

# Australian Junior Orienteering Camp 2021- Bulletin 2

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## Program Overview:

Day	Time	Activity	Location
Wednesday 7th of July	15:00	U25 Championships (unofficial) + public event	QUT and City Botanic Gardens
Thursday 8th of July	10:15	Sprint intervals led	Collingwood Park State School
	14:30	Sprint map flip training	Scots PCG, Warwick
	19:30	Evening presentation - TBC	St Paul's Church Hall
Friday 9th of July	9:00	Follow me + micro O	Rosenthal map
	13:00	Control pick and follow the line	Broadwater State Forest
	19:30	Evening presentation - TBC	St Paul's Church Hall
Saturday 10th of July	9:00	Simplification, control pick and corridor	Cascades
	14:00	Fun games afternoon including sprint relay	St Josephs Secondary, Stanthorpe and St Paul's Church Hall
Sunday 11th of July	9:00-10:30	Camp champs/local event	Charlies Paddock

## Safety and Logistics:

### Event Organisers:

Primary contact (Orienteering Queensland): Felicity Crosato, 0427 523 541

Secondary contact (Orienteering Australia): Brodie Nankervis, 0429 433 323

Secondary contact Saturday 10<sup>th</sup> July am (Orienteering NSW): Stephen Craig, 0447 166 281

### Communication:

Communication re: any changes to the training camp program or any other matters while on the camp will be through the state/territory coordinators:

Name	State/territory	Contact Details
Jon McComb	Tasmania	0402 819 727
Bruce Arthur	Victoria	0458 391 261
Helen O'Callaghan	New South Wales	0478 226 601
Felicity Crosato	Queensland	0427 523 541
Evalin Brautigam	South Australia	0434 148 488
Marlize Bosman	Western Australia	0450 613 683
Mike Radajewski	Australian Capital Territory	0434 902 954

Where possible this information will also be emailed directly to training camp attendees through Eventor and on the Facebook event:

## Supervision:

Orienteering Australia is not providing supervision for attendees of the training camp. Attendees under the age of 18 will be supervised by either parent/guardians, or their state coordinator. State/territory coordinators are encouraged to have signed consent/medical forms completed by all attendees from their state.

All personnel (including volunteers) providing any coaching at training sessions must have a valid working with children check (or state/territory equivalent), unless they have a valid exemption applicable to their jurisdiction (i.e. in QLD if volunteering at sport their child is participating in). Evidence of this check must be provided to the event organiser prior to the training camp commencing.

## Covid-19 Safety:

Orienteering Queensland's [Covid-19 Safe Guidelines for Orienteering Events](#) will be followed. The event organiser will have a copy of this document and it will be available to attendees on the eventor page.

A QR code check in will be available for each training and all attendees must check in. This QR code will also be uploaded to the training camp eventor page.

## Drinking Water:

No drinking water will be provided by the event organiser. Participants are encouraged to carry their own water. They are responsible for their own hydration fluids at the start and end of their course.

## Toilets:

Toilets will be available at all trainings. For the forest trainings these will be bush toilets.

## First Aid:

First Aid personnel and First Aid kits at the assembly area.  
Lead First Aider: Felicity Crosato (0427 523 541)

## Endangered Boronia:

Both the Cascades (Sat am) and Wild Board Creek (Fri pm) maps have areas which are strongholds for the endangered *Boronia granitica*.

Courses have been set to avoid the main boronia populations and these areas are also shown on the training maps with purple hashing. However please be aware that you may encounter these plants and if you do avoid them completely.

When they are not flowering, these plants are easy to miss. They normally don't start flowering until late July however given recent weather in the area they could come into flower earlier this year so would be more obvious.



## **Safety Procedures/Risk Management:**

A risk management plan has been created and uploaded to the training camp eventor page. All participants are encouraged to read this document. Key safety procedures are outlined here.

### **Whistle:**

All attendees must carry a whistle and the standard emergency signal is six whistle blasts at one-second intervals. Any competitor hearing this signal or encountering a fellow competitor in distress is required to abandon their course and render appropriate assistance.

### **Safety Bearing:**

Every training activity in a forest environment will have a safety bearing to be used in the case of an attendee becoming lost. This will be printed on the map, outlined in the detailed training instructions below and reinforced in the pre training briefing.

