

Dear Head teacher/PE coordinator/parent/guardian,

Following the success of our virtual mile, together with Pendle Forest Orienteers, we are launching the 'Rossendale Virtual Orienteering Competition' from 22nd June- 6th July and would love for you and your family to get involved! This is a Rossendale-wide, mass-participation event that anyone of any age or ability can take part in (yes that's right, we encourage teachers and parents to get involved too!).

Throughout the two weeks, we will be encouraging as many people in Rossendale to get out and have a go at our virtual orienteering event. There are courses set out in two parks across Rossendale: one at Whittaker Park (Haslingden Road, BB4 6RE) and the other at Marl Pits (Newchurch Road, Rawtenstall, BB4 7SN), participants can take part in either or both of the parks.

Everyone that enters will receive a certificate. The schools with the most entries (nursery, primary and secondary) will be crowned the overall winners. As well as this, there will be prizes for the fastest in the following categories:

Girls	Boys	
EYFS	EYFS	Short course only
Year 1-2	Year 1-2	Short course only
Year 3-4	Year 3-4	Short course only
Year 5-6	Year 5-6	Short course only
Year 7	Year 7	Short course only
Year 8-9	Year 8-9	Short or Long course
Year 10-11	Year 10-11	Short or Long course
Under 20's	Under 20's	Short or Long course
Under 40's	Under 40's	Short or Long course
40-49	40-49	Short or Long course
50-59	50-59	Short or Long course
60-69	60-69	Short or Long course
70+	70+	Short or Long course

To take part, download the 'Maprunf' App on your smart phone (please see instructions on the next two pages). You will see that there is a 'short course' and a 'long course' for both of the parks. The short course is for EYFS up to Year 7. For year 8/9 and above you can choose to take part in the short course and/or the long course (dependant on how experienced you are in orienteering). Your phone will make a sound each time you pass through a control and through the finish line. It will then automatically give you a time. To enter your time, please click on the link: [Rossendale Virtual Orienteering Results Form](#) Please also post photos of you taking part to our Facebook page: <https://www.facebook.com/Rossendalessp/>

Good luck!

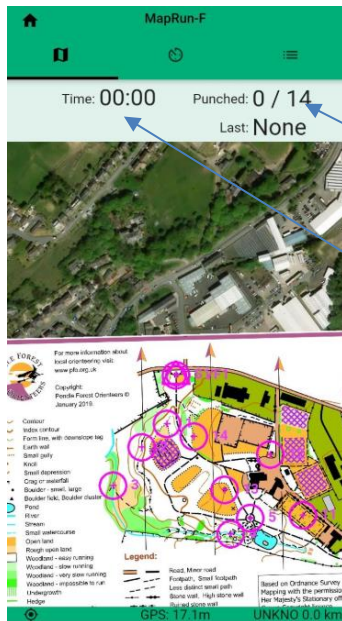
Nathan Bibby

Any photographic images, video content and personal details of individual children and young people are classed as personal data, Under Data Protection and GDPR Law.

We therefore need to make you aware that by submitting video and photographic content of individuals, then you understand that this content will be processed for the legitimate interests of Rossendale School Sports Partnership. This content may be used by this party to promote the event and the organisation itself via online channels (such as website and social media), other publicity material (such as internal and external newsletters), posters and provided to the media for publication in local or national newspapers.

Photos and video content will be retained for public use for 3 years, after that they won't be used publicly but some images or recordings may be kept as an archive. Rossendale School Sports Partnership is committed to processing information in accordance with the General Data Protection Regulation. You have the right to request to see a copy of the information we hold about you and to request corrections or deletions of the information that is no longer required. You can ask Rossendale School Sports Partnership to stop using your images at any time, in which case it will not be used in future publications but may continue to appear in publications already in circulation

Maprunf



With MaprunF you are trying to post the fastest time visiting all of the virtual controls (purple circles). You will not see any physical evidence of a control but hear a 'beep' if you have got to the right location.

Your time is shown top left, 'Punched' 0/14 means you have visited no controls out of 14 on the course. 'Last' – The number control you visited last. The screen is split between a Google Maps overview of your location and the Orienteering map of the location.

Download and open the **MapRunF** app on your smartphone from Google Play or the App Store

Start the App

Add your details



At the venue - select '**Events near me**' and look for the title of the event you wish to do.

