

ORIENTEERING SA TRAINING DAY PARA WIRRA NORTH 15 SEPTEMBER 2019

OVERVIEW

Introduction

On Sunday 15 September 2019 Orienteering SA will conduct a carnival of training in the northern part of the Para Wirra Conservation Park. It will be based at Gawler View in the northern part of the Park.

The area is a mix of open native forest and thicker vegetation. There are numerous gullies and spurs as well as many tracks. A bituminised road runs roughly north to south along the ridge lead to Gawler View which is ideal for relocating if lost

Aims of the Training

The Aims of the Training are:

- Raise the standard of orienteering in SA.
- To introduce members of the public and ensure they enjoy the experience.
- Conduct the following as formal training:
 - Basic Rules, Skills and Techniques Training.
 - Registered Teachers Level 0 Orienteering Coach Training.
 - Moderate course Skills and Techniques Training.

ACTIVITIES

Activities and Courses

The following Activities and Courses will be available:

No.	Activities	Course		Comments
		Lengths	Climb	
Formal Training				
1.	Basic Rules, Skills and Techniques Training.			Note 2.
2.	Registered Teachers Level 0 Orienteering Coach Training.			Note 3.
3.	Moderate course Skills and Techniques Training.			Note 4.
General Training				
4.	Very Easy course.	1.2 km	5 m	Primarily for No. 1.
5.	Practice Easy course.	1.8 km	10 m	Primarily for the initial phase of No. 3 & last phase of No.2.
6.	Easy course.	2.4 km	30 km	
7.	Practice Moderate course.	2.5 km	50 km	Primarily for the final phase of No. 3.
8..	Moderate Course.	3.7 km	70 m	
9.	Medium length Hard course	4.2 km	100 m	
10.	Contour Only Course	2.0 km	40 km	Map only shows control circles, contour lines and north lines.
11.	Distance & Direction course.			DYO course using the permanent course control markers. Blank map with only north lines and control circles.
12.	Control Flow exercise.			Electronic punching.

Notes:

1. **Coaches.** The training will be conducted by qualified and experienced coaches..
2. **Basic Rules, Skills and Techniques.** Formal training of about 15 minutes as sufficient numbers justify and cover:
 - Basic Skills.
 - Easy Orienteering Course Rules, Skills & Techniques.
 - Relocation or Actin if Lost.
 - Using the Sun and Fist for Direction.

Then a Very Easy Course followed by a debriefing. If willing they could then attempt the Practice Easy Course.

No need to nominate prior to 11 September June.

3. **Registered Teachers Level 0 Coach.** The training start at 9.30 am and finish 1.00 pm and include Serial 1 followed by Serial 4, then Using the Magnetic Compass to Orientate the Map & then Serial 6.

Registered teachers **need to nominate** by dusk Wednesday 11 September 2019. See below for details.

4. **Moderate Course Skills and Techniques.** The outline program and timings:
- 9.30-9.40 – Briefings on the program for the day and safety; Issue compasses.
 - 9.40-10.10 – Practice Easy orienteering course to assess entry standards.
 - 10.10-11.10 –
 - Introduction to the magnetic compass and Using the magnetic compass for Direction.
 - Using the Sun and Fist and Sun and Analog watch for Direction.
 - Revision on Judging Distance and then Measuring Distance with Pacing.
 - 11.10-11.30 – Shape of ground and Discussion of Moderate course techniques Lesson Notes 2.0 Moderate Course Techniques.
 - 11.30-12.45 Practice Moderate course.
 - 12.45-1.00 - Summary of the day and future training and Collect compasses.

Orienteers wishing to participate in the training **need to nominate** by dusk Wednesday 11 September 2019. See below for details. Nominees must be 9 or over on 31 December 2019 and must have completed three Easy courses prior to 2 June 2019

5. **General Training.** The General Training will be per above with orienteers able to do as many courses as they like for the one entry fee of \$10.00 providing that they return to the Finish by course closure of 1.00 pm.

Orienteering in Cold, Wet and Windy Weather

There will be a display board covering this very important safety topic.

Wild Flowers

The wild flower season is upon us and there are numerous wild flowers in bloom or nearly in bloom in the Park. Orienteers are requested to avoid damage to the wild flowers.

CONDUCT AND NOMINATIONS

Nominations for the Registered Teachers Level 0 Coach and Moderate Course Skills and Techniques Training

Nominations are to reach the Training Manager Orienteering SA via email training@sa.orienteering.asn.au

(by dusk Wednesday 11 September 2019) and include:

Name.

Gender.

Age at 31 Dec 2019.

Contact email, phone number including mobile.

If under 18; parent or guardian name and contact details per above.

General Training – Number of Courses

Orienteers able to do as many courses as they like for the one entry fee of \$10.00 providing that they return to the Finish by course closure of 1.00 pm.

Start Times and Course Closure Time

Start times for the **Registered Teachers** and **Moderate Techniques** training will be at 9.30 am.

For the **Basic Rules, Skills and Techniques** and **General Training** start times will be from 9.30 to 11.30 am with Course Closure of 1.00 pm.

Maps

Maps will be the Para Wirra North 1:10,000.

Controls and Control Punching

Controls close to Gawler View and the remainder of the Easy course will be plate controls and the others hanging flags. It will be manual punching on control cards except for the Control Flow exercise.

Directions

Take roads that lead to One Tree Hill then head east to the main road where there are signs to Para Wirra Conservation Park on Humbug Scrub Road. Signs will be at the entrance and then follow the Park's signs to Gawler View.

Fees

Training Fees Training Fees for all of the training is \$10.00 per orienteer regardless of age. Extra maps will be \$2.00 each.

Park Entry Fees The Park Entry Fee is included in the Training Fee. Do NOT attempt to pay on entry to the Park (on line).

Loan Compasses

There will be a very limited number of loan compasses available and the nominees for the **Registered Teachers** and **Moderate Techniques** training will have first priority.

Leg Cover

Leg cover to prevent scratches is recommended for all courses less the Very Easy, Practice Easy and Easy.

COORDINATION

Questions and queries on the training should be addressed to the Training Manager Orienteering SA; Adrian Craig; on 8263 4784 or training@sa.orienteeing.asn.au