### **Emergency Contact:**

An emergency contact number has been printed on every training map. This number is for the primary event organiser Felicity Crosato: 0427 523 541

### **Marking of control locations:**

Control locations will be marked in the terrain with either flags with control codes or coloured streamers. When using streamers each course will use a different colour (Hard Long: Red, Hard Short: Green, Moderate: Yellow) and controls used on multiple courses will be marked with multiple streamers of the appropriate colours.

The method of marking controls is outlined in the detailed training instructions below and will be reinforced in the pre training briefing.

### **Course closure:**

Course closure for each training activity is stated in the detailed training instructions below and will be reinforced in the pre training briefing. Attendees must return to the assembly area by the course closure time, even if they have not finished the training activity.

### **Bump in/out procedure:**

1. State coordinators will provide a list of vehicle registrations of attendees from their state.
2. All state coordinators are required to keep a list of attendees from their state that attend each training.
3. State coordinators are responsible for recording all their state/territory attendees that commence the training and that they have returned from the forest before course closure.
4. Before leaving the assembly area the state/territory coordinator must confirm with the primary or secondary event organiser that all of their attendees have returned from the forest.

5. The primary and secondary event organisers will remain at the assembly area until all state/territory coordinators have confirmed that their attendees have returned from the forest.
6. In the case of a missing attendee, the search and rescue procedure will be followed.
7. Prior to leaving the assembly area of each training, the event organiser will check for remaining vehicles (using the list from 1.)

## Detailed Information for Training Activities

### Wednesday 9<sup>th</sup> July: Cyclones Sprint Event

**Course planner/event organiser:** Krystal Neumann

**Time:** 15:00-16:30

**Location:** QUT Gardens Point and City Botanic Gardens.

GPS coordinates: -27.477616982856595, 153.03031714113834

**Eventor page:** <https://eventor.orienteering.asn.au/Events/Show/15960>

### Thursday 8<sup>th</sup> July: Sprint Intervals at Collingwood Park

**Course planner:** Tara Melhuish

**Travel directions/Parking/Assembly area:**

Assembly area can be found using google maps or GPS coordinates link. Please park on Burrell St, north of school grounds and at main entrance to school.

Google maps: <https://goo.gl/maps/3Y6CkPuTM1xYgGzp7>

GPS coordinates: -27.614656336445105, 152.86296066400965

**Timetable:**

Assemble from 10:15 onwards

Briefing at 10:30

First group starts intervals: 10:40

**Course closure 11:30**

**Training description:**

This training will be group forked sprint interval training. Athletes will start in groups of up to 6 (ideally of similar levels) and complete 3 short intervals. 6 maps will be face down at the start of each interval and the group will randomise themselves behind a map each, start together and each

runner will complete their own variation of the course. The group will meet at/near the last control then jog following the dotted line to the beginning of the next interval, and repeat. All control sites will be marked with streamers.

<b>Class</b>	<b>Course length</b>
Hard Long	One length only. 3x ~550-700m shortest possible distance intervals. Can be shortened by doing only 1 or 2 intervals if preferred.
Hard Short	
Moderate	

### **Safety considerations:**

There will be many controls, splitting on 3 different intervals and a large number of runners in a relatively small area. While the course is design for each interval to use different areas, there may still be overlap with runners going in different directions. Please be cautious of other runners in the area and keep left when on paths or turning corners (ie. If you are turning left: stick close to the corner, if you are turning right: leave a gap).

### **Safety bearing**

East to the fence, then either north or south to the main carpark.

## **Thursday 8<sup>th</sup> July: Sprint Map Flip Training at Scots PGC**

**Course planner:** Evalin Brautigam

### **Travel directions/Parking/Assembly area:**

Use Google Maps or GPS coordinates for assembly area. Parking on Oxenham St.

Google maps: <https://goo.gl/maps/kTUCRD7tgKzMeKSj7>

GPS coordinates: -28.210671364651546, 152.04642716090615

### **Timetable:**

Assemble from 2:00 onwards

Briefing at 2:15

First group starts intervals: 2:20

**Course closure 3:15**

### **Training description:**

This training will focus on direction change and reading ahead in a sprint course. There will also be special “map flips” - at each map flip, runners will practice the idea of picking up a new map and quickly reacting to the new map.

