**East Midlands Orienteering Association Executive Committee Meeting – 16 November 2020**

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| **Item No** | **Description** | **Action** |
| **Present:** Sal Chaffey (DVO), Trudy Crosby (LOG), Ann-Marie Duckworth (DVO), Mike Gardner (DVO), John Hurley (DVO), Ranald Macdonald (DVO), David Olivant (NOC), Pauline Olivant (NOC), Hilary Palmer (NOC), Chris Phillips (LEI), Iain Phillips (LEI), Amanda Roberts (LOG), Ant Squire (NOC), Ursula Williamson (LEI), John Woodall (NOC) and Paul Young (DVO) . |
|  | Held on Zoom. Chris Phillips welcomed Iain Phillips as the new LEI rep. |  |
| **1.** | **Apologies for Absence:**  None  |  |
| **2.** | **Approval of Minutes of Meeting on 15th June 2020 –** The minutes were accepted as a true record of the meeting.Approved: John HurleySeconded: John Woodall |  |
| **3.** | **Website version of minutes** – The minutes of the June meeting were accepted for promotion to the EMOA website.Approved: John HurleySeconded: John Woodall | **Mike Gardner** to inform webmaster. |
| **4.** | **Actions Outstanding from previous minutes (not covered elsewhere)**1. All of the actions are covered by other items in the agenda or have been superseded by coronavirus actions. Therefore, no separate actions outstanding.
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| **5.** | **Financial Secretary’s Report**Paul provided the report before the meeting (embedded below).Paul stated there was not a lot to talk about due to coronavirus.Income - It had started to look like we might be getting a return to normal as we had a few events, but now we are into lockdown Part 2. There is therefore very little levy income (DVO Grangewood event not in yet but should be shortly). We may start to see membership renewal income shortly. It is hoped they will continue at a similar level to this year, but will have to wait and see.Expenses – There has been a small update to historic expenses for Stanton Moor which was a prior year cost. There is also some income as had an expense of £93 for an event but expect this expense to come back in to account. |  |
| **6.** | **Development**1. British Orienteering have created an on-line event safety course. Ranald recommends we get organisers and planners to sign up for this before the end of December (as it is free until then). It is available at <https://www.britishorienteering.org.uk/index.php?pg=1195#Event%20Safety%20Course>. A number of people have already said they have found the course useful. In the past workshops have included interaction which is not available currently in the on-line course. It might also be useful for some as a refresher.
2. Looking ahead we will need event officials. Ranald is looking at creating the controller’s course as a modular on-line course, followed by some interaction at an event. This has had an enthusiastic response from British Orienteering. Mike Gardner suggested he could try and tie in the Planner’s course with a similar structure and potentially have interaction between the planners and controllers.
3. Ranald mentioned he had been involved in attending a BO Focus Group to look at a strategic refresh (Chris Phillips mentioned he was also involved). Ranald felt the session had been interesting but not entirely successful (it was a virtual meeting and there were break out groups but often only had time to introduce yourselves before had to be back in main group). Reading the strategic paper was useful but had been asked not to distribute it further. Ranald was asked if it could be shared with the EMOA Committee. He said he would see if that were possible.
 | **Club Reps:** Get organisers and planners to sign up for event safety course.**Ranald Macdonald** to see if strategic paper can be shared with EMOA committee. |
| **7.** | **Coaching**1. Currently we are seeing on-line coaching replacing actual coaching. There is quite a lot of good practice out there to assist. On the JROS website there are a number of reports such as Deeside - <https://www.jros.org.uk/deeside-2020> and Lagganlia - <https://www.jros.org.uk/lagganlia-2020>.
2. The SWOA website have also some useful ideas and they have found using Zoom has proved very popular. These types of sessions have been used to keep folk engaged. WMOA have even had physical workouts on Zoom.
