

# Hemsted Forest Training Exercise

## Introduction

In the current environment it is not possible to run our usual training exercises. These training routes are designed to allow you to practise elements of forest orienteering, but in a self-help kind of way. If you would like help on choosing an appropriate training activity, please get in touch. ([team.captain@saxons-oc.org](mailto:team.captain@saxons-oc.org))

## Start Location

Hemsted Forest is near Benenden. The training starts from the main Forestry Commission car park off Goddards Green Road. The nearest post code is: TN17-4AN. The What3Words reference is: flesh.benched.suggested

## Training Options

There are two routes available: one at 4km and another at 6.5km. Hemsted Forest in the summer does not lend itself to a great deal of 'off path' running, however there are plenty of opportunities to work on various O techniques.

Some example you might like to try are:

- Process flow
- map memory
- compass work
- contours
- simplification
- Route choice
- Aiming off

## How to Use

Download the course on MapRunF. To do this:

- Open the MapRunF app on your Smartphone,
- click Select Event and search for UK, then Kent,
- Then click Training
- Choose whether you want to do the shorter Green Course or the longer Short Brown course by clicking the appropriate choice.
- Print off the relevant map.
- At Hemsted Car Park, re-open the App and click Go To Start
- You will need to enter a PIN this is marked on the map.
- Pocket your phone and head to the Start. Your phone will ping once you reach the start.
- Go Orienteering!

There are only one (short) or two (long course) MapRun controls on the route. These are not marked with tape but will beep on passing the control; they are identified with a stick man on the control description. MapRun is only used to measure your start and end time for comparison against other trainees.

Control sites are marked only with some orange safety tape. Strips of about 20cm length are attached in the control location. see photo for example.

It is always possible that the tape has been removed by a 'well-wisher'. If you're certain you're in the right place, move on. You can always check your route on Route-gadget later to confirm you went the right way.



## **Preparation and Safety**

Do wear appropriate leg covering as it is shiggy in places. The ground can be soft after rain, but in summer months trail shoes should be fine. There are the usual slips, trips and falls hazards present. If forestry work is underway in any woodland block, please avoid it.

Water before and after might be worthwhile if it's warm. If you become disorientated head South to the road and find your way to the car park. Please observe any current Covid19 safety guidance. There are no gates on the routes, so there should be no need to touch anything.