

FINAL DETAILS

QO CLUB CHAMPIONSHIPS 2020



EVERYONE MUST FOLLOW THE GOVERNMENT GUIDELINES ON SOCIAL DISTANCING AT ALL TIMES - THIS INCLUDES WHILE COMPETING - AND BE CONSIDERATE AND RESPECTFUL TO THE GENERAL PUBLIC.

ANYONE WHO HAS SYMPTOMS OF COVID-19, WHO IS LIVING IN A HOUSEHOLD WITH SOMEONE WHO HAS A POSSIBLE OR CONFIRMED COVID-19 INFECTION, OR WHO HAS BEEN ASKED TO ISOLATE BY NHS TEST AND TRACE SHOULD NOT ENTER AND SHOULD REMAIN AT HOME.

This year there will be 2 Club Champions - one senior and one junior. This is because there will be two courses, one for seniors and one for juniors.

Following COVID guidance, only QO members are able to compete this year.

A junior is as defined by British Orienteering - M/W 18 and younger.

JUNIOR CHAMPIONSHIP ELIGIBILITY

Any junior who is a current member of QO who runs the junior course.

All juniors **aged under 16 on the day of competition MUST** run the junior course.

SENIOR CHAMPIONSHIP ELIGIBILITY

Any current member of QO who is **aged 16 or over on the day of competition** who runs the senior course.

This means a junior who is 16 or over on the day of competition may run either course.

However, they are only eligible for the championship of the course they run

(If they run the junior course they are eligible for the junior championship. If they run the senior course they are eligible for the senior championship but NOT the junior championship).

This rule is to comply with BOF insurance requirements.

FORMAT

1 hour score course with controls of differing value.

The value of the control is given by the second digit of the code number.

Controls 110 - 119 are worth 10 points

Controls 120 - 129 are worth 20 points

Controls 130 - 139 are worth 30 points

Controls 140 - 149 are worth 40 points

A time penalty for taking longer than 1 hour of 10 points per minute.

Controls will be either purple (odd numbers) or blue (even numbers).

You may start collecting controls of either colour and can change colour at any time, but only once.

For example, if you start collecting purple (odd) controls you may collect as many as you wish. You may then change to collecting blue (even) controls for the remainder of the time. However, once you have collected a blue control, you cannot then collect any more purple controls.

The usual handicapping system will be used to adjust basic scores.

JUNIOR COURSE

All juniors **aged under 16 on the day of competition MUST** run this course.

This course uses the areas of Longrun Meadow, French Weir Park, Roughmoor, Castle School and Bridgwater & Taunton College.

This course does not cross any public roads. However, traffic may be encountered on the school and college campus areas, so care must be taken on all roads & car parks.

SENIOR COURSE

This course uses the same areas as the junior course, and in addition extends into the town centre. The course crosses public roads, which should be fairly quiet on a Sunday. However, great care should be taken when crossing roads and other areas where there is traffic.

Please be polite and considerate to pedestrians and other users you may encounter.

Those running this course and who have an old dibber should take care not to dib any controls not marked on their map, as there are 30 controls on this course but more than 30 controls being used!

Depending on which controls are visited (and in which order) competitors may have a route choice that takes them through the Silk Mills Park & Ride area. Although this area is marked as OUT OF BOUNDS, it is permitted to run round the **boundary** of the parking area.

As this is essentially an Urban event, the normal rules regarding clothing for urban events applies (i.e. shorts may be worn and spiked shoes are not recommended).

MAP

The map scale is 1:5000 with 2.5 metre contours, drawn to ISSprOM mapping standards.

A full legend is NOT printed on the map. **The legend only lists those features that are forbidden to be crossed/entered.**

All competitors must make themselves familiar with the symbols used, in particular those that prohibit passing across and entering.

Features mapped as 'DO NOT CROSS' and 'DO NOT ENTER' **must not be crossed/entered** even if they look possible to cross/enter (e.g. If a fence is mapped as 'do not cross', you must not cross it even if you are physically able to do so or there is an open gate not mapped as a crossing point).

Anyone found doing so risks the area being lost to orienteering and will be disqualified.

PUNCHING

Contactless (SIAC) punching will be enabled except at the start and finish. You **MUST** dib at both the start and finish. Please do so without touching the SI unit with any part of your body. All other SI units are contactless. If you have a SIAC dibber, please **DO NOT TOUCH** the SI unit with your dibber -it is CONTACTLESS - or any part of your body. If you have a non-SIAC dibber, please try not to touch the SI unit with any part of your body.

ASSEMBLY

The assembly area is outside the Link room at the COACH building in French Weir Park

Grid Reference ST 220248

There will be no access to the building. The toilets are closed.

START

There are 2 starts this year - one for the **Senior** course near the **North end of the COACH** building and one for the **Junior** course near the **South end of the COACH** building.

There will be no final briefing at the start, so make sure you have read all the information in these Final Details before arriving at the start.

There will be **NO** mass start this year.

There will be starts at one minute intervals with pre-allocated start times. Please do not approach the start area until 1 minute before your start time.

FINISH & DOWNLOAD

Once you have dived at the finish, please immediately move away from the finish area into a part of the park where you can separate yourself from others and maintain social distancing.

Please do so until your breathing has returned to your normal resting rate, you have cooled down and stopped perspiring. Only then should you approach download, and please follow the instructions of the download team.

THESE MEASURES ARE FOR YOUR OWN SAFETY AS WELL AS THAT OF OTHERS.