

ACTRA 2020 KOVID-Forest Night/Day/Cycle-gaine

Course Setters' Notes

Welcome to the 2020 KOVID-Forest Night/Day/Cycle-gaine. It has been a challenge to organise this event around COVID-19 restrictions, but we hope you enjoy it! There are 57 controls, worth a total of 2830 points.

The Course Area (East Kowen Forest and Sparrow Hill)

The course is largely pine plantations, with some patches of native forest. Many parts of the forest have been cut down and replanted recently, so you'll get to see pine trees in various different stages of life. In general the eastern forest is quite new, the western forest is older, and the southern forest is mostly older forest with some cleared areas. Some trees are quite small, and we ask that you try your best not to step on the baby ones. Some areas of the map are shown out of bounds on the map due to recent plantings. Note that while the forest sections of this are out of bounds, travel on the fire trails leading through them is still allowed. Parts of the forest can be quite open and runnable, though be careful of fallen branches and ditches between the plantation mounds as these could lead to trips and rolled ankles (luckily we have a first aid officer on duty).

COVID-19 Safety measures

- First and foremost, please advise organisers if you have recently returned from overseas, if you have travelled from a known COVID-19 'hotspot' without a designated period of quarantine/isolation, or if you are awaiting the result of a COVID-19 test. If you are feeling unwell, or have flu-like symptoms, please do not continue with your rogaine. Go home.
- We have tried to make this event as contact-free as possible. The obvious signs are no catering and no prize ceremony, but gloved organisers will also be handing out/collecting maps and tags with as few touches as possible. Please drop your team-numbered flight plan directly into the box provided. Touch points at the toilets will be cleaned regularly (makes you rush to sign up as a volunteer helper doesn't it??)
- We have deliberately limited entries for each component of the event to a maximum of 95 competitors (+5 organisers) to keep under the ACT's mandated (at the time of printing) 100-person cap on gatherings. **As the Day and Cycle events are treated as separate, cyclists and runners please stay well apart, including at the briefings and start on Sunday morning.
- Please also maintain a safe 1.5m distance from other teams at all times - including while doing your route planning, at the briefings, at the start and finish, and when approaching controls - a few extra seconds now could save a life later. We have several finish punches, but you should probably still leave yourself more time than usual at the end of the event so you can punch safely and on time.
- See also the specific notes about safe use of navlight punches below.

Controls and navlights

For COVID-19 safety, we have made the navlights hands-free. You should be able to see a navlight strapped to the same feature as the control flag, mounted perpendicular to the feature and ready to use without needing to touch it with your hands - just present your navlight wrist tag to the reader so the navlight flashes in the usual way. Please be careful, as in many cases the navlights are held in place with elastic straps that are quite tight and could hurt someone if they came undone unexpectedly.

If you can't find the control but you're sure you are in the right place, have a look at the ground in case the navlight has come loose since being hung and has fallen down. Please contact the organisers to have them re-mount the navlight rather than doing it yourself.

Control Specific Notes

Please enjoy the view into that wild place called NSW from the border at control 70 - you may lose 10 points if you don't look around for at least a moment, in the daylight anyway!

Out of Bounds

Please pay attention to out of bounds sections marked on the map, for your own safety and to ensure we follow the requests made by ACT Parks and Conservation. Some parts of the forest have been planted recently and are therefore out of bounds. On the ground, these will look like large clear areas with rows of peaks and troughs where the trees have been planted. It may be unclear on the ground which sections are too recent to go in and which are not, so trust your map.

Other than recent plantations there is also private property marked as out of bounds. This private property includes the HQJOC military base (south of the railway line) and the Canberra International Clay Target Club shooting range (on the west of the map). These are places you definitely do not want to go into without permission, so please stay out.

Finally, Kings Hwy is out of bounds. To access the southern section of the map, use the underpass marked in blue to the southeast of the Hash House. There are two underpasses at the location marked in blue and either can be used, but crossing the Kings Hwy anywhere else is not permitted. Your results will give us a good hint about your compliance with this, and remember if you post your Strava etc we'll know where you crossed!

Mountain Bike Tracks

Kowen Forest has many tracks throughout it, especially around the Hash House and in the southern section. Most of these tracks are mapped, but some may be missing or inaccurate. Please be careful on these tracks and look out for people riding through if you are on foot, or people walking or running through if you are riding. We don't have exclusive use of the forest, so please be careful of any other users when using these trails.

Optional Beginner/Family Loops

HH - 30 - 53 - 20 - 58 - 44 - 34 - 43 - 21 - HH (~9km)

HH - 21 - 33 - 63 - 71 - 52 - 61 - 80 - 62 - 41 - 32 - 22 - 31 - HH (~13km)

Safety

Most areas of the map have some level of mobile phone reception, though this can be patchy. There is reception at the Hash House, so if you need help please call 0401 994 975 (this number is also on the front of the map). If you are or someone in your team is in a life threatening situation, please contact emergency services on 000 before contacting the Hash House.

If you become unsure of your location and (think) you are east of (a notional straight line drawn on the map connecting) controls 53 and 25, head north or south to Kings Highway and follow it towards the Hash House. (If you are south of the highway DO NOT cross it until you reach the underpass.) If west of those controls, head north or south to Fearnside Way (marked on the map) and follow it, and then follow Orchard Way (next to control 53) to the Hash House.

Late Penalties

Don't be late. Teams will lose 10 points per minute or part thereof for every minute that the last team member is late, and will be disqualified after 30 minutes. Please attempt to call the Hash House number if you are going to be more than 15 minutes late.

GPS units

GPS-capable devices may be carried for emergency use (including, if it's a phone, to notify the organiser if a control has been dislodged from its hands-free mount) or for recording your route. Please collect a bag from the Hash House to seal the device in. These must remain in your bag at all times and are not to be used on the course.