Select '**go to the start**'



Your phone will make a sound when you pass through the event start and start the course timer. Each time you pass through a 'control' and the finish.

If you do not have a smartphone, you can print the map from the Pendle Forest Orienteers Website www.pfo.org.uk, record the time you took and send it to the organiser, Rossendale SSP.

******Please respect social distancing rules, be aware of other park users and watch for cars on roads and car parks that may cross the course******

Helpful Tips



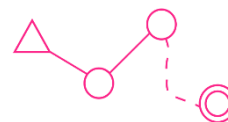
Make sure your phone is fully charged and turn up the volume. Switch off other apps during your run.

Make sure your 'Location Services' are turned on. For an **iPhone** go to 'Settings' then 'Privacy' - 'Location Services' // **Android** - 'Settings' – Tap Location – At top turn 'Use Location' on.

Switch off 'Auto-lock' for your screen. For iPhone - 'Settings' - 'Display & Brightness' then switch 'Auto-Lock' to 'Never' // Android – 'Settings' – 'Security' – 'Screen Lock' – None.

****If you run past a different control on route to your next number and hear a beep simply carry on and visit the number you're heading to, the app will correct itself when there.****

What is Orienteering?







Orienteering is a sport that uses a map to follow a set course with the aim to visit all of the controls (checkpoints) by running or walking. The aim is to plot the fastest route, you are free to choose your own route between the controls as long as you do not visit an out of bounds area. The fastest time from Start to Finish visiting all the controls wins!

The Map



Orienteering maps look different to ordnance survey maps so please use the map symbols legend (key) to help understand the map!

- The purple triangle is the starting point. 
- The purple circles are the 'control points' and should be visited in numerical order. 
- The line between the controls shows you the direction of the next control but you do not need to follow the line. You can plot your own way! 
- Do not cross the out of bounds areas marked with purple hatching #####
- Paths are dashed black lines - - - - Roads are thick black/brown depending on their size. You do not have to stick to paths as long as it is safe to do so!
- The finish is marked by a double circle. 

PDF maps are available for printing off the [Pendle Forest Orienteers](https://www.pfo.org.uk/news/rossendale-schools-sports-partnership) website

<https://www.pfo.org.uk/news/rossendale-schools-sports-partnership> This is to check legibility, help understand the map key and can be used on the day but try not to plan your route in advance!



More help on understanding an Orienteering Map can be found at

<https://www.youtube.com/watch?v=LPw8rLTCiG4>

Or on the PFO website under 'Newcomers' where you can learn further about the sport.

Rossendale Mile FAQ

- **Can I use the same email address to enter more than one child?** *Yes you can use the same email address to enter as many children as you like (e.g. schools that are doing this with their key worker pupils or families with more than one entry).*
- **Can I enter the same person more than once?** *No, please only enter the same child once. You can only use their first attempt (as they would know where the controls are if they had another go).*
- **If I submit a time for one of the courses (e.g. Marl Puts) and then go to the other park and have a go there (e.g. Whittaker) how do I enter the second time?** *Once you have submitted your attempt via our google forms you will automatically get an email thanking you for completing the form. The email will also ask if you would like to edit the form, click on the link and you will be able to add the time for the second park onto the form*
- **If I have completed the course using the app am I automatically entered into the Rossendale Competition?** *No, you must note down your time on the app and submit your time via our google form in order to enter for your school [Rossendale Virtual Orienteering Results Form](#)*
- **Can non-pupils put down a school?** *Yes if you are associated with a school in anyway (e.g. former pupil, teacher, school staff, parent, grandparent, relative etc) you can put down that school.*
- **Do you have to be from Rossendale to enter?** *Whilst we are encouraging residents in Rossendale to take part, we are happy to take entries from other local people. However, if they are associated with a school outside of the borough, that school won't be part of our schools competition.*
- **Which course should I do?** *On the App it will give you the option of taking part in the long or short course. Anyone from Year 7 and below should take part in the short course and submit their time for that course. If you are in Year 8/9 or above you can take part in either the short or long course (we recommend beginners take part in the short course and more experienced orienteers take part in the long course).*
- **My child is in year 7 or below and has had a go at the short course, can they have a go at the long course?** *Yes of course they can challenge themselves on the long course, this just isn't part of the results but by all means have ago at the long course.*

Remember to post your videos and pics to Rossendale SSP on Facebook

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