



ARMY

ARMY ORIENTEERING ASSOCIATION

Coaching Officer

Building 25

Longmoor Camp

LISS, GU33 6EL

Tel of Bldg 25:Mil: 94291 3419 Civ: 01420 483419

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See Distribution

Reference: AOA/Courses/Adv

Date: 03 Oct 16

ARMY ORIENTEERING ASSOCIATION (AOA) ADVANCED ORIENTEERING SKILLS COURSE. JOINING INSTRUCTIONS (SEE COURSE DATES)

GENERAL

1. The AOA Advanced orienteering skills course will take place at Longmoor Training Area, near Liss in Hampshire, as advertised (see course dates on <http://www.baoc.info/events>). This course builds on the skills developed in the Intermediate Skills course and provides the opportunity to develop new skills and provides techniques for improving individual orienteering ability.

COURSE VACANCIES

2. Vacancies will be allocated on a first come basis. Attendance on the intermediate skills course is a pre-requisite; Individuals may need to attend the inters course more than once to fully grasp how to skill fully apply the techniques. Courses places are bid through the AOA Coaching Officer and are allocated on a first come first served basis. Course place applications are to be made using the form at Annex C, 30 days before the course start date. Civilians are welcome and should contact the undersigned in the first instance.

CANCELLATION

3. Personnel granted places are to notify the coaching officer as soon as possible if they are unable to attend the course.

REPORTING

4. Individuals should to report to Building 25 in Longmoor before 0930hrs on Monday of the course for an administrative brief. Individuals will be booked in, allocated their accommodation and attend a briefing before the course starts. Dress is sports kit.

COURSE DISPERSAL

5. The Course will finish at 1700 hrs on Thursday, after the closing address in the Aldershot area.

ACCOMMODATION

6. Students are to inform the coaching officer if accommodation is not required. The accommodation provided at Longmoor Camp is basic training camp type accommodation with limited facilities. There is limited bedding available, therefore all students are required to bring sleeping bags. Accommodation rooms can be locked and some lockers are available, individual padlocks are to be brought if required. Laundry and additional shower facilities are available within the camp in Bldg 15.

7. **Accommodation on Sun Evening.** Students who require accommodation on Sun evening are to inform the Coaching Officer at least 5 working days in advance. There is no messing available on Sun eve.

MESSING

8. Meal times are as follows

Breakfast	0700 - 0800hrs
Lunch	Packed meal daily to allow flexibility in teaching.
Evening Meal	1730 - 1800hrs

COURSE OBJECTIVES

9. Course objectives are to:

- a. Improve orienteering techniques by developing the skills introduced on the Intermediate skills course.
- b. Develop best orienteering practices to cover all elements of technical difficulty (TD) 5.

Individuals attending the Advance Skills Course do not need to be top-level orienteer's; however, they do need to have had a sound exposure to civilian orienteering events to be able to fully participate in the course. You must have completed the Intermediate level course or prove with results that you have all the ability required. Night orienteering will be covered. This course is not suitable for improvers. Participants will be encouraged to examine their own technique in detail to understand their strengths and areas for improvement. It is intended that participants will leave the course with self produced development plan using ideas and information gathered during the week.

PRE-COURSE REQUIREMENTS

10. Individuals will achieve more out of the course if they are physically fit and injury free. All should have evidence of competing at TD5 in a range of Level A and B events after attending the intermediate skills course at least once.

CLOTHING AND EQUIPMENT

11. Sufficient sports clothing and equipment applicable to orienteering (including some items suitable for wet weather) should be brought. The course will be predominantly on the area completing short exercises.

12. Casual clothing and tracksuits, which must be presentable at all times, may be worn at mealtimes.

13. The following equipment is also required:

- a. Waterproof clothing and a small rucksack
- b. Two pairs of orienteering shoes
- c. Two orienteering suits and leg protection
- d. Plastic bags for wet clothes
- e. Water bottle, flask
- f. Knife, fork and spoon
- g. Compass
- h. Whistle
- i. Notebook, pencils and a red pen
- j. Sleeping bag & Padlock
- k. Night light, plus small reserve torch.

LOCATION OF LONGMOOR TRAINING AREA

13. See Annex A for direction:

TRAVEL ARRANGEMENTS

14. Longmoor Camp is situated on the A3, 30 mins from Guildford and 45 mins from Portsmouth. Details and maps are at Annex A.

COURSE CONTACT DETAIL

15. The address of the course is your name followed by:

Building 25
Longmoor Camp
Longmoor
LISS
Hampshire
GU33 6EL

Tel: Mil 942913419 Civ 01420 483419 **Manned only during course dates.**

MISCELLANEOUS

16. **Security.** Students are to comply with all local security requirements and are to remain vigilant. Personnel are responsible for all their own kit, equipment and valuables brought to Longmoor.

17. **Pets.** Dogs and other pets are not permitted on Longmoor Training Camp or Area.

