



BASOC Coaching day, 5th November 2022, Moor of Alvie

- **Date** 5th November 2022
- **Time** 10:45am to 1pm
- **Location** Moor of Alvie
- **Parking** Adjacent to the bridge over the Railway. Signed from the B9152 1 mile NE of Kincaig, signed Speybank. What3Words [///wager.overtime.smashes](https://wager.overtime.smashes)

- **Map** Moor of Alvie, 1:7500, 5m contours.
- **Lead coach** Lynne Walker lynne@lwpf.co.uk 07724 115766.
- **Technical standard** The exercises are all aimed at TD3 (Orange) and above. If you have any questions regarding this please contact Lynne.
- **Map printing** Please print your own maps from the folder on Google Drive. If you have any problems with this then contact Lynne.

<https://drive.google.com/drive/folders/1CdUJoUaBhm26sd-qyF68liasY6oluYFM?usp=sharing>

If it is not possible for you to print maps then please contact Lynne. Maps will be printed for you on ordinary paper (so please bring poly bags to protect them from the outdoor environment).

- **Cost** BASOC operate a 'suggested' donation system. There will be a 'tub' at the session or you can pay by BACS (details are on slips of paper in the tub). If maps are printed for you, then an extra £1 contribution will cover this.
- **Sign up** Please sign up by the end of **Wednesday 2nd November 2022** using the Google form (one for each athlete).

	Adult (+ printed map)	Junior / Student (+ printed map)
BASOC member	£2 (£3)	£1 (£2)
Non-member	£3 (£4)	£1.50 (£2.50)

<https://docs.google.com/forms/d/e/1FAIpQLSfiiI5QnyunHX0AkoCilmIqvoxB1LsxKyCGIGT6PIfv5lbc2g/viewform?usp=sharing>

Important points!

- This is coaching and training – please exercise well within your limits.
- Bring along a small First Aid kit so that you can deal with minor scratches etc.
- Ticks are present in the area, check yourself and other family members after the session.

Theme for the coaching

Contours – interpretation map <-> ground.

- There are no control descriptions on the map – so having a good Picture of the control site from the map detail is essential.
- Map reading is more important than speed at the start of the exercises.
- All control sites will be marked on the ground with a 15cm white tube which has a reflective strip around the base; these will also be a bright green streamer attached to this which has the control code on it.
- For these exercises, most of the paths have been taken off the map. This allows for clearer vision of the contour detail on the map.

The session will start with a walk to the NE corner of the Moor of Alvie map. From a central location, there will be

Exercise 1

1. Star exercise (4 controls, visit one at a time and return to the central area). These are in the PDF 'Moor of Alvie Star no paths'.
2. Short loops (4 loops, each less than 1km). These are in the PDF 'Moor of Alvie Loops 5 to 8 no paths'.

After control collection, the group will then return to the vehicles.

The next exercise will be putting into practise the learning from Exercise 1. The area for Exercise 2 is more detailed and tougher underfoot. Some of the legs between controls are longer and so some PLAN of the route (using contours) is essential.

Exercise 2 starts and finishes at the vehicles.

Exercise 2

3. Longer loops (4 loops, 1.2km to 1.7km). These are in the PDF 'Moor of Alvie Loops 1 to 4 no paths'

The session will close at 1pm – please return from your loop by then. If the weather is reasonable, why not bring along your packed lunch and have a chat with everyone?

IMPORTANT COVID-RELATED INFORMATION

Covid-19 is still around and rates are rising. The fact that orienteering is an outdoor sport where we disperse across the area is very much in our favour, and we know the social aspect is important to all but we urge you to keep your distance, even outdoors and follow the proper hygiene measures.

Please do not come if you or anyone in your household feel unwell or have any Covid-19 symptoms. All orienteers must not attend an orienteering event if they have symptoms or test positive for COVID-19 (even if they have received two doses of the vaccine and a booster) until they have completed their period of self-isolation. People in higher risk categories should be aware that meeting a group of people does increase the possibility of them becoming infected. Please bring your own "comfort kit" - tick remover, sticking plasters and anything else that you might occasionally borrow from others. First aid will be provided only in extreme circumstances. Clubs are to avoid close packed (less than 1m separation) groups of people even when outdoors.