East Midlands Orienteering Association Executive Committee Meeting – 27 November 2023

ltem No	Description	Action
	t: Trudy Crosby (LOG), Ann-Marie Duckworth (DVO), Mike Gardner (DVO), John Hurley (DVO), David Olivant (NOC), Pauline Chris Phillips (LEI), Iain Phillips (LEI), John Woodall (NOC) and Paul Young (DVO)	Olivant (NOC), Hilary Palmer
	Meeting held at Pace Room, Clifton Village	
1.	Apologies for Absence: Ursula Williamson (LEI)	
2.	Approval of Minutes of Meeting on 3 rd July 2023 – The minutes of the July meeting were approved unanimously by all attendees.	
3.	Website version of minutes – The minutes were acceptable for promotion to the website. Approved unanimously by all attendees.	Mike Gardner to inform webmaster.
4.	 Actions Outstanding from previous minutes (not covered elsewhere) a) Item 3 – Mike Gardner had provided the previous approved minutes to the webmaster who has uploaded them to the EMOA website. b) Item 4 – Paul Young has still to forward the mandate to Mike Gardner for completion. Paul still needed to do this so this remains as an action item. c) Item 6 – It had not proved possible to get a new Development Co-ordinator for the AGM (see later item under Development in the Minutes). d) Item 6 – Paul Young provided the budget for the AGM. e) Item 7 – Hilary was provided with only a small number of names for the O-Foundation training day, so it had not been worthwhile booking a slot for EMOA members. However, a number of the members did attend the training. f) Item 9 – Chris Phillips did write to Peter Hart about the Controller's List being a bit outdated. Peter responded that they would update when had time to do so and updated information had been provided by the regions. g) Item 14 – Still need all committee members to think about new Vice-Chair and Financial Secretary for 2024 AGM. and g had provided payment to Rachel Duckworth as agreed at the meeting. i) Item 14 – Mike Gardner did circulate the AGM agenda and previous meeting minutes in EMEWS. j) EMOA AGM – Mike Gardner reported that following the agreement of the constitution updates at the AGM, he had requested John Cooke to add the updated constitution to the EMOA website (and remove the comments on the webpage about the proposed changes). NOTE: Post-meeting this was completed by John and can be seen at http://www.emoa.org.uk/members/constitution.php. 	Paul Young to get any forms to Mike Gardner as secretary and Ann-Marie (as Vice- Chair) for addition of new officials to bank mandate. Committee members to consider possible names for new Vice-Chair and Financial Secretary for 2024 AGM.
5.	Financial Secretary's Report	
	A summary of the transactions in the last period are set out below.	

	Income Membership: £25 received so far this year. This includes receipts from BO covering July to October (inclusive). The normal pattern of membership renewals is focused on November to February (inclusive), so this low level of income is of no concern at this time. (November is so far at £330, though not seeing breakdown by new membership groups). Event levies: £430 received so far this year. x9 events have occurred which would be subject to EMOA levies. All levies have been received. Thanks to all club treasurers for rapid payment of event levies. Interest: £16. Income in line with forecast.	
	Paul is looking to potentially move some of the funds in the current account across to the EMJOS Deposit account to earn more interest. It is not ideal but he can manage the approach on paper to ensure the funds do not get confused. The meeting agreed that Paul should do this if he felt appropriate to do so.	Paul Young to move funds from current account to EMJOS Deposit account to
	EMJOS Income: £695. £245 from participants relating to the JIRCS event, and £450 relating to the OF event. EMJOS fundraising: £10. Donation.	earn more interest (and manage this through use of
	Expenditure EMJOS Expenditure: £2,235. £674 for purchase of EMJOS kit, some of which has now been issued to athletes, the balance remaining on hand. £775 relating to JIRCS. £540 relating to the OF event. £255 relating to Hawkshead. £18 map printing costs (Bramcote).	spreadsheets).
	Bank charges: £25. Bank charges for months of June to October (inclusive). The closing bank balances include EMOA having made £800 contribution to EMJOS costs in the current year, as per the agreed Budget.	
	Talent Requests During the period the officers received a large request for funds from one individual that would have almost wiped out all the funds allocated to talent support in the budget. It seems costs have gone up to attend many camps, and some funding that was available to squads from areas like SportEngland is no longer available. Hence, the higher rates of funding request. The EMOA Officers decided they needed to limit the amount for one individual to a maximum of £250 in a EMOA budget year (otherwise those applying later in the year would have no funds available to be able to support their request). There have been 5 requests for talent funding in total. All requests were agreed at the usual proviso of paying 1/3 of their total costs. The approach of capping the maximum figure for one year to £250 was agreed by the committee. The webpage has already been updated to show this at http://www.emoa.org.uk/members/finance.php . It was noted that it is good that we have more EMOA members competing at a higher level.	
	Outstanding liabilities EMOA yet to pay for hire of the Pace room for the 2022/23 AGM. Action with church warden to issue invoice but were waiting until we also had the invoice covering the November meeting as well.	
6.	Development	
	Following the AGM where we had no volunteer for the Development Co-ordinator role, John Hurley has volunteered to step forward as Acting Development Co-ordinator in the short term. However, John stated he would want to make sure we	