COURSE PROGRAMME

18. An outlined course programme is at Annex B.

Electronically Signed

Phill Batts
AOA Coaching Officer
coaching@armyorienteering.com
07733047634

Annexes:

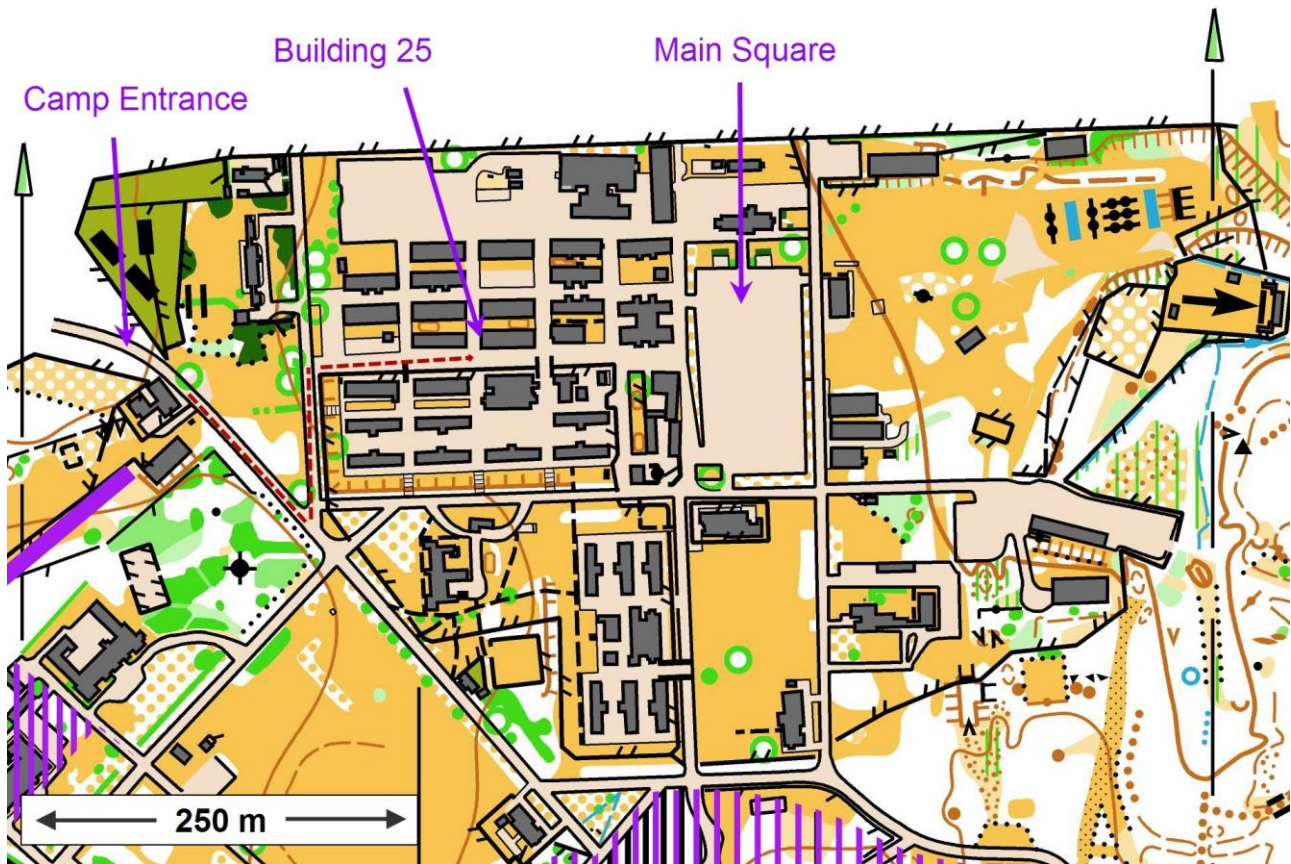
- A. Location Maps of Longmoor Training Area
- B. Course Programme
- C. Advanced Orienteering Skills Course Application

LOCATION MAPS OF LONGMOOR TRAINING AREA

Location of camp entrance is at (186) SU 79253105, post code GU33 6EL.

Electronic copies of this document contain the following active links to internet maps showing the location of the Camp Entrance: [Google Maps](#) [Multimap](#) [Streetmap](#)

Location of Building 25 and Main Square Parking



Course programme - draft
Advanced orienteering skills course at longmoor

DAY and TIME	LESSON DETAIL	REMARKS
Monday		
0930	Course brief	
	Course introductions	
	Back to Basics	
	Practical Ex 1	Level 5 course on Longmoor contour area.
	Debrief on Ex 1.	
	Advanced techniques	
	Analyzing performance	
	Practical Ex 2.	Map with 3-4 starts each with 3-4 controls. Then stop and start again.
Tuesday	Debrief of Practical Ex 2	
0830 hrs	Practical Ex 2.	Map with 3-4 starts each with 3-4 controls. Then stop and start again.
	Debrief of Practical Ex 2	
	Lunch	
	The right mental approach	
	Fine orienteering	
	Practical Ex 3 control picking	Lots of close controls
	Debrief on Practical Ex 3	
	NIGHT 'O' Practical Ex 4	
Wednesday		
0830hrs	Importance of speed:	
	O fitness.	
	Practical Ex 5. Sprint race to practice speed	New course for skills to be done.
	Debrief on Practical Ex 5	
	Lunch	
	ML(S) Event-Practical Ex 6	
	Debrief Practical Ex 6	
Thursday		
0830 hrs	Understanding contours	
	Depart for Aldershot Area	
	Individuals to draw sketch map of contour area.	
	Practical Ex 7 Contours	Brown only section.
	Practical Ex 8 Contour Relay	Ind or team relay using same controls from different directions
	Lunch at Cafe	
	Ways to improve my 'O'	3.5km 13 controls
	O opportunities	
	Course de-brief	
	Course Prize giving	
	Course dispersal	



Army Orienteering Association Course Booking
Personal Details

Service Number		Rank		Surname	
Known name			Gender		
Unit			Corps		
Course Name	Inters		Date		
Dietary Requirements					
Remarks					
Date attended Inters course					

Relevant experience to assist loading on the above course.

(For advanced skills please give details your last/best 5 events)

Date	Event	Result

Return this form to coaching@armyorienteering.com