



SOUTHERN DARTS ORIENTEERING CAMP PARA WIRRA NORTH 5 MAY 2018

INFORMATION AND PERMISSION FORM

Dear Parents and Darts,

In the afternoon and very early evening of Saturday the 5th May 2018 the Southern Darts Orienteering Squad will be conducting its one and only camp for 2018 in the northern part of the Para Wirra Conservation Park.

This will be the replacement Camp for the Camp of 24 March 2018 which was postponed due to the Total Fire Ban in the Mt. Lofty District.

I say one and only as later in the year when we would normally have a second camp many of us will be fully committed to the Australian Orienteering Championships (from about July onwards).

In the paragraphs below and the pages that follow we will provide you with the information and form needed to make our camp both productive training wise but equally important for you to enjoy.

*Kind regards,
Adrian Craig
Coach Southern Darts*

INFORMATION

Format of the Camp

Venue The Camp will be based at the shelter and toilets north of North Oval & Gawler View. This area is called The Helipad as at one stage it was used by helicopters.

There has been construction work around the Gawler View area and it may still be occurring. The Out of Bounds areas will be indicated by our coaches.

On the same day and at the same venue there will be the Para Wirra Open Day and there will be an orienteering stand at the Helipad as well as us. Also the postponed Introduction to Orienteering (Very Easy courses) will be conducted at the same time and in the same venue. So it will be very busy.

Squads We will mainly train in three squads; the Very Easy Course Squad (VE Squad), the Easy Squad (E Squad) and the Moderate Course Squad (Mod Squad).

The VE Squad will work with Coach Fi Pahor, the E Squad with coach Meredith Rasch and the Mod Squad with Coach Mark Overton. At times they will also be conducting their part of the Intro to Orienteering Training.

In addition parents who wish to may train as a squad and complete some of or the entire Moderate course after some initial instruction.

Courses An outline of the three day courses is:

1. Very Easy; 1.7 km in length and in the main follows the fence around the eastern side North Oval/Gawler View/Helipad area.
2. Easy; 2.8 km in length and follows the fence around the above area on the northwest side and then a series of tracks with a mixture of artificial and rock related features.
3. Moderate course; 3.1 km in length with a mix of linear features such as gullies and spurs and point features such as rocks, rock faces, rocky ground, bare rock and termite mounds.

The Night Easy course will be Very Easy course standard and of 1.1 km in the dark around the Gawler View and North Oval areas and most probably be done as squads for the younger children

In Outline:

1.00-1.15. Registration, Briefings (including Snake Bite precautions and first aid) and Allocation to squads.

1.15-2.00:

VE and E Squads. Map walk & Relocation.

Mod Squad. Practice using the magnetic compass for direction & Relocation.

2.00-3.30. Squads complete their courses.

3.30-4.30. Orienteering Games.

4.30-6.15. Evening meal and Socialise.

6.15-7.30. Night orienteering techniques briefing followed by the Night Very Easy course.

7.30 Leave the Park for home.

So you can see there is no camping this time.

AttendanceDarts members and other young orienteers

To enable us to produce the correct number of maps can you please confirm the names of children attending the Camp on training@sa.orienteeing.asn.au by dusk on Wednesday 2May 2018.

Parent Attendance

We require a parent of each child to stay for the duration of the Camp. Please indicate your attendance when advising of your child's attendance.

What to Bring

Please bring:

Orienteering clothing and equipment including long pants and hat and for the evening warm clothing. Shoes should have some grip on the sole. Please bring a torch or head lamp for the night orienteering (and also to help find the toilets at night).

The weather forecast changes by the day and there is a chance of showers and rain so please be prepared.

Drinking water and food for the duration of the Camp. The water in the tanks is not suitable for drinking (there may be some near the Park Office). We will still be in a Fire Restrictions Season so there will be no camp fire. Cooking using small gas stoves will be permitted in the cleared area near the front of the shelter.

We will Bring

We will bring maps, compasses, plastic map bags, stationery and first aid kit.

Costs

The cost for the Camp per child will be \$15.00. If parents wish to participate in the training the same costs apply. There will be no park entry fee.

There will not be a Park Entry Fee as it is an Open Day for the Park.

Permission Forms

Please complete the Permission Form on Page 4 and hand in one per child at Registration on arrival.

Late Starters

If you are arriving late and have not already done so please advise me via email; training@sa.orienteeing.asn.au; beforehand and that will get through to me.

Directions

To get to the Para Wirra Conservation Park from Adelaide follow the Main North Road north and beyond the Parafield Airport and then just before Elizabeth look for the sign to One Tree Hill on the right side of the road after the Old Spot Hotel which also has the brown and white sign to the Para Wirra Conservation Park.

Drive through One Tree Hill and to the 'T' intersection at the bottom of the hill and turn left (northeast) again following the signs to the Park.

Almost straight away there is a four road intersection with a large roundabout and you drive straight ahead (around the roundabout of course) again following the signs to the Park and not to Gawler or Kersbrook. You are now on Humbug Scrub Road.

Follow it to the main gate of the Park and then follow the Orienteering signs towards The Office and North Oval and Gawler View.

Contact Numbers on the Day

On 5 May my mobile number will be 0459 291 945.

Questions and Queries

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

Adrian Craig

Coach Southern Darts

Orienteering South Australia Inc.

**SOUTHERN DARTS CAMP PARA WIRRA NORTH 5 MAY 2018
PERMISSION FORM**

Name: _____

Date of Birth: _____ Gender _____

School: _____

Number of Orienteering events attended to date: _____

Orienteering Club (if applicable) _____

Contact Details

Name of Parent (s): _____

Home Phone: _____

Mobile: _____

Address: _____

Post Code: _____

Email: _____

Medical Information

Medicare Number:	Medication:
Allergies:	
Additional Medical Details/Conditions:	Name of Private Health Fund (if applicable):
Date of Last Tetanus Injection:	Private Health Fund Membership Number:

I give permission for my child to participate in the Southern Darts Camp to be conducted at Para Wirra Conservation Park on 5th of May 2018.

I give permission for my child to be photographed during these activities and for these photographs to appear in Orienteering SA publications and on the Orienteering SA website (please circle)

Yes / No

Signed: _____ (Parent/Guardian) Date: / 5 / 2018

Please hand in to the Registration on 5th of May 2018.

How did you find out about today?

Please help us improve our advertising of our Introduction to Orienteering Days by indicating below how you became aware of today (please tick ☐)

Orienteering SA	Website	Program	Enews
Orienteering Club	Friends		
School			
Other (Please specify)			