



ABRIDGED INTRODUCTION TO ORIENTEERING (MODERATE COURSES) 3 JUNE 2018

OVERVIEW

The Introduction to Orienteering (Moderate courses) of 27 May and 3 Jun 2018 had insufficient numbers of nominations at the close of nominations and a day later as well to be viable and the 27 May part at Wadmore Park was cancelled.

Since then sufficient nominations have come in to make an abridged version of the Intro to Orienteering (Moderate course) viable if conducted in conjunction with the Orienteering SA Training Day at Kuitpo HQ on Sunday 3 June 2018.

The training of 3 June will be of a half day duration starting at 9.30 a.m. and finishing around 12.30 p.m.

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 day will be conducted by qualified orienteering coaches in native and pine forests with a number of gullies and spurs as well as tracks, fences and water courses.

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:

The outline for the day is:

- 9.30-9.40 – Briefings on the program for the day and safety; Allocation to Squads and Issue compasses.
- 9.40-10.10 – Practice Easy orienteering course (1.5 km).
- 10.10-11.00 - 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.
- 11.20-12.20 - Short Moderate course (2.2 km).
- 12.20-12.30 - Summary of the day and future training and Collect compasses.
- 12.30 - Collection by parents

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 30 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 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 at 9.15 a.m. 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; 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 the venue.

Contact Numbers on the Days

On 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