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| **8.** | **Junior Squad** **EMJOS Summary January to November 2020****Highlights of the year:**Plans for a joint East and West Midlands summer tour to Sweden started in the late summer/autumn 2019 and developed to quite a late stage – even buying flights and confirming training based around the Sodertalje club hut (south west of Stockholm). Aiming to finish with the huge junior night/day relay competition on the last weekend (U10 Mila race (HD 18 - 10 person relay)). To raise funds NOC donated one of their events (Strawberry Hill, Mansfield 5th Jan 2020) for the squad to organise and host a Level C event. Ben Squire planned, Steve Kimberley was controller and Ann-Marie Duckworth was organiser, but all the active juniors took on the key roles for the main jobs and coordinated their junior/adult helpers. The courses and event were highly praised by competitors. The money raised has been banked and will go towards the tour in the future -see later section for our plans for 2021.**Training:**Summary: We have had 5 local training sessions, one EMJOS weekend away for pre-JK training in the North York Moors and 2 very successful join ups with other squads for training on high quality moorland areas.Martinshaw Woods (LEI) 30th November 20196 juniors took the opportunity to run the exercises in the woods, practicing leg planning and simplification.YHJS Warncliffe 14th December 2019An invite to join the other squad training day was taken up by 4 EM juniors, one from each regional club. The feedback was that it was a tough day given the rough bouldery terrain and the driving rain/sleet.Joint EMJOS, WMJS and Y&HJS training at Big Moor (SYO area) and Stanton Moor (DVO) 1st & 2nd February 2020. Approximately 50 juniors and a few elite athletes, tackling a range of technical skills on the intricate and rocky moorland areas. Skill level from a rising Light Green through to the elite level, with the exercises available to challenge both levels. Thanks to both sets of planners and organisers.Piggy backing on the end of the DVO event at Lindop (Chatsworth Estate) we had another afternoon session working on the techniques for rough plantation wood running on steep slopes (contours in the dark). A good turn out of 8 juniors but maybe some were feeling the tiredness in their legs after their course run earlier.Pre-JK training weekend (7th & 8th March) was on the EBOR area Hutton Lowcross, with the overnight stay at Dishforth Hall again. The long afternoon and morning sessions allowed the athletes to become familiar with the type of terrain in this area of the country and the style of mapping. Summer training (COVID-19 measures in place): Bramcote Park (NOC) 27th June, Beacon Hill (LEI) 25th July and Grinlow Woods (DVO) 23rd August, all used our local “park” areas where permissions were still permitted. The focus each time was back to the basics but also teaming up people with similar fitness levels to practice the “race” feeling in preparation for the selection races in the Lakes for the European Junior O Champs.**Selections to Junior Competitions**JROS summer camps:Lagganlia – Jake O’Donnell (DVO) and Hannah Mather (LOG) – the online format was excellently presented - Hannah beamed with delight when she told us a bit about her sessions. Deeside – Libby Barber (LEI) – online format too, with a mix of technical, physical and fun games.Continued presence in the Talent squad (Tier 1) for Ben Squire and Rachel Duckworth.And both got the call up for the (EJOC) European Junior Orienteering Champs (Hungary 2020) (postponed) – both realise they have the talent to succeed, it was just not their year to show it off at a competition.**Future events and development**Adding a virtual training session next weekend (21st Nov)– suggestions for activities that work well on a Zoom meeting came flooding in from the JROS AMG meeting held last Saturday.Training session: LOG area late December (19th Dec South Common Lincoln).Tour 2021 – a few ideas have been presented to the squad to sound out interest. Since it is Scottish 5-days with JROS camps as well, it was felt that a tour abroad would not be easy to add to the calendar/family budgets. So, options included adding days to the JK’21 long weekend, adding days to the JROS camp + Scottish 5-days, or another format. In September it was decided not to do any more planning until the new year when EMJOS and WMJS will meet again and see what is possible.Looking at the transition from junior club runner into the junior squad – the small numbers in the region means that they become more precious to develop and provide them with the skills to keep them happy running on more technical courses.Ideas: Liaison with clubs to identify juniors; putting on a series of sessions for their development. Advertise our presence and activities/competitions we do over the year (remembering how the JROS tent at JK made a difference).Other regional junior squads reported that they too have lowered the age and technical ability to bolster the numbers coming into the main (competition) squad.Ann-Marie Duckworth (East Midlands Junior Squad coordinator) And Anthony Squire (lead EMJOS Coach)November 2020 |  |
| **9.** | **Correspondence**1. Mike Gardner had received information on Self Help Coaching Films for Beginners Orienteering - Manchester & District Orienteering Club (MDOC) has just launched a series of four short films called[‘Get Out & Go’](https://www.youtube.com/channel/UC56QgWBRMa_KC1T1Nj9Y2ZQ). Available now on the club’s YouTube channel and at <https://gmoa.org.uk/how-to-videos/>, the films show how families, runners and walkers can enjoy learning the adventure sport of orienteering using permanent orienteering courses in local parks. Hilary had seen them and thought they were good and had even put them on the NOC beginner’s page.
