

## Basic Orienteering Skills Course - Programme

| Day/Time   | Session Detail                            | Remarks  |
|------------|---|--|
| <b>Mon</b> |   |  |
| 08.30      | Book into office, move to accomm          | Lunch in main cookhouse                            |
| 09.30      | Opening address                           | Coaching Officer in Skills room                    |
| 09.45      | Course introduction                       | Overview of week, Wed event                        |
| 10.00      | Introduction to Orienteering              | Set the scene of the sport & relate to Mil job     |
| 10.15      | Introduction to Orienteering Maps         | Hand out IOF map symbol sheet                      |
| 10.30      | Ex 1: Orientating and thumbing the map    | Around buildings near classroom                    |
| 11.00      | Ex 2: Map walk                            | By Elephant shed.                                  |
| 11.40      | Break                                     |  |
| 12.20      | Map Quiz                                  |  |
| 13.00      | Ex 3: Yellow Course 1                     | Encourage walking!                                 |
| 13.50      | Ex 4: Yellow Course 2                     | Students to collect controls                       |
| 14.45      | O Map revision and extension              | Revise colours, symbols and scales. Extend from L2 |
| 15.15      | Control sites, use of all of descriptions | Ensure students have the IOF map symbol sheet      |
| 15.30      | Technique: Route planning                 | TOPCAR Introduction                                |
| <b>Tue</b> |   |  |
| 08.30      | Review Day 1 and map quiz                 |  |
| 09.10      | Pacing check                              | Number of Double paces for 100m                    |
| 09.30      | Technique: Use of a Compass               | Overview ready for Ex 9 & 10                       |
| 10.15      | Ex 5: Star exercise                       | Concurrent Ex 5, 6 & 7.                            |
|            | Ex 6: Attack points                       |  |
|            | Ex 7: Compass and Pacing                  |  |
| 12.00      | Break                                     |  |
| 12.40      | Technique: Aiming off                     |  |
| 13.00      | Ex 8: Course Walk                         | Concurrent with Ex 9                               |
|            | Ex 9: Aiming off, collect and catch       |  |
| 14.15      | Lesson: Types of Event                    | Overview of types of course                        |
| 09.10      | Lesson: Electronic Punching               | Intro to EMIT system                               |
| 14.45      | Ex 10: 45 Min Score Race                  | First timed race. Results on notice board          |
| 16.30      | Summary of day                            | Revision of techniques used                        |

## Basic Orienteering Skills Course - Programme

| Wed     |  |   |
|---------|--|---|
| 08.30   | Review Day 2                                   | TOPCAR and techniques   |
| 08.40   | Review Ex 10                                   | Highlight importance of a plan  |
| 09.20   | Lesson: Symbol control Descriptions            | Ensure students have the IOF map symbol sheet   |
| 09.30   | Lesson: Urban racing introduction              | Highlight the urban control descriptions  |
| 09.40   | Ex 11: Urban race                              | WRT video running in background   |
| 10.20   | Review Urban race                              |   |
| 10.45   | Technique: Relocation                          |   |
| 11.00   | Ex 12: Contours and Relocation                 | New South POC   |
| 11.15   | Technique: Traffic Lighting                    | Introduce the method of speed control   |
| 11.35   | Lesson: Race Preparation                       |   |
| 12.30   | Leave for MLS event                            | Run either Long Orange or Light Green course  |
| Evening | Review Results                                 | <a href="http://www.baoc.info/league_results/MLS/2017/MLS">http://www.baoc.info/league_results/MLS/2017/MLS</a> |
| Thu     |  |   |
| 07.45   | Move out of accommodation                      | Senior person to ensure this happens  |
| 08.30   | Review results of MLS event                    | Get response from all. Highlight splits report and splits browser   |
| 09.15   | Understanding review                           | Knowledge test sheet  |
| 09.50   | Ex 13: Course Championship Race                | Run Long Orange course. Compare times to previous courses. Results on notice board                              |
| 11.00   | Review Course Champs race                      | Highlight use of TOPCAR   |
| 11.45   | Lesson: Orienteering Organisations             | IOF, BO, BAOC   |
| 11.55   | Lesson: What next?                             | Next Steps in your orienteering   |
| 12.00   | Ex 14: Harris Relay                            | Final race of course  |
|         | Course Evaluation                              | Fill in evaluation sheets. As finish Harris   |
| 14.00   | Clean up                                       | Clean all of Bldg 25  |
| 14.00   | Showers in building 15                         | Those who want to shower before leaving   |
| 15.00   | Review Harris, prizegiving and closing address |   |