

**Please take care to read the following information which in addition to the website, highlights some of the key points you must be aware of.**

Unfortunately, Dalkeith Park has made a late change to out-of-bounds areas to protect paths from erosion. This has required us to remove some controls and move the start. As a result there are fewer options for the order in which controls may be taken, although still quite a lot. It is also possible that the fastest runners may be able to visit all controls in the time allowed. Please note: no metal studs.

### **COVID Information and Guidelines**

You should not attend the event if you are showing any symptoms of Covid 19 even though you have pre-entered. You should also not attend if you have specifically been asked to quarantine or self-isolate. The event will be managed to take account of all Government. **Additionally, the event will be run in accordance with Scottish Orienteering Association (SOA) Guidelines around social distancing and hand sanitising so please:**

- do not arrive too early at the call up area (no more than about 10 minutes before your start time);

- keep a 1m distance from others outwith your household;

- use the hand sanitiser provided at the Toilets, Start and Download.

**These extra precautions are only required during your 'race' and in what the SOA defines as the 'field of play'. For this event the field of play will be from the time you enter the car parking field until you download after your run. THOSE WHO ARE ESPECIALLY VULNERABLE: If you have such vulnerabilities that require extra precautions, you are advised to take responsibility for implementing these extras.**

### **Please do**

- Be considerate to all other competitors and be patient, courteous and respectful to our volunteers who are ensuring we abide by the rules.
- Wait your turn if someone is at a control and move quickly away from the control after you have punched and give way to members of the public on narrow paths and at gates or stiles (the area is popular).
- Always maintain 1m social distancing (even on the course) but especially near Download and in the car park field.
- Use the hand sanitiser provided at the Toilets, Start and Download and carry your own if possible. Masks will not be compulsory but feel free to carry/wear one in busy areas such as the toilet queue and start lanes.
- The event Covid Officer (and Test & Protect contact) is Jayne MacGregor (ESOC). Should you need to contact NHS Test & Protect (or Track & Trace in England) after the event, please give them these contact details [covidofficer@esoc.org.uk](mailto:covidofficer@esoc.org.uk) if they need more information about the event.

Further information is available at [Scottish Government: Test & Protect](#).

### **Prizegiving**

A prizegiving of trophies and medals for the 2021 Scottish Score Champions and their runner ups is intended to take place shortly after courses close at 14:30. Please do join us whilst abiding to the prevailing COVID rules. Previous trophy winners should leave their trophy on the table available within the download tent.

### **Terrain**

Dalkeith Park is managed parkland, but with some wilder wooded parts. There is an extensive path and track network. There are steep slopes in places, with some contour detail, and a number of open fields surrounded by fences. There is quite a lot of undergrowth vegetation in parts of the woods, but this should be much died down by 21<sup>st</sup> November. The park is divided in two by the large River North Esk, which must only be crossed at the mapped bridge near the start. There are also some dangerous crags along the river. A number of out-of-bounds areas are marked on the map, including a large area of SSSI in the NE part of the map.

The 70 min Score event also includes controls on an urban map in Dalkeith Town Centre.

## Map

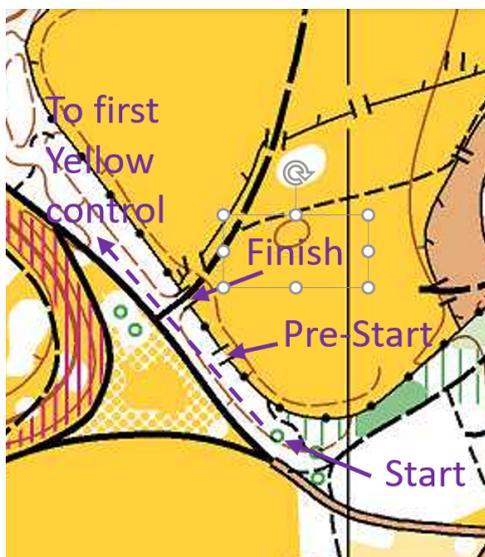
The park was originally mapped by Peel Land Surveys in 2007 and updated in 2014 by Stirling Surveys. Some recent corrections have been made owing to changes to paths and fences. Scale 1:7500

A small part of the Dalkeith town centre is on the 70 minute Score map. Scale 1:4000

No loose control descriptions.

