

INTRODUCTION TO ORIENTEERING (VERY EASY COURSES)

WADMORE PARK 11 FEBRUARY 2018

Overview

On the morning of Sunday the 11th of February 2018 the Southern Darts Squad of Orienteering SA will conduct an Introduction to Orienteering (Very Easy Courses) day at Wadmore Park, Athelstone from 9.30 am until 12.00 pm for both children and adults.

The training is being conducted in the morning to avoid the potential heat of summer.

The training for the morning will be conducted by qualified orienteering coaches in a lightly timbered park and will be based at the Foxfield Recreation Oval on Maryvale Road which has toilets and some shelter.

At the end of the day we aim to make sure that those attending enjoy our sport and will join in future orienteering training and events.

In addition current school teachers will be able to gain part of the training requirements for a Level 0 Orienteering Coach and thus be able to conduct orienteering training within their own schools. Weather permitting we will extend the training for registered teachers by about an hour to include training in and completion of an Easy course and thus complete the two orienteering events required for their accreditation

Certificates of Achievement of Level 0 Orienteering Coach and Professional Development will be issued to teachers who successfully complete the day's training.

The children and adults will train in separate squads. We will also have a squad for younger children which will train at a slower rate.

Parents are encouraged to stay for the morning but it is not compulsory. Please indicate your wishes at Registration on arrival. Parents will be able to watch their children but if wishing to participate in the training will need to do so in the Adults Squad.

Outline of the Training

The outline for the day is:

- 9.00 to 9.30 am. Registration including payment and handing in permission forms.
- 9.30 to 11.55 am. Safety; Basic orienteering skills & techniques; Rules and a very easy orienteering course of about 800 metres.
- 1.55-12.00 noon. Debriefing and the future in orienteering.
- 12.00 noon. Collection by parents and/or departure.

As you can see it is a pretty active day and it should be good fun.

Pre-requisites and Nominations

Minimum age for children is 5 years old as 31 December 2018..

For teachers wishing to become a Level 0 Orienteering Coach they must be a currently registered teacher.

Nominations are to reach the Training Manager Orienteering SA via email training@sa.orienteering.asn.au by dusk Wednesday 7 February 2018. Nominations should include:

- Name.
- Gender and age at 31 December 2017.
- Parent (for children) or own (for adults) name, contact email and phone numbers.

Administration

Arrival Time and Payment of Fees

Meet at Registration between 9.00 and 9.30 am and make payment of \$10.00 per child or adult in cash and hand in the Permission Form (one per child or adult)

What to wear and Bring

Those attending will need to:

- Bring snack and at least two litres of water. It would be best to bring these in a pack with a name tag on it.
- Wear grass sports shoes with some grip on the soles, shorts/track pants, shirt/top and hat. If it is forecast rain a rain proof jacket and some type of warm top should be worn and if it looks like being sunny skin Sun protection should also be brought and used.

Contact Number on the Day

My contact on the day will be via my mobile phone on 0459 291 945. The phone is not normally turned on so please do not try to use it at other times.

Questions

If you have any questions please feel free to contact me. Email is the best form as I will be out a fair part of the time between now and the day.

Adrian Craig
Training Manager & Coach Southern Darts Squad Orienteering SA
8263 4784.