



Lake Accotink

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**September 19
Sunday**

Pre-registration is now open and is required.



Welcome to the first event of QOC's 2021-2022 season! We're returning to Lake Accotink, a Fairfax County Park, for the first time since 2018. We'll be using the McClaren-Sargent shelter as in the past (see [locator map](#) [2]) and will be offering white through red classic courses to get everyone back into the orienteering swing. QOC will also be hosting the Northern Virginia Senior Olympics (NVSO) orienteering competition; the NVSO short course will use the QOC white course, and the NVSO advanced course will use QOC Brown. We will be using the main parking lot, near the end of Accotink Park Rd just below the dam (see [locator map](#) [2]), with a walk of 400 meters to check-in. All QOC signage will point you towards the main parking lot. There is also a smaller parking lot nearer the McClaren-Sargent shelter that is approached from an entirely different direction than the main parking lot. For GPS purposes, the address for the small lot is 5660 Heming Avenue, Springfield VA. Unless you are a volunteer or arrive on the early side, you are probably better off going to the main lot, as if you go to the small lot and it is filled, you'll have a substantial drive to get back around to the main lot.

To ensure a safe orienteering event in the ongoing COVID environment, and also in keeping with CDC guidance, we will continue using the club safety guidelines and special measures that we successfully used last season, albeit with a few modifications. **PLEASE READ CAREFULLY so you know what to expect during the 2021-2022 season:**

- All participants **MUST** pre-register online. Pre-registration will open via the link below on Monday, Sept. 13 at 6pm and will close at 12 noon on Saturday Sept. 18 (the day before the event). Pre-registration is first come, first served, as always.
- Refunds will only be provided if the event is cancelled.
- When pre-registering, all participants will select a 15- or 45-minute time window during which to check in at the administration table to and get maps; please make sure to arrive during the time you select.
- These time windows are intended to reduce congestion at check-in and e-punch both for safety and event management purposes. There are eight fifteen-minute windows in the typically more popular morning period followed by two 45-minute window.



- QOC will be increasing the caps for each window from last season to afford additional start slots. More information on the specific number of starts per window will be available prior to the opening of pre-registration. Note the pre-registration window schedule:
 - 09:45 – 10:00am – map pickup and start course between 10 and 10:15am
 - 10:00 – 10:15am – map pickup and start course between 10:15 and 10:30am
 - 10:15 – 10:30am – map pickup and start course between 10:30 and 10:45am
 - 10:30 – 10:45am – map pickup and start course between 10:45 and 11:00am
 - 10:45 – 11:00am – map pickup and start course between 11 and 11:15am
 - 11:00 – 11:15am – map pickup and start course between 11:15 and 11:30am
 - 11:15 – 11:30am – map pickup and start course between 11:30 and 11:45am
 - 11:30 – 11:45am – map pickup and start course between 11:45 and Noon
 - 11:45am – 12:30pm – map pick up and start course between 12:30 and 12:45pm
 - 12:30pm - 1:15pm – map pick up and start course before 1:30pm
- All participants (or group leaders on behalf of juniors) will be asked at the administration table to declare that they and their children/youth group participants do not have a fever (body temperature above 100.4 degrees F.)
- Given the risk profile of many of our volunteers, recently increased rates of COVID contraction in our area, and the threat of the Delta variant, **QOC will maintain its mask requirement during the 2021-2022 season until further notice. All participants and volunteers, regardless of vaccination status, must wear face covering when in the process of checking in, e-punch registration/download, queuing for the start (if necessary) and any other interaction with others in conjunction with event-specific activities.**
- Social distancing will be in effect with line spacing at all administrative locations as well as at the start (if needed). Prescribed distancing is 6 ft (2m) between individuals and/or groups.
- Youth or other group leaders will pick up maps, e-punches, compasses and any other needed items for the entirety of their group to minimize congestion.
- No food items will be provided
- Especially **IMPORTANT**: Participants are responsible for bringing full canteens, camelbaks, bottled water in a backpack or other portable water containers with them to meet all their individual or group hydration needs before, during and after their courses; a very limited supply of bottled water for emergency use will be stocked on hand; it is vital to stay well hydrated during September in northern Virginia, so please come equipped!
- E-punches and compasses will be available as usual
- There will not be any full, on-site beginner instruction, and beginners are encouraged to watch relevant videos such as [this one](#) [3] created by QOC's instructional guru David Onkst before arriving at the park. However, there will be a volunteer on hand to ensure that first-time orienteers know how to get to the start and use the e-punch.
- Although we all normally enjoy socializing before and after our runs, this season QOC will again follow a policy of "Come, run, leave" to minimize risk to participants.

As always, please be off the course no later than 3pm and remember to download at our e-punch station even if you did not finish. We don't want to spend time searching for people who have left the park without checking out. Thanks in advance!

Also, make sure to check out our [Your First Event](#) [4] and [For Beginners](#) [5] webpages, and if they don't answer any question you have, just use our [Contact Form](#) [6] and ask away!

Group Leaders: please see our [For Group Leaders](#) [7] webpage and then contact the [Event Director](#) [8] so we can get you registered in advance and contact the event director to apprise him of your plans.

Additional Information:

- Rest rooms are located at McClaren-Sargent Pavilion
- White and Yellow courses will start and finish near the registration area. All other courses will start and finish near the dam, a few hundred meters walk away from parking and registration. Please plan accordingly.
- Contour interval for all maps is 5m.
- The hours for the Lake Accotink carousel, boat rentals, miniature golf, bike rentals and snackbar



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are likely to be Noon - 7pm at this time of year. More park details are [here](#) [9].

- Dogs are allowed in the park but must be on the leash at all times.

Location

Lake Accotink Park, McLaren-Sargent Pavilion,
Springfield, VA (Classic)

Registration