2. John Hurley had raised a number of concerns in regarding the guidance documentation from British Orienteering. John felt unable to control an urban event based on the current course planning guidance in section 15. Chris Phillips provided a response:
	1. applicability of British Orienteering Operational Guidance to orienteering activities such as MapRun during the current lockdown.
		1. Orienteers are allowed to use MapRun and permanent courses and guidelines apply to you and your bubble, and can also do as a pair (1 other person not from your household). Ranald noted that significant numbers of people are doing MapRun and Sprints in pairs. MapRun does appear to have a lot of devotees, and can print off a map and simply have a run even without the technology. You could then compare your times to others who have their routes and times on the site.
	2. what is expected to happen at the end of the current lockdown - straight back to tiers as per Oct 14th version ?
		1. the current expectation is that we would go to the similar rules we had before the national lockdown for the equivalent tiers. The problem is that when the government make an announcement it is often a few days later before they provide the detailed information for sports bodies. It was noted that the information was provided as guidance and not rules to comply with insurance requirements. We need to consider how external parties may perceive our sport and not do anything that paints the sport in a bad light. As we go forward we may have to consider things such as can we have a league event if part of the region is not supposed to attend (i.e. in lockdown level 3).
	3. are there any plans to expand the guidance in light of experience with running events to date. In particular are there any plans to expand the Course Planning considerations in section 15 to give more specific guidance, particularly for urban events ?
		1. The problem with additional guidance is how detailed do you get. There is good guidance around the start and finish, but trying to provide the appropriate level of guidance on urban events like, how do you plan routes through narrow alleys (can you allow courses to go both ways in alleys), how do you plan for locals out walking, etc. The rules have tried to strike a balance for now to provide guidance without too much rigidity.
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| **10.** | **Fixtures**1. **EMOA League 2020** – There have been 7 events so far, not enough to constitute a full league. The likelihood is that we will also lose events early in 2021 so the league will be a merged league across the 2 years with 50% plus one events counting (e.g. if 12 or 13 events in total then 7 events will count, if 14 or 15 events then 8 events will count, etc.).
2. **EMOA Urban League 2020** – The urban league has had 3 events so far. While the forest league takes into account age, the urban league is based on age class so more difficult to combine across 2 years. We will publish the standings in EMEWS for 2020 but there will be no prizes. The 2021 league will start from scratch.
3. We have been asked if we would be interested in a MapRun League with WMOA. The committee agreed in principle assuming it was Spring/Summer next year and as long as the ability to compete at an event is over a period of time (e.g. can complete the event over a 7 day period).
4. **Future Major Events**
5. **17 Jan 2021** – **East Midlands Champs 2020 –** LEI – Hanging Hill (If LEI not in level 3 will plan to hold. There will be no prizegiving and EMOA may need to pay for engraving as next champs is only a few weeks later (we would still have both so the juniors have a chance to win their age classes).
6. **28 Feb 2021 – East Midland Champs 2021 –** DVO – Stanton Moor
7. **12 Sep 2021 – East Midlands Sprint Champs** – NOC - Southwell
8. **17 Oct 2021 – CompassSport Cup Final 2021** – DVO – Chatsworth (the teams who qualified in 2020 events will go to the final in 2021) – the first round events for 2021 will not take place
9. **30 Jan 2022** – **Midland Champs** – NOC – Sherwood Forest
10. **3 Jul 2022 - Yvette Baker Trophy Final 2021 –** LEI – Irchester (moved on a year)
11. **8 Oct 2022 – British Schools Score Champs** – DVO – Shipley Park
12. **Future Possible Events**
	1. **JK 2024**
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| **11.** | **Reports:** 1. **Orienteering Foundation (Pauline Olivant)**

During this difficult year, the Orienteering Foundation has continued operate, but like the rest of the country with a lot of the discussions via email and meetings via Zoom.Latest news* The Foundation commissioned a new POC video, it was available to clubs, if you haven’t seen it, [link](https://www.youtube.com/watch?v=y4yfyUwkUxw) Ideal to show friends how to get started on a POC.
* To encourage high quantity grant applications, the Foundation requested Expression of Interest for 2 projects, a Club development officer and Coaching support. This has culminated in a partnership with CLOK to help fund a part time development officer. [Full details](https://www.orienteeringfoundation.org.uk/partnership-project-for-clok-club-development-officer)
* More information on the Coaching project soon.
* The Foundation were sorry to hear that WYE club had decided to suspend the club but were grateful to receive a significant donation from them, more information [link](https://www.orienteeringfoundation.org.uk/wye-donation).