Control sites will be marked with tape with control codes written on the end of the tape.

Class	Course length
Hard Long	2.65km straight line
Hard Short	2km straight line
Moderate	1.55km straight line

### Safety considerations:

There will be quick turnarounds and lots of direction change so look up when turning around and be aware of other participants.

## Friday 9<sup>th</sup> July am: Forest Training at Rosenthal Ck

**Course planner:** Riley De Jong

### Travel directions/Parking/Assembly area:

From Stanthorpe, follow New England Highway approx. 20km to Dalveen turnoff. From Dalveen Village, turn into Old Stanthorpe Road just before crossing the railway. Follow Old Stanthorpe Road north east approx. 7.9km before turning right at the gate. Park in the open paddock just inside the gate. Please close gate. Look out for on-coming cars before turning.

GPS coordinates: -28.444352230286896, 152.0265516574481

### Timetable:

Assemble from 9am onwards

Briefing at 9:15am

Frist group starts intervals: 9:30

**Course closure 11am**

Mass Start Micro – 11:15am

**Course Closure: 11:45am**

### Training description:

The Rosenthal Creek terrain is most like the terrain expected for Easter 2022. Two forest trainings have been set with similar leg types/navigational challenges as could be expected at Easter 2022.

First training is a “follow me” type training with groups of 4-5 starting together and taking it in turns to lead a leg, calling out their navigation decisions to the other group members.

The second training is a short mass start micro-sprint (1:5000) with intense controls/runners in a small, complex area of the map. Focus for the training is on decisions quickly and at speed.

Controls will be marked with tape at the control location. Control descriptions are included on the maps in international symbols and text (for moderate course only).

<b>Training 1 – Follow Me!</b>	
<b>Class</b>	<b>Course length</b>
Hard Long	4.4km, 15 controls
Hard Short	2.7km, 8 controls
Moderate	2.6km, 10 controls
<b>Training 2 - Micro</b>	
Hard Long	1.9km, 11 controls
Hard Short	1.3km, 9 controls
Moderate	1.2km, 6 controls

### **Safety considerations:**

3x courses with mass starts in a contained area will result in people running in different directions. Look up and be aware of other participants. Competitors should be aware of steep, rocky slopes, ankle taping/brace recommended if competitors are worried about rolling ankles.

Vegetation may have increased since previous use of this map. Please note vegetation may be greener than mapped. Grass seeds may still be present.

### **Safety bearing**

West to Old Stanthorpe Road (main bitumen road) which is the western boundary of the map. Follow back to the parking, which is indicated on the map with a “P” in a large open paddock. Courses do not cross the railway on the eastern boundary of the map!

## **Friday 9<sup>th</sup> July pm: Multi-tech training @ Broadwater**

**Course planner:** Alastair George

### **Travel directions/Parking/Assembly area:**

Coming from Stanthorpe, travel north on the New England Highway and about 500m past the Applethorpe School, turn left into Ellwood Road. Follow west for about 1.2km and then turn left into Kelly Road and follow for about 1.5km before turning left into Sims Lane. Follow this road through to the forest and park at the entrance. Allow 20 mins from Stanthorpe.

GPS coordinates: -28.6183182502589, 151.92355487197676

### **Timetable:**

Assemble from 1:00 pm onwards

Briefing at 1:15pm

**Course closure 3pm**



## NOTE:

Please avoid out of bounds areas as they have critically endangered plants in them. These are shown on the map with purple hashing.

## Training description: Multi-tech training with two/ three sections

All courses will start with a control picking exercise where they will need to stay on top exit directions and flow. More experienced runners should try not to stop in and around the control circle and maintain flow. Less experienced runners should take care with exit directions and stop when needed.

The second section is a follow the line exercise where runners will need to maintain high map contact in order to successfully complete the exercise. I encourage runners to simplify rock into large groups and use the contours extensively. Compass should also be checked regularly to ensure the direction is correct.

