

INTRODUCTION TO ORIENTEERING (VERY EASY & EASY COURSES)

WADMORE PARK 18 APRIL 2018

Overview

On Wednesday the 18th of April 2018 the Southern Darts Squad of Orienteering SA will conduct an Introduction to Orienteering (Very Easy and Easy Courses) day at Wadmore Park, Athelstone from 9.30 am until 3.00 pm for both children and adults.

The training for the day 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 registered school teachers will be able to gain the training requirements for a Level 0 Orienteering Coach and thus be able to conduct orienteering training within their own schools. 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 and will not have the long course in the afternoon but will have a shorter one instead.

Parents are encouraged to stay for the day 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:

- 9.30 to 10.00 am. Registration including payment and handing in permission forms.
- 10.00 am to 12.00 noon. Safety; Basic orienteering skills & techniques; Rules and a very easy orienteering course of about 800 metres.
- 12.00 noon to 12.45 pm. Lunch.
- 12.45 to 2.45 pm. More orienteering skills & techniques followed by another very easy course of 900 metres for the younger ones and an easy orienteering course of about 1.7 km for the older ones. We will finish with a scatter course where the young orienteers will have a set number of controls to find in as short a time as possible and placing will be based on gender and age.
- 3.00 pm. 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 school age.

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 Sunday 15 April 2018. Nominations should include:

- Name.
- Gender and age at the end of 2018.
- Parent (for children) or own (for adults) name, contact email and phone numbers.

Administration

Arrival Time, Payment of Fees and Permission Form

Meet at Registration between 9.30 and 10.00 am and make payment of \$20.00 per child or adult in cash and hand in the Permission Form (one per child or adult). The Permission Form is attached.

What to wear and Bring

Those attending will need to:

- Bring lunch 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.

Cancellation in case of Unsafe Weather Conditions

In the case of Unsafe Weather Conditions; e.g. cold, wet and windy where there is a risk of cold injury or extreme heat with a risk of heat injury; we will ring those who have nominated to attend the training and hence one of the needs for a contact phone number.

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