



INTRODUCTION TO ORIENTEERING (VERY EASY COURSES) PARA WIRRA CONSERVATION PARK 5 MAY 2018

Overview

On Saturday the 5th of May 2018 the Southern Darts Squad of Orienteering SA will conduct an Introduction to Orienteering (Very Easy courses) training afternoon at the Para Wirra Conservation Park from 1.00 pm until 3.30 pm for both children and adults.

The training for the afternoon will be conducted by qualified orienteering coaches in a lightly timbered park and will be based at the Helipad Car Park north of North Oval and Gawler View Picnic which has toilets and some shelter.

At the end of the afternoon 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 most of 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. Teachers will need to participate in another orienteering event after the 5 May training to complete their training requirements for a Level 0 Orienteering Coach.

The children and adults will train in separate squads.

Parents are encouraged to stay for the afternoon 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.

On the same day the Park will be having an Open Day and there will not be a Park Entry Fee. In addition Orienteering SA will be having an orienteering stand at the Helipad for people to Come and Try our sport and the Southern Darts Orienteering Squad will also be conducting training in the afternoon and early evening in the same venue; busy!!!

Outline of the Training

The outline for the day is:

- 1.00-10.30 pm. Registration including payment and handing in permission forms.
- 1.30-3.15 pm. Safety; Basic orienteering skills & techniques; Rules and a very easy orienteering course of about 800 metres.
- 3.15-3.30 pm Action if Lost, Debriefing and Future in Orienteering
- 3.30 pm. Collection by parents and/or departure.

As you can see it is a pretty active afternoon 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.orienteeing.asn.au by dusk Wednesday 2 May 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 1.00 and 1.30 am and make payment of \$10.00 per child or adult in cash and hand in the Permission Form (one per child or adult). The Permission Form is attached.

As it will be an Open Day at the Park there will not be a Park Entry Fee.

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.

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.

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
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