The third section is only for the Hard long and consists of a route choice leg. Runners could run different routes to others in the terrain and should compare and discuss afterwards which route was best and why. They should think about what is likely to be good runability in terrain similar to this and how they could implement this in competitions.

Control sites on the control pick will be marked with streamers. No markers will be present on the "follow the line exercise".

Class	Course length
Hard Long	8.5km
Hard Short	4.7km or 6.1km
Moderate	3.7km

## Safety considerations:

Very rocky terrain and will be quite rough. People should be cautious of falling and rolling ankles.

**Safety bearing:** North until main track, then East until cars

## Saturday 10<sup>th</sup> July, am: Forest Training at The Cascades

**Course planners:** Stephen Craig, Mark & Paula Shingler

## Travel Directions:



From Stanthorpe, take the Texas Road (Connor Street) off High Street (the main road through town) about 750 metres north of the Post Office. Follow westwards until you pass under the Stanthorpe by-pass and then take Amiens Road to the right. Follow this road for 13.3km before turning left into Spring Creek Road. Follow for 1km to a T-junction and turn right into Boatfields Road. Follow this good gravel road for a further 1km before turning left into Pine Forest Road. Continue south for

2km and turn left at the T-junction and head east for another 1km. Park as directed. Allow 20 mins from Stanthorpe.

GPS coordinates: -28.60855784982502, 151.80277572953997

### Timetable:

Arrive by 9:00 am

Briefing: 9:15 am

First start: 9:30 am

**Course closure: 12 noon**

### Training Description:

This is one of the best granite areas in Australia! The training courses are structured in distinct parts:

- In the first section we will practise simplification – looking through the fine detail to pick out the big features and landforms that are good to navigate by. Through smart simplification we can make challenging long legs are lot easier than they may first appear!
- In the second half of the courses, it is time to practise fine navigation and rock interpretation with short legs and changes of direction through the detail.
- For those wanting a little more, there is a 3-4 km corridor exercise available as an extension activity.

Controls will be marked with hanging flags and control codes.

All courses start about 1.5 km west of the assembly area along the large track that is the northern boundary of the map (perfect for a warm up jog!) and they finish at the assembly area, except for the extension corridor activity that starts and finishes about 300 m west of the assembly area.

Class	Course length (excluding corridor extension)
Hard Long	5.6 km
Hard Short	3.8 km
Moderate	2.9 km

### Safety considerations:

The area is rough and challenging with few tracks. Carrying water, a mobile phone and a bandage in case of a twisted ankle is recommended. Whistles are compulsory!

**Safety bearing:** North to the large track, then east to the finish

## Saturday 10<sup>th</sup> July: Sprint Relay at St Joseph's Secondary

**Course planner:** Simon Uppill

### Travel directions/Parking/Assembly area:

Meet at St Pauls Anglican Parish Hall on the north side of Corundum St Participants will walk from there across the road to the school as a group.

### Timetable:

Assemble at 2:30pm

Move to school for Briefing at 2:45pm

Mass start: 3:00pm

**Course closure 4:30pm**

### Training description:

Sprint relay in teams of four as part of the Saturday afternoon group competition. All legs are approximately the same length.

All controls will use flags and SI. Control descriptions are on the map only. There are many controls in a small area so checking the control numbers is recommended.

Terrain is a small school campus with buildings, pavement, open grassed areas and sports fields. Map scale is 1:1000, 2m contour interval. Participants are reminded that all areas mapped as forbidden to cross, such as garden beds or impassable walls and fences, must not be crossed.

Class	Course length
All Legs	0.6km

### Safety considerations:

Mass start relay in a small area so many participants will be running in the same area - Looks up when turning corners and be aware of other participants.

**Safety bearing: North to the northern boundary of the school (do NOT cross the road), then follow to the east to return to the start/finish area and/or assembly hall.**

## Sunday 11<sup>th</sup> July: Club Event/Camp Champs at Charlies Paddock

**Course planner/event organiser:** Range Runners Orienteering Club

**Time:** 0900-1030

**Location:** Charlies Paddock

GPS coordinates: -28.42046332047798, 152.04332447767518

Eventor page: <https://eventor.orienteering.asn.au/Events/Show/15902>

***Please make sure you enter on the eventor page if you would like to run – attending the camp will not automatically get you a map!***