* A grant has been given to support orienteering development in the Lochaber area to capitalising on the forthcoming Scottish 6 days.

If you would like to read any more about this news or would like to find out more about the Foundations work please see their web site, [www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk) or contact me if you would like to discuss anything further. 1. **Coaching Guidance from British Orienteering -** The coaching guidance has been updated slightly in the light of this week’s government announcements – changes are ‘tracked’ on the Coaching Guidance for England document so that they are easily spotted. As we are operating under the guidance of our sport’s national governing body coaching (and events) are deemed to be ‘organised’ sport and so, with careful planning, we are allowed to continue to organise sessions.
2. **Event Scheduling Group** – Circulated by Ursula on 17th October. The main thing noted was that “From January 1st 2021, BOF will charge a levy on all POCs/VOCs for which a fee has been charged *and* results published. (We think that this is an "*and*", and not an "*or*". How this will be collected, we are not sure, but clubs should be aware there may be a bill to pay.”
3. **National Forest Report (Roy Denney)** –

 You have not had a National Forest report for some time for the simple reason we have not been meeting Meetings are now only every 6 months as the Forest has matured and new areas less in number but I remain one of the core team. We were about to meet when the first lock down came so it is now the better part of 13 months since we did meet. However a lot of the NF effort for the last two years has been in preparing for and eventually winning a lottery bid for the Charnwood Forest end of the overall area. The NF and County and 3 district councils 7 years ago formed a Charnwood Forest Regional Park and I was invited onto the board where I remain, to represent the voice of the user groups and ordinary users of the park. We now have £3,200,000 to spend over the next 5 years. This group is still active  although board meetings are by zoom at present. We have two staff recruited, one part time, and are advertising for a coordinator to assist and monitor 9 projects under our umbrella. As far as orienteering is concerned connectivity is high on the agenda with improved access also in there. We are to try and initiate links between smaller areas and there are a few good areas where we are to try and encourage (bribe?)the provision of access. Ives Head for example. One useful link is that there will be an off road link between the Outwoods and Beacon Hill (about 800 yards) perhaps allowing both areas to be used together. There will also be some sort of shelter come information point and teaching area created in Swithland Woods which might make a good place to have starts for events Apart from this the NF have acquired and planted up a new area about half a mile from Beacon Hill  It has good landform features as well. Only big enough for local events and training it is a bit far from Beacon to use with it but if we can create a better off road link to mitigate that dead running it could be used with Beacon. If this, Beacon and the Outwoods could all be used together along with the two smaller sites, Martins Wood and Felicity’s Wood both conjoining Beacon, we could certainly have some good long courses Things are difficult but we can look forward to a return to some sort of normality and in the meantime try and enjoy Christmas as best we can A few quarantinies perhaps, during locktail hour and a furlough Merlot |  |
| **12.** | **Sharing Best Practice**1. JROS website having a lot of good information on games and training techniques (see above).
2. Iain Phillips wanted to know if other clubs had photography policies on events which cover GDPR and privacy aspects of photos.
3. Trudy noted that there were some very good comments provided from the groundman after the event at Woodhall Spa.
 | **Club Reps –** Provide Iain with feedback on photography policies at other clubs |
| **13.** | **EMEWS:** The next EMEWS will be out early December to provide some feedback to member (Ernie did a cover for after AGM but nothing else to share at the time so will use Ernie’s cover though date slightly delayed).  |  |
| **14.** | **Any Other Business:** 1. Chris Phillips noted that we still need a Vice-Chair. Given the other committee members it should not be someone from LEI. Could everyone consider appropriate volunteers to take on the role.
 |  **All –** Try to get a volunteer to act as Vice-Chair for EMOA |
| **15.** | **Dates and venues for future meetings:**The next committee meeting is to be Monday January 18th. We will again use Zoom for this meeting. LEI have a commercial license for zoom to avoid the need to keep restarting the meeting. Will see if we can use that for the EMOA Meeting in January.The next meeting is scheduled for Monday 19th April. John Woodall will provisionally book the Pace Room but we may still need to use Zoom.would be the AGM.All meetings (normally) to be held at the Pace Room, St Mary’s Church, Clifton Village, Nottinghamshire at 7.30 p.m. | **Mike Gardner** to set up Zoom call for meeting**John Woodall** to book Pace Room for Apr 19th Committee meeting. |

Meeting closed at 9:11pm