

# TRAINING DAY PARA WIRRA SOUTHWEST SUNDAY 15 MARCH 2020

## OVERVIEW

### Introduction

On Sunday 15 March 2020 OrienteeringSA will conduct a Training Day in the southwestern part of the Para Wirra Conservation Park based on the western side of the Para Wirra Lake and using the adjacent carpark and toilets.

The map area is open native forest in the main with many gullies and spurs plus rock, earth and water features and tracks for the easier courses.

### Aims

The Aims of the day are:

- To improve the standard of orienteering within OrienteeringSA.
- 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.

The formal training was previously conducted as Introduction to Orienteering training.

## CONDUCT

### Coaches

The training day will be conducted by accredited coaches who will be there to assist in the general plus techniques training and conduct the formal training.

### Activities and Courses

The following Activities and Courses will be available:

No.	Activities	Coordination & Information
<b>Formal Training</b>		Nominations required for Serials 2 and 3. See below for details.
1.	Basic Rules, Skills and Techniques Training.	Details in Note 1 below.
2.	Registered Teachers Level 0 Orienteering Coach Training.	Details in Note 2 below
3.	Moderate course Skills and Techniques Training.	Details in Note 3 below.
<b>General Training</b>		
4.	Very Easy course.	Along roads & tracks.
5.	Practice Easy course.	Along tracks & a creek lines.
6.	Easy course.	Along tracks & a creek lines.
7.	Practice Moderate course.	1.4 km in length in gully/spur terrain.
8.	Moderate Course.	3.0 km in length gully/spur terrain.
9.	Medium length Hard course	Gully/spur terrain.
<b>Technique Training</b>		
10.	Contour Only Course	2.3 km in length with a map only showing contour lines, north lines, scale and the main roads.
11.	Distance & Bearing course.	DYO with All Controls map; the map per Serial 10 less contour lines
12.	Control Flow Exercise.	DYO with a full colour All Controls map; allowing sufficient distance between controls to practice Planning the Next Leg as one approaches the control and to practice the use of Traffic Lights to control the balance between Speed and concentration on Map to Ground.

### Notes

1. Basic Rules, Skills & Techniques Training 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; then attempt the Practice Easy Course.

2. Registered Teachers Level 0 Coach Training Training starts at 9.30 am and finishes 1.00 pm and include Serial 1 followed by Serial 4, then instruction in Using the Magnetic Compass to Orientate the Map & then Serials 6. Successful completion of the training is the training requirement for accreditation as a Level 0 Orienteering Coach.

To attend the training the nominee must be a currently Registered Teacher.

3. Moderate Course Skills and Techniques Training The outline program and timings are:

- 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.

To attend the training the nominee must be at least 9 years old on 31 December 2020 and have completed three Easy courses previously.

### **Number of Activities**

Orienteers may attempt as many of the Activities above as long as they report to the Finish by Course Closure Time of 1.00 p.m. No extra cost for multi activities.

### **Map and Control Punching**

The map is fairly up to date and is of 1:10,000 scale.

### **Timings**

Courses and Techniques Training will be available with starts from 9.30 a.m. until 11.30 a.m. with Course Closure of 1.00 p.m.

The Formal Training of Serials 2 and 3 will start at 9.30 a.m. so there is a need to register between 9.00 a.m. and 9.20 a.m.

Except for the Very Easy, Practice Easy and Easy courses hanging controls with manual punches will be used.

## **ADMINISTRATION**

### **Signs**

Signs will be from the main gate of the Para Wirra Conservation Park on Humbug Scrub Road.

### **Car Park, Registration, Start, Finish and Toilets**

These will all be on the western side of The Lake.

### **Nominations**

The only activities that require nominations are Teachers Level 0 (Serial 2) and Moderate Skills & Techniques (Serial 3).

Nominations via email are to reach the Schools Coordinator OSA [schools@sa.orienteering.asn.au](mailto:schools@sa.orienteering.asn.au) for Serial 2 and the Training Manager OSA [training@sa.orienteering.asn.au](mailto:training@sa.orienteering.asn.au) for Serial 3 by dusk Wednesday 11 March 2020 and include the following information:

- Name.
- Age at 31 December 2020 and gender.
- Parent or Guardian Name if applicable.
- Contact email address if different from the one in the nominating email.
- Contact phone numbers (including mobile).

### **Dress, Equipment and Water**

Most of the area of the map is open native forest but some of the creek lines have moderate to dense vegetation. To avoid scratches of the legs and arms long pants and long sleeves are recommended. Grass sport shoes with grip should be worn.

It is likely to be Sunny and hence a hat with a brim is recommended.

There will be a limited number of compasses available so if you have your own please bring it. Do not bring compasses from the Northern Hemisphere as the needle drags and will not rotate correctly.

There will not be water available at Registration so bring your own; at least two litres per person.

### **Fees and Payment**

The fee for all orienteers is \$10.00 regardless of age and gender. If operating as a group it will be \$10.00 per group plus \$2.00 per extra map. Payment is to be by cash only on the day at Registration.

The fee covers the Park Entry Fee so do not pay on entry to the Park as it cannot be reimbursed.

### **COORDINATION**

Questions and Queries on the Training Day should be addressed to the Training Manager Orienteering SA Adrian Craig on 8263 4784 or [training@sa.orienteering.asn.au](mailto:training@sa.orienteering.asn.au)