

# INTRODUCTION TO ORIENTEERING (MODERATE COURSES) 11 & 25 FEB 2018

## OVERVIEW

Over two half days; 11 and 25 Feb 2018; Orienteering SA will conduct an Introduction to Orienteering (Moderate courses) course of instruction at Wadmore Park, Athelstone and the Para Wirra Conservation Park respectively.

The training will be conducted in two parts and in the mornings to avoid the potential heat of summer. The second part on 25 February will be conducted in conjunction with the Orienteering SA Training Day at Para Wirra.

The training is open to both children and adults with the following nomination criteria:

- Minimum age is 9 years as at 31 Dec 2018.
- Must have completed three easy standard orienteering courses previously'.

The training for the days will be conducted by qualified orienteering coaches in native forests with a number of gullies and spurs.

The Aims of the training are for those attending to complete a Moderate standard orienteering course and enjoy our sport.

## OUTLINE OF THE TRAINING

An outline of the Training is:

### **SUNDAY 11 FEBRUARY 2018 – WADMORE PARK**

The outline for the day is:

- 9.30-9.45 - Briefings on the program for the day and safety; Allocation to Squads and Issue compasses.
- 9.45-10.15 - Easy orienteering course (1.2 km).
- 10.15-11.00 - Introduction to the magnetic compass and Using the magnetic compass for direction and Measuring distance with pacing..
- 11.00-11.20 – Shape of ground and Discussion of Moderate course techniques.
- 11.20-11.55 - Short Moderate course (1.8 km).
- 11.55-12.00 - Summary of the day and future training and Collect compasses.
- 12.00-12.15 - Collection by parents

### **SUNDAY 25 FEBRUARY 2018 – PARA WIRRA CONSERVATION PARK**

9.30 to 11.30 am. Completion of a Moderate standard orienteering course and a debriefing by the coaches.

As you can see they are pretty active mornings and it should be good fun.

## ADMINISTRATION

### **Nominations and Costs**

Please send your nominations to the Training Manager; Adrian Craig at [training@sa.orienteering.asn.au](mailto:training@sa.orienteering.asn.au) by dusk Wednesday 7 February 2018.

Nominations should include:

Participants' name, age at 31 Dec 2018 and gender.

Parent or adult participant's name and contact telephone numbers.

The cost for the training is \$10.00 for each of the mornings regardless of age. Please pay in cash for each morning at Registration on arrival.

### **Permission Form**

All participants will need to have completed a Permission Form per below before participating in the training. Please hand in the completed form at Registration on arrival.

### **Registration**

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

### **What to Bring**

Please bring:

1. Orienteering clothing and equipment including:
  - a. Long pants and hat.
  - b. Rain proof clothing if the forecast is bad.
  - c. Sun protection.
  - d. Shoes should have some grip on the sole.
  - e. An orienteering magnetic compass if you own one. If you do not we will have loan compasses.
2. Drinking water (at least 2 litres) and food for the duration of the training. The water in the tanks is not suitable for drinking.

### **Direction Signs, Park Entry Fee, Car parking and Toilets**

Direction signs:

For 11 February signs will be on Maryvale Road, Athelstone at the Foxfield Oval.

For 25 February signs will be from the main entrance to the Park. Do not pay the entry fee at the Park entrance as it is included in the fee for the training.

There will be car parking and toilets at both venues.

### **Contact Numbers on the Days**

On 11 and 25 February my mobile number will be 0459 291 945. The mobile phone is not normally turned on.

### **Questions and Queries**

If you have any questions or queries on the Training please ring me on 8263 4784 or email per above.

**Adrian Craig**

**Training Manager Orienteering SA**