managed the development work in a strategic way. He therefore proposed an approach to the committee and stated if the committee was happy with this approach he would step into the role for now.	
John believed one of the problems we had at the AGM was identifying the amount of reserves to be set aside for development activity. Therefore, he proposed that the first step would be to create a new development plan (along with the club reps on the development working party). In the short term he proposed that the working party should not be delegated with financial authority and John would bring the proposed development activity to the EMOA committee for approval (this could be changed in the future once the process was established). If needed the financial proposals could be accepted through email exchanges of the EMOA Officers (where there was a need for speed of decision making).	
At this stage there have not been any formal proposals made by any of the EMOA clubs.	
John also wants to request information from each of the clubs as to what each club are doing in terms of development activity (as it may well be that some of this could be shared across the other clubs).	
John would also be willing to co-ordinate the Officials Training Day, but would need assistance.	
Based on this John Woodall proposed that we should co-opt John Hurley as EMOA Development Co-ordinator until next EMOA AGM. The meeting agreed this unanimously.	John Hurley to take on Development Co-ordinator
Budget for Development In the short term £2,000 had been agreed for development activity for 2023/24 as part of the budget. This money will continue to be available for development and will roll over to 2024/25 if not used this year.	role to the next AGM. John will work with the Development Working Party
Reserves Balance In the longer term an action had been raised at the EMOA AGM " ACTION: The Officers and Committee members are tasked to report back on the finally agreed figure for an 'EMOA Reserves Balance', and the date for implementation, to the membership by Monday 11 th March 2024 at the latest." After discussion the following was agreed. The agreement at the AGM was to drop the reserve balance to £9,000 this year. This is how the budget has now been planned. We will then use the Development Plan that John Hurley is creating to drive the reserve balance proposal to the 2024 AGM (and drive the 2024/25 budget).	members to deliver a development plan that can form the basis for the 2024 AGM. Any Development work required this year will still be able to use the £2,000 set
Officials Training Day Discussion took place on the timing and requirements for the Officials Training Day. Given the majority of the senior	aside for development this year.
officials are heavily involved in the JK, it is proposed that we aim to have a Development Day in the early Autumn of 2024. There are now a number of e-learning courses available to assist with this training (e.g., Planner's course). We should, where available, make these part of our training (e.g., a pre-requisite for attendance on the courses). The training day itself can then focus on the more practical aspects of the training and potentially be of a shorter duration.	Club Reps to identify any participants for Training Day courses (or identify any additional courses required).
 The courses identified as potentially needed would be: Controllers Course Planners Course Organisers Courses 	John Hurley to work with Chris Phillips to look at possible dates and locations for Development Day.
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	 Mapping session for expert mappers to discuss the latest map standard updates Potential location for the course would be Groby Community College (as provides access to Ratby which can be used for practical exercises) or Charnwood College. 	Mike Gardner will consider updates to Planning course if we make on-line course a pre- requisite.
7.	 Coaching The new Orienteering Coach Award (to replace the BOF/1st4Sport L2 Coach Award) is being developed with 6 elearning modules, some online seminars and 1 practical session – these will replace the current 3 days training course. After the initial training coaches will plan and deliver 4 orienteering technique sessions and 1 physical training session and then be assessed delivering a coaching session of approx. 1 hour It is hoped that I will run a pilot course early in the New Year I have 2 names but club reps are asked to see if any more club members would be interested This streamlined training will mean that people will complete their qualification within 1 year Ant Squire and I are currently running NOC's 3rd MapActive course with the help of 2 other NOC coaches and 3 non-qualified helpers. We had 6 people on Stage 1 and Stage 2 starts on 2nd December and has 9 people signed up. Details are on the NOC website: https://www.noc-uk.org/Introduction/MRC DVO has shown interest and 2 people have attended a coaching session and the related Zoom follow-up as observers. We are happy to share information to any club coaches if you are interested. 	
	 4) Club member coaching: Would it be possible for each EM club to offer an area so that we could move our club coaching around in order to give people experience of other types of terrain? Initially it would be good to have, perhaps 4 such sessions each year. The NOC forest coaching session on 13th January is open to members of other EMOA clubs but I need names before 2nd January (maps to be printed on 3rd January) Numbers strictly limited by our access agreement. Details: <u>https://www.noc-uk.org/Introduction/RO</u> 	Club Reps to see if each club can provide an area to assist with club coaching. Club Reps to ask clubs to
	5) Ann-Marie Duckworth suggested that we need to ensure that other club's activities are communicated across the EMOA clubs. They can then be shared by social media within / across clubs (many members live / work across club boundaries).	communicate activities across clubs.
8.	EMJOS EMJOS Summary September to October 2023 Training, events and JROS camps:	

