



INTRODUCTION TO ORIENTEERING (MODERATE COURSES) 27 MAY AND 3 JUNE 2018

OVERVIEW

Over two half days; 27 May and 3 June 2018; Orienteering SA will conduct an Introduction to Orienteering (Moderate courses) course of instruction at Wadmore Park, Athelstone and the Kuitpo Forest Headquarters respectively.

The training will be conducted in two parts with the first part being conducted in conjunction with the Intro to Orienteering (Very Easy courses) on 27 May and the second part being conducted in conjunction with the Orienteering SA Training Day at the Kuitpo Forest HQ on 3 June 2018.

It is essential to have completed the first training session before the second..

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 and pine 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 27 MAY 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 3 JUNE 2018 – PARA WIRRA CONSERVATION PARK

9.30 a.m. to 12 noon. Practice magnetic compass bearings and then 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 by dusk Wednesday 23 May 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 the Intro to Orienteering 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 our Registration on arrival.

Registration

Meet at our 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, Car parking and Toilets

Direction signs:

For 27 May signs will be on Maryvale Road, Athelstone at the Foxfield Oval.

For 3 June signs at the Kuitpo Forest Headquarters on Brookman Road (Route B34) also known as the Meadows to Willunga Hill road.

There will be car parking and toilets at both venues.

Contact Numbers on the Days

On 27 May and 3 June 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

Orienteering South Australia Inc.

MODERATE COURSE TRAINING PARA WIRRA 18 SEPTEMBER 2016 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 Moderate course training to be conducted at Para Wirra Recreation Park on 18th September 2016.

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: / 9 / 2016

Please hand in to the Registration on 18th of September 2016.

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)			