## Courses

**Yellow course:** The course length is 2.5 km. Yellow maps should be collected en route to the start at the (manned) exit from the car park field. It should be communicated to juniors that the yellow course begins down the track and back towards the pre-start at the exit from the car park field. This has been a necessary evil to facilitate the score courses in the face of a very late loss of our planned start location. Yellow course competitors should not cross the tarmac estate road but instead use the verge and take care when nearby.



**Score courses:** All controls on all Score courses are worth 10 points. There will be a penalty of 1 point for every 6s over the time limit.

**70 min score (only):** The 70 min Score course also has some controls in urban terrain. The urban map (at 1:4000) is printed on the reverse – note this is larger scale than the 1:7500 park map. Although it is not compulsory to enter the urban area, if you choose to, there is one transition control shown on both the park and urban maps, which must be visited in both directions when changing between the maps. The control is on the pedestrian gate to the park and has zero point value. Near

the park gates is the fairly busy Dalkeith-Musselburgh Road, which needs to be crossed to access some urban controls. Because of sharp bends traffic is fairly slow. Controls are placed such that the road may be crossed anywhere along a reasonable length, but competitors must take care.

**40 min score.** Competitors on this course do not need to and should not cross the tarmac estate road, although they will use the verges in places.

### **Start, warm-up and timing**

Start is almost adjacent to the parking field (West side). To minimize congregation around the start, a pre-call up will be operated at the exit from the parking field. Please do not progress to the start more than 10 minutes before your start time and please respect the officials' instruction. Call up is -4 minutes. Please note the start is adjacent to the estate road, do not congregate on the road and take care when setting off from the start line on your course.

Start times were self-selected- if you need a reminder, find them here.

<https://www.fabian4.co.uk/start/list.aspx?EventID=2986> **Please note: the 60 min course in particular is very busy - it may not be possible to fit you in if you are late of your own volition.**

Warm up is possible along the boundaries of the parking field (carefully) and along the verges (only) of the recently seeded field to the north (where the toilets are).

Controls are SIAC enabled except for the start and finish which you **must** punch.

Please report to download even if you retire. Unfortunately we are not able to provide printed splits but results should be available live on the SOA website.

Pre-hired Slcards & SIAC cards are available within the download tent (at the trophy drop off-point).

### **Courses Close at 14:30.**

### **Safety**

A comprehensive risk assessment has been carried out, as has a Covid-specific risk assessment, but participants take part at their own risk and are responsible for their own safety getting to and during the event. By entering the event you are accepting this condition.

- Parents/guardians should explain all safety aspects to all children and vulnerable persons in their care. If you are in any doubt about their ability to stay safe, only allow them to participate with a carer.
- Public Liability Insurance: As a member of an orienteering club in the UK you are covered by our public liability insurance. This event is only open to orienteering club members.

The park is much used by non-orienteers, although the number will depend strongly on weather conditions on the day. Please be considerate to other users so we keep good relations with the park and can have future events. This is especially important for those that visit the urban section, please keep to the left in narrow areas and be courteous to members of the public and other competitors, especially around corners.

In addition to the urban environment, some of the event takes place on estate roads – please exercise caution and give way to vehicles, especially around the start.

The ground conditions are slippery in places with some steep slopes- please wear appropriate footwear (but no metal please) including full leg cover.

The area is relatively sheltered but please dress appropriately for the weather. Goggles may be enforceable if inclement.

Ticks are still present, please check yourself after the event. Livestock, including deer are also present, you should practice good hand hygiene prior to eating. Horse fields are marked out of bounds.

You have the option of downloading and completing this [Medical Form](#). It could be lifesaving if the organiser is aware of any existing medical conditions in the event of an incident at the event. You can leave the completed form with the start official in a sealed envelope that will only be opened if required and destroyed after the event.