Preparation Zoom call for JIRCS 2023 An evening session (1hour) was arranged to study the two very different areas for the Junior Inter Regional Championships in South Wales. The individual day was at Kenfig Burrows sand dunes (Port Talbot) and the relay was held on the completely different dense forest Llantrisant Forest (North west of Cardiff). We studied previous route choices from the last events held on these areas – trying to point out to the juniors that the marsh areas can be handrails. Also finding videos posted by mountain bikers to see what the forest terrain is like now because the available map was nearly 10years old.	
<u>JIRCS (23rd & 24th Sept)</u> hosted by Wales and Swansea Bay Orienteering Club: The <u>individual results</u> showed that the East Midlands dropped a few places because of not having the number of juniors to count – only 6 juniors. But we had the following results: Felix (LEI) M14 14 th Eoin (LEI) M14 21 st Josh (LOG) M16 31 st Ellie (LEI) W16 12 th Hannah (LOG) W18 8 th Robyn (LEI) W18 32 nd	
<u>Relay results:</u> we ran the girls in the boys' race and entered two competitive teams that all completed runs (no mis punching). Boys relay Ellie, Felix, Hannah 18 th place Boys relay Josh, Eoin, Robyn 27 th place	
Overall EMJOS cam 11 th out of 12 regions.	
<u>4th November</u> O' Foundation Lakes training day – EMJOS and WMJS attended the Saturday event together. Combining the coaching staff (male/female, high mountain first aid awareness, experience of the area) and effort required. The last minute switch of area to Great Tower Scout camp (Graithwaite double booked Derek Allison with a pheasant shoot!) did not diminish the technical TD5 coaching exercises planned by Toni O'Donovan (LEI). Using local accommodation (Brathay Hall, Ambleside) allowed us to self-cater and keep the food costs down. Then all EM runners attended the Roanhead sand dunes on Sunday (Ulverston).	
<u>JROS Hawkshead weekend</u> for M/W15 & 16 24 th to 26 th November All squads arrive on Friday, this permits squads to rotate around three training areas (2 on Saturday and Sunday morning): Esthwaite, Great Tower and Tarn Hows. East Midlands buddied up with Northern Ireland to share a male coach and increase numbers of juniors. Two juniors (Ellie and Josh) attended with Ann-Marie. Esthwaite challenged the athletes with fine navigation on corridor maps on rough terrain. Also, short loops (<1.2km) added control flow and prep for the following legs. An interesting challenge was the no compass exercise – relying on just the contour detail going around the top of a hill.	

