in you not being allowed to run.

Safety: Competitors who are travelling alone are advised to leave car keys (or some treasured object) suitably labelled, or enveloped, with your name at Enquiries. **All competitors must download as soon as possible at the end of their run whether they have completed the course or not.**

Please be careful of steep slopes, slippery vegetation and barbed wire on some of the courses. While we have carried out full risk assessments of the competition areas, and put in place any mitigation of the risks we found, please be aware that you take part at your own risk.

Brampton Bryan and Corndon are both sheep country and ticks could be present. Check over your whole body after competing and again over the next few days. Pick off unattached ticks by hand. Any biting ticks should be carefully removed with tweezers or a tick removing tool. If any bites become inflamed obtain medical advice. Tick bites could be a source of Lyme Disease.

Club tents: There will be room for tents near to the Rugby Club's Clubhouse in Telford and in the assembly areas at Brampton Bryan and Corndon.

The Organiser can advise where the designated areas are.

Complaints and Protests: If anyone has a complaint about one of the events they should make it to the Organiser. If they are not satisfied with the Organiser's decision they can make a protest in writing using the form available from the Organiser or from Enquiries. A Jury will be on standby.