



CORNVALE
BUTCHERS & FINE FOODS

Lancaster & Heysham SSN



SROC Schools Orienteering MapRun Challenge 2020-21

With Prizes from Cornvale Foods!

The first of The LHSSN Orienteering MapRun Challenge courses, using GPS technology, are live! Using the latest technology of the *MapRunF* app on mobile phones or tablets... we all know how excited the pupils will be if they get to use phones/tablets in a school activity- printed maps are also used. We hope this can be used either for school groups or families to keep children active, having fun... and winning fantastic prizes!!!

Our first courses are at Ryelands Park and Williamson Park, each one will take you between 10 and 25 minutes. You can do these courses whenever you'd like. You can then see your time on the leaderboard and see the route you took! If schools are unable to get enough devices teachers only may time their pupils and send in their times to jamieson.sm@gmail.com. Other local courses coming soon! Prizes for the best times and schools with most entries!

For those entering **Round 1 - Deadline 13th December**:

- 1) **From the top 5 times on each course, or anyone completing all 6 courses, we will do a draw for a Cornvale Family Christmas Hamper which includes Turkey and all the trimmings for you and your family, delivered to your door!!! Draw will take place on 14th December.**
- 2) Top times per course at: Years 1-4, Years 5-6, Years 7-9, Years 10-13 will receive a prize from vouchers, medals, water bottles!
- 3) Teachers welcome to have a go with their own families- please pass onto colleagues!
- 4) Each entrant can download a certificate, maps, or more info from our website News sections www.lhssn.co.uk or from Cornvale foods www.cornvalefoods.co.uk
- 5) From 7th -13th December gifts from Santa will be left at random times at various control points. Keep your eyes peeled as you move around the courses!
- 6) Schools with the most pupils taking part will win an Active Mile resource, an LHSSN top, and a voucher for Cornvale foods for a the teacher of one of the pupils involved!

Please continue to enter from 14th December- there will be different prizes for Round 2 which will run 14th December close on the 24th January!



Getting Started

- For details of how to download the **MaprunF** app (not the old Maprun app) look at the British Orienteering VOC page <https://www.britishorienteering.org.uk/vocs>
The pictorial guide is particularly helpful.

When registering on the app put your name in as follows:

School, Year, Name how many in your team- even if you compete with your family eg;

Ourladys9 Steven Jamieson2

Also put your school name, in the **Club or Team** at the bottom of the **Name** section. If your school policy does not allow you to put names please put your school, year & class & initials- just so we can identify prize winners!

Families: Ideally add all children involved and do separate times for each, format as above **School, Year, Name, number-** remember the school with the most entries will win a prize. Or alternatively just pick one of the children as your entrant and record the times as that child reaches the checkpoints (they hold your device).
18+ Individuals will need to be accompanied by a child and input as above.

- When you open the app go to **Select Event**, you need to navigate to **UK**, then **Lancashire**, then the **Lancaster Schools** folder and then select one of the courses below (they get progressively harder). If you need to go back at any point scroll up and click on **Up**. You can download both on to your phone, one after the other. Courses available are:

Ryelands Park

1. White Course
2. White Easy but Longer
3. Yellow Slightly Harder
4. Orange Harder and Longer

Williamson Park

1. White shorter
2. Yellow longer

- Wait for the files to download. You can do this prior on wifi or at the Park via your data.
- To see the course and map (or when you are in the Park) tap **Go to Start**.
- Be aware that as soon as you get within 25m of the start point (purple triangle on the map) your phone will **beep** and your time will start automatically. It will then beep when you reach each control point. When you reach the finish (double purple circle) it will stop and upload your result. Make sure your GPS is on and that you are not in power saving/aeroplane mode and that your screen is set to stay on. You should put your phone in a closed pocket, rather than holding it.
- Print the maps that schools have been emailed or download from the **News** section of www.lhssn.co.uk or at www.cornvalefoods.co.uk, one for each person in the group going around, ideally not one per group- so they can discuss the best routes. Pupils are welcome to work as individuals or teams; we realise this may be dictated by the number of phones and devices you have access to. They need to work as a team and get everyone to the finish together!



- Although maps are on the phone, you are strongly advised to print the map - looking at a small phone screen is much more difficult!

- If your phone does not beep at a control but you know you are there, just carry on - you can review your result using the app when you finish it can be validated anyway by the MaprunF administrator, who will see if your tracking looks ok. If you want to time on a watch as a backup please feel free.
- Please let your school know if you do it independently and please Tweet or Facebook @LHschoolsport
- If schools are attending please email williamsonpark@lancaster.gov.uk (Williamson Park) or PublicRealm@lancaster.gov.uk (Ryelands Park) prior to ensure we don't have several groups there at one time. Families do not need to do so.

How do You Orienteer?

As series of short videos (which could be used in the classroom) can be viewed here:

https://www.youtube.com/playlist?list=PLdIRJAIDbbtxOoWjIA_Cktm6ou0xaEF_S

They illustrate using Permanent (fixed) Orienteering courses but are equally applicable to Virtual Orienteering. A basic printable guide is also here: <https://betterorienteering.org/beginner/>

Lancaster & Heysham School Sport Network:

www.lhssn.co.uk

<https://www.facebook.com/LHschoolsport>

<https://twitter.com/LHschoolsport>

@LHschoolsport on Facebook and Twitter

This Challenge has been produced in cooperation with **Red Rose Orienteers:**

www.sroc.org

<https://www.facebook.com/SROC1964>

https://twitter.com/SROC_1964

Enquiries about orienteering welcomed, just email Development@sroc.org

For Cornvale Foods

<https://cornvalefoods.co.uk>

<https://www.facebook.com/CornvaleFineFoods/>



Safety

Although the courses have been planned to be as safe as possible, and keep to the paved paths in Williamson Park, this is an unsupervised challenge therefore anyone undertaking MaprunF is doing so at their own risk and LHSSN, SROC (Red Rose Orienteers) and British Orienteering take no responsibility for any damage or injury whilst participating.

Some of the main hazards in Ryelands and Williamson Parks (WP) are:

- Dogs being exercised
- Traffic on the access road and in the car parks
- Traffic on the adjacent perimeter roads
- Slippery paths especially where there are steps, slopes, wet leaves or ice. The paths are most slippery under trees. Do take care.
- Occasional slow moving vehicles on the path/road up from the Quernmore Road gate (WP).
- There is an obvious shallow lake which has slippery margins (WP).
- There are large crags/cliffs and other rock features in the Park but the courses avoid (WP).
- Off the paths, prickly vegetation and trip hazards

Covid19

This should be an easily distanced activity! Please remember to stay safe when undertaking any type of orienteering - and to stay within the governments guidelines on social distancing - these courses are provided as an opportunity for us to individually, or in families, or school bubbles to enjoy a small bit of our sport again.

We hope that you enjoy using these maps, but please be mindful of your own health and others, we ask that you will:

- heed the current government restrictions for example if you have a pre-existing medical condition
- keep yourself safe, but also be aware and keep any members of the general public safe, so hand washing/cleaning is important, always give people you encounter 2m of space - if you need to divert or stop and wait, please do so.

If schools are attending please email williamsonpark@lancaster.gov.uk (Williamson Park) or

PublicRealm@lancaster.gov.uk (Ryelands Park) prior to ensure we don't have several groups there at one time.

Families do not need to do so.

Good luck!