	Great Tarn has no undergrowth to speak of, so the corridor exercises were much narrower (harder). The Sunday morning exercises on Tarn Hows were relatively long (2km) so we split into two teams and ran Trains – staggered start, with everyone waiting after 3 controls for a bit of coach debriefing, before running the next 3 controls. The athletes then went off and did another loop concentrating on the slope detail – some maps did not have paths. Future training: The December date for training has not been popular. So, we have cancelled this. The next date is 23rd March 2024 probably at Black Rocks (Wirksworth) combined with the DVO event at Lindop (TBC). It may work to have a night stay in a local hall, inviting West Midlands and Yorkshire and Humberside squads to join us.
	Final note – more junior athletes required Are there any ideas or plans to link up with other (running) clubs (cross country, athletics, team sports) that have a junior section and offer them an alternative activity experience? The region does need more juniors to encouraged through the Orange level on to Green.
	Ann-Marie Duckworth, Ant Squire Toni O'Donovan and Andy Simpson - East Midlands Junior Squad coaches - November 2023
9.	Correspondence Mike Gardner reported the following: 1) Mike Gardner has completed the Affiliation Return to British Orienteering after the EMOA AGM 2) Following EMOA AGM John Cooke has uploaded the approved 2022 EMOA AGM Minutes to the EMOA website.
	 Mike Gardner had received the following emails: Memo from Peter Hart on BO AGM Outcome. Memo from Peter Brooke on BOF Database (allows support staff to check DBS registration) & Website Update (asking clubs to check their club contact information on website is correct) Memo from Peter Brooke about safeguarding information (club welfare officer survey). More information on safeguarding available on website – see '<u>Understanding Safeguarding</u>' The BOF Newsletters included details of: a. Development Conference starts on 8th January 2024 (webinars over a 4 week period) b. the new BOF "Introduction to Planning E-Learning" course is available online (Pauline and I have been involved in reviewing this) For Itish Orienteering Trans Competition Policy had been shared – The BOF Policy is basically "Individuals are free to self-identify their sex on the British Orienteering database or when entering an event without a requirement for further evidence. At all events and competitions, the male category in all age classes is open to all without restriction At the Identified Major Events, individuals will be eligible to compete in the female category in all age classes if and only if they are eligible to compete in the female category in all age classes if and only if they are eligible to compete in the female category in all age classes if and only if they are eligible to compete in the female category in all age classes if and only if they are eligible to compete inthe female category in the female category at an Identified Major Event must, before entering the event, provide evidence to British Orienteering that they meet the requirements of the IOF Transgender Policy, in accordance with the process set out in Appendix

	 A At the Identified Major Events, any trans individuals who are not eligible to compete in the female category under the IOF Transgender Policy may nevertheless be able to participate in that category, but must declare themselves to be non-competitive and will not be eligible to win titles, medals, prizes or trophies, either individually or as part of a team." It was agreed that EMOA would follow the same policy as BOF in terms of our major event (EMOA Champs) and the 2 EMOA Leagues. 8) (Paul Young) - Copy of correspondence for information. Like many organisations, HSBC are moving to paperless documentation, I was unsure if this would cause Roger any issues with the end of year review of the accounts. He is not concerned by the change. I will continue to be able to get the statements from the HSBC website. Unsure at this time if they will continue to send me the monthly "invoice" for the £5 fee for the account, will know in the next few weeks. 	Mike Gardner to publish the EMOA Trans Competition Policy in EMEWS and ensure that this policy is stated on the EMOA website.
10.	Fixtures	
	 EMOA League 2023 – two events left this year: 3rd December – LEI – Ratby 17th December – NOC – Strawberry Hill 	
	 EMOA Urban League 2023 – This has now been completed and the prizegiving will be at DVO Ashbourne event on January 1st 2024. 	
	 3. EMOA League 2024 – the following are the events identified so far: 7th January – LEI – Bagworth (TBC) 11th February – LEI – Beacon Hill (TBC) 3rd March – DVO – Lindop (TBC) 17th March – NOC – Byrom's Walk 7th April – NOC – Boundary and Tippings Wood 19th May – DVO – Hardwick Park (also YBT Heat) 6th October – DVO – Venue to be decided 27th – October – LEI – Cademan and Thringstone Woods (TBC) 17th November – NOC – Shirebrook (TBC) 15th December – LEI - New Area (TBC) – Outwoods as back up 22nd December – NOC - Walesby Note: We only have 11 events nominated so far, at this stage it will be 6 events to count (if other events are nominated, we can amend this during the year) 	
	 4. EMOA Urban League 2024 – the following are the events identified so far: 1st January – DVO – Ashbourne 2nd June – LEI – Ibstock 30th June – NOC – Clifton 14th July – DVO – Chesterfield 11th August – LEI – Coalville & Whitwick 	

