

Glasgow Caledonian University Indoor Orienteering Exercise

When is it?

The evening of Wednesday 12th December. Registration is from 6pm-7pm and the courses are open until 7.45pm. You can sign up on the evening from the ground floor of the Saltire Centre, although pre-registration (email to jmke@gcu.ac.uk) is greatly appreciated.

Where is Glasgow Caledonian University?

In Glasgow City Centre, next to Buchanan Street Bus Station and not far from Queen Street train station, Buchanan Street underground station and junction 16 of the M8 motorway. Postcode = G4 0BA. Or visit: <https://www.gcu.ac.uk/theuniversity/howtofindus/traveldirections/>

Can I park on campus?

Perhaps. There is limited parking on campus and until 5pm, parking is for permit holders only. Thereafter, the barriers are lifted and parking may be available on campus. Alternatively, there is ample on street parking around the university. This is metered until 6.30pm. Westbound traffic on the M8 should leave at Junction 16 and take the first exit (sharp left near the top of the sliproad to join Canal Street, which becomes Milton Street at the Mercedes Benz showroom after the traffic lights).

Where is registration and download on the campus?

The ground floor of the Saltire Centre. It's a small and friendly campus ... you'll find it soon after arrival. Campus map can be accessed here: <https://www.gcu.ac.uk/media/gcalwebv2/theuniversity/howtofindus/Campus%20Map%202018.pdf>

Where is the start and finish?

The start and finish of each course will also be on the ground floor of the Saltire Centre.

What is the course length?

We are offering a choice of three courses – short, medium and long. Direct distances are meaningless. Estimates of steps and stairs will be made available on Monday 10th, with details on the STAG website (<https://www.stag-orienteeing.co.uk/>) and STAG Facebook pages (<https://www.facebook.com/STAGOrienteering/>).

How many controls are there?

The short course will have 10 controls, the medium course will have 15, and the long course will have 20.

What is special about indoor orienteering?

Obviously, you don't get wet in winter or ravaged by brambles in summer! More importantly, it is a 3D challenge, with a bird's eye view on a single sheet map for every floor of a building.

Tell me about the GCU Indoor Orienteering Map?

This is a black and white A3 map, prepared to a micro-scale. The map presents floor plans for four inter-linked buildings (Wood, Saltire, Moore and Mbeki buildings). The Wood building has nine levels and three stairwells, the Saltire Centre has five levels and one stairwell; the Moore building has eight levels and four stairwells, and the Mbeki building has six levels and five stairwells. In short, it's complicated!

Is it SI enabled?

Yes, it is SI enabled (but not SIAC enabled). Si-dibbers can be hired under standard arrangements.

Can I use the lifts?

No!

Can I go outside to move quickly between buildings?

No! This is an indoor challenge. Finding your way between points without leaving the buildings is part of the challenge!

Are there any indoor areas that are 'out of bounds'?

Yes! All of the offices, classrooms, toilets and service spaces are out of bounds. The GCU Indoor Orienteering Challenge only makes use of the in-between spaces of the campus buildings (stairwells, concourses and corridors). Furthermore, the third floor of the Mbeki building is strictly out of bounds (as this is hospital ward training space). Some corridors within both the Mbeki and Moore buildings are password protected and are also out of bounds. If an exit door from a stairwell has the "Orienteers, do not enter. Out-of-bounds" poster, then you cannot pass through this door.

How much does it cost?

Free for STAG members, GCU staff and students. £2 for all others.

Any advice on footwear?

The hard surfaces underfoot mean that spikes are out and studs are not necessary. Road running shoes are ideal.

Do I need a headtorch?

This is not necessary, although it might be useful for those parts of the campus that are less well lit.

What else do I need to know about the start?

- It will be a punching start, one person per course at a time, at one minute intervals.
- No start times have been allocated.
- You will be able to access your map in advance of the start.

What else do I need to know about the map?

- There is a lot of detail on the map ... you might benefit by bringing along some magnification
- Controls are pre-printed on the map in black and white
- Controls are connected by lines on the map, but on a 3D map, these lines are meaningless for navigation.
- In order to present all of the buildings on a single page, each building has its own orientation to north.
- A separate control description sheet will be available. Control descriptions will not be printed on the map (to avoid map clutter).
- The legend is simplified
 - Grey means out of bounds (office, classroom and service space).
 - White means go!
 - Black lines between white spaces indicate doors across corridors (you can pass through these doors)
 - Black lines around grey shapes are boundary space (between rooms, around buildings)
 - Black squares indicate lifts
 - Banded black lines indicates stairwells (and direction, but not number of stairs)
 - White circles or squares indicate structural columns that are visible at that level

What else do I need to know about the setting for the exercise?

- STAG is grateful to GCU for permission to host the training exercise, but we DO NOT have exclusive access to the buildings.
- Although the building will be quieter in the evening than teaching hours, please expect there to be students studying in the Saltire Centre and staff working away in their offices across the campus. Please respect campus users and pay particular heed when approaching doors.
- The LONG course has not been planned to minimize climb. The LONG course is as much a physical as a navigational challenge.
- Some doors will be held open (for example, those between the Saltire Centre and adjacent buildings), but most will be closed. Take care on passing through.
- Exiting the building leads to automatic disqualification.
- Going through a door marked fire exit leads to STAG not being allowed back and a major embarrassment for all concerned. Feel free to ignore this advice if there is an actual fire on campus!
- Similarly, please respect the notices that we have added to some stairwell exit doors that advise that the corridor beyond is out of bounds.

Need more information?

Contact John (McKendrick) by e-mailing jmke@gcu.ac.uk if you need more information.