	18 th August – LOG – Lincoln City 29 th September – NOC – Nottingham City 20 th October – LOG – To be decided The usual 8 events with 4 to count.	
	 5. Future Major Events a. 21 Jan 2024 – National - DVO – Eyam Moor b. 28 Jan 2024 – National – NOC – Robin Hood Trophy c. 25 Feb 2024 – East Midlands Champs - LOG – Chambers Wood (new area) d. 29 Mar 2024 – JK Sprint – LEI - Loughborough e. 1 Apr 2024 – JK Relays – DVO – Stanton Moor f. 16 Feb 2025 – Compass Sport Cup Heat – NOC – Clumber g. 12 Jul 2025 – EuroCity Day 1 – NOC h. 13 Jul 2025 – EuroCity Day 2 – LOG i. 7 Sep 2025 – Midland Champs – DVO - Chinley Churn j. 2025 – EMOA Champs - LEI 6. Future events for EM: VHI 2028; JIRCS 2030. LEI are looking to host Midland Night Champs towards end of decade. 	
	 JK – Chris Phillips reported that entries open this weekend. The programme of events has been published. All major items are sorted. 	
	8. Future EMOA Urban League Scoring – Mike Gardner raised the question of the scoring system used for the EMOA Urban League. He had sent out a quick analysis to show the impact if only EMOA members were counted (as is the case for the Forest League – it would not have changed any winners of the urban league this year but one or two second places may have changed.)	Ursula Williamson to update the EMOA Urban League scoring system (lain Phillips volunteered to help with any
	Discussion took place in regards to why we have the current approach (it was set up using the same scoring system as the UK Urban League), and why it was different to the Forest League (which does only base scores on EMOA members). After some discussion it was agreed that we should update the scoring of the league for next year to only count EMOA members in the league (but using the same basic scoring system (i.e., winner = 100, 2^{nd} = 96, 3^{rd} = 93, 4^{th} = 91, 5^{th} = 90, etc.).	software changes required). Club Reps to remind officials to get event results published to BOF website within a week
	9) Get Event Results Published – Chris Phillips reminded clubs that in order for an event to be part of BOF Ranking system the event results must be published to BOF within a week of the event.	to get them incorporated in BOF Ranking scores.
11.	Welfare Hilary Palmer provided two updates:	
	1) Quiet Parking & Starts	Club Reps to ask clubs to consider use of Quiet Areas at events.

	 To help people who prefer not to be in the noise and hustle / bustle of the pre-start and crowded pre-start 'boxes' at -3, -2 and -1 some clubs are now offering 'quiet parking' and 'quiet starts'. This is mentioned in the event details and it seems to be working well and is appreciated. I commend this to other clubs. 2) Course planning for elderly and infirm orienteers It is obvious from looking at the number of retirals and very long finishing times on the Short Green courses at some local events and on some age class courses at some major events that the sport is not always catering well for competitors with mobility issues. Mention of this is made in Appendix B 2.4, 2.6 and 2.7 However, it is suggested that we need to draw the attention of planners and controllers to the problems which some orienteers have. The paragraph below draws together a number of issues and I would like to add to this that some people also find it	Mike Gardner to add consideration of Very Short Green in Forest League for future years to the agenda for the next meeting. (It was suggested we may also want to consider introducing a Very Short Hypervets course on urban courses).
	difficult to concentrate for longer than 40 mins.	
	Barry Elkington has suggested new section 2.6.3 Planners must remember that elderly and/or infirm orienteers have difficulties crossing rough ground – going up and down steep slopes; scrambling over boulder fields and rocky ground; getting into and out of steep sided hollows, gullies, streams, etc; pushing through dense vegetation with low branches; and climbing over fences and stiles. Some competitors use a stick for balance which can also make movement more awkward in the terrain. Hence, as far as possible, such obstacles should be avoided/minimised on their courses.	
	Some other regional colour coded events include a 'Very Short Green' – perhaps this could be considered for the EM League?	
	At the EM Urban League event on 3.9.23 I planned a 'Very Short Hyper Vet' course which was appreciated by 2 competitors. I walked them 2/3 of the way uphill from the main start for their start and used controls already used by other courses to give them a 'mostly' flat/downhill course with route choices. CLARO did something similar at their Euro Cup Urban event. I would like EMOA clubs to consider offering such a course where appropriate.	
12.	Reports	
	Pauline Olivant circulated the latest Orienteering Foundation report prior to the meeting:	
	 Latest news. The Orienteering Foundation sponsored Coaching Day at Graythwaite Estate area became unavailable and was hastily rebooked to Great Tower, over 90 orienteers still enjoyed a great day's coaching thanks to Derek Allison's hard work. 	
	 We received a detailed report of the grant we gave to JROS towards their UKCC level 2 Coaching course in the summer, read more all about it <u>here</u>. 	
	 We relaunched the Legacy donations programme earlier in the year and have just gratefully received donations in memory of <u>Dave Caudwell</u> and <u>Keith Marsden</u>. Click on the names to read more. 	

	 A working group for a Volunteering project which the Foundation are initiating, looking at good practice, would still welcome more people to take part. If you are interested to find out more <u>here</u>. 	
	 Foundation has Implemented a rolling strategy for investments in bonds to secure higher interest rates on reserves. 	
	 Thanks to the Northern Ireland OA, the organisers of the British Middle and Sprint Championships, donations raised were £500, more details <u>here</u> 	
	 The Club Development officers which are helped by funding from the Foundation are doing some great work, latest reports can be read here. 	
	o <u>Cleveland OK</u>	
	o Lakeland OC	
	o Derwent Valley OC	
	• There were several applications for grants this quarter and we have awarded contributions to the following.	
	 South East Lance OC towards projects to Engaged new adults and families. 	
	 Freddie Carcas towards his expenses for the European Championships. 	
	 <u>Stirling University</u> Phase 2 of their development 	
	 <u>JROS</u> to support coach gaining mini bus licence. 	
	 We are receiving a steady income from racesignup donation of £0.01 per entry they take. 	
	If you would like to read more about this news or would like to find out more about the work of the Foundation please see their web site, <u>www.orienteeringfoundation.org.uk</u> .	
13.	 Sharing Best Practice Chris Phillips requested that we make sure as many reports were available before the meeting so as to try to reduce the length of our meetings. 	
14.	EMEWS: Mike has a copy date of December 15 th for EMEWS with intention of getting the edition out at start of January 2024.	
15.	 Any Other Business: Ann-Marie Duckworth stated she would like to approach Events and Competitions committee with a proposal to allow adjacent clubs to share teams for junior classes. It was agreed that this sounded like a good idea and Ann-Marie should approach the chair of the Events and Competitions committee with this proposal. Hannah Mather had asked why her articles had not been published in EMEWS. It appears she had been sending them to Paul Murgatroyd not Mike Gardner. Trudy to talk to Hannah and get her to send the articles to Mike Gardner for publication in EMEWS. 	Ann-Marie Duckworth to take proposal for adjacent clubs to share teams in junior classes to Chair of Events & Competitions committee.

	 3) A question was asked about whether it was worth buying a defribulator to have at events. Chris Phillips stated that LEI have had one but never used it. It was felt that it was not very useful in our sport, as if a problem occurred in the forest it would take time to get the defribulator to the incident. In urban areas there are often defribulators available locally. 4) John Hurley reported the sad news that Ros Bourne had died recently. Ros had been EMOA official for a number of years as well as very involved in NOC. 	Trudy Crosby to talk to Hannah Mather about sending her articles for EMEWS to Mike Gardner.
16.	Dates and venues for future meetings: The next meeting will be on January 29 th at 7:30pm and will be held via Zoom. The following meeting will be on April 22 nd at 7:30pm and again will be on Zoom.	

Meeting closed at 9:59pm