



ARMY

## ARMY ORIENTEERING ASSOCIATION

Coaching Officer

Building 25

Longmoor Camp

LISS, GU33 6EL

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

Mobile: 07733047634

E-mail: [coaching@armyorienteeing.com](mailto:coaching@armyorienteeing.com)



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See Distribution

Reference: AOA/Courses/Inters

Date: 12 Feb 2021

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### ARMY ORIENTEERING ASSOCIATION INTERMEDIATE SKILLS COURSE – JOINING INSTRUCTIONS

References:

- A. 2018DIN07-103-Authority for Army Orienteering<sup>1</sup>.
- B. ABN 105/2020 Resumption of Army Orienteering<sup>2</sup> (4 Sep 20).
- C. FHPI v13 (08 Jan 21).

#### General

1. The Army Orienteering Association (AOA) orienteering Intermediate skills course will take place at Longmoor Training Area near Liss, Hampshire as advertised (see course dates on <http://www.baoc.info/events>).
2. In accordance with Ref A, Orienteering in the Army is categorised as Individual Military Training. Ref B gave authority in Sep 20 for Orienteering to resume. This course will be run in a COVID-19 safe manner; risk has been mitigated using the direction in Ref C<sup>3</sup>. Students should familiarise themselves with the contents of Ref C prior to attending the course.
3. Any Trainee who has displays of the symptoms attributed to COVID-19 **should not** attend the course. While in attendance it is essential that personnel maintain: Good **Hand** hygiene; Good **Personal** hygiene; Good **Respiratory** hygiene<sup>4</sup>. Course Training Staff will provide the required group Protective Equipment<sup>5</sup> (PE). Individuals are to provide their own **Personal** PE (face masks etc).

#### Pre-course training and course aim

4. This is a progression from the Basic Skills course which must have been completed before applying for this course. In exceptional circumstances the Coaching Officer may waive this.

<sup>1</sup> See <http://www.baoc.info/documents> for further information.

<sup>2</sup> iBid.

<sup>3</sup> At the time of print the published FHPI sits at version 12.2. It is expected that this will be updated prior to the course commencing. All Trainees will be briefed on any changes prior to the course commencing.

<sup>4</sup> Further details in Para 32 of Ref C.

<sup>5</sup> Hand sanitiser; disinfectant; soap; anti-bacterial wipes etc.

5. All students must have completed MATT 5 – Land Navigation in the 12 months prior to the course start date.
3. The aim of the Inter Skills is to progress, learn new skills and to advance up the British Orienteering step system so that by the end of the course they can successfully complete a TD5 orienteering course.
4. A detailed course programme and training objectives will be provided on day 1 of the course.

### **Course places**

6. 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 B.

### **Cancellations**

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

### **Reporting**

7. Students are to report to Building 25 in Longmoor Camp before 0930hrs on the first day of the course (Monday) to carry out course joining administration. Students will be booked in and attend a briefing before the course starts. Dress is sports kit.

### **Dispersal**

8. The course will disperse at 1700hrs on the final day of the course (Thursday) after the closing address in the Aldershot area.

### **Administration**

9. **Accommodation.** The accommodation provided at Longmoor Camp is basic training camp type accommodation with limited facilities. There is no bedding issued for the course therefore all students are required to bring sleeping bags. Lockers are available, individual padlocks are to be brought if required. Laundry facilities are available within the camp in Bldg 15.
7. **Messing.** All meals are provided by the central catering facility at Longmoor. Meal timings are as follows:

Breakfast - 0700 - 0800hrs

Lunch - Packed meal daily to allow flexibility in teaching.

Evening Meal - 1700 - 1800hrs

11. The rest room has a water boiler and free supplies of tea, coffee and milk. Any other refreshment requirements should be brought by the students.
12. **Travel arrangements.** Longmoor Camp is situated on the A3, 30 mins from Guildford and 45 mins from Portsmouth. Details and maps are at Annex A. Students arriving by car are to report to the Guardroom with photo identity where they will be issued with a pass and then directed to Building 25. Parking is in official parking areas only. The nearest railway station to Longmoor is Liss. Students arriving by train should use a taxi to get to Longmoor and claim the journey cost on JPA on return to unit.

13. **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.

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

15. **Postal address and telephone number.** The details for the AOA Building at Longmoor Camp is:

Number, Rank, Name  
AOA Building 25  
Longmoor Camp  
LISS  
GU33 6EL

Tel: **Mil** 94291 3419 **Civ** 01420 483419. **Note – This building is only manned during course dates.**

### **Dress and equipment**

16. Uniform is not required on the course. Sufficient sports clothing and equipment suitable for orienteering including outer clothing suitable for wet weather should be brought to the course. While some lessons will take place in the classroom, much of the course will be conducted on the training area. The following equipment is also required:

<i>Item</i>	<i>Qty</i>	<i>Remarks</i>
Face masks	*	Enough for course duration
Waterproof clothing	As required	For outdoor activity and suitable for carrying out physical activity
Orienteering shoes	2 pairs	Or trainers suitable for off road conditions
Orienteering suits	2	Or running t-shirts and long bottoms for leg protection.
Day sack	1	Take dry kit to area
Plastic bags	As required	For wet clothes
Water bottle	1	
Flask	1	
Compass	1	Issued Silva compass is fine
Whistle	1	Mandatory for use on the training area if injured / lost
Stationery	As required	As a minimum notebook, pens/pencils and red pens (biros or fine permanent pens)
Head torch	1	For night orienteering (Tue night)
Other torch	1	As back up for head torch

### **Summary**

17. The AOA courses offer valuable skills to all students in order to improve their orienteering and navigation in general. Any queries regarding these joining instructions or the course should be directed to the Coaching Officer.

### **Electronically Signed**

Phill Batts  
AOA Coaching Officer  
[coaching@armyorienteering.com](mailto:coaching@armyorienteering.com)  
07733047634

Annexes:

- A. Location Maps for Longmoor Camp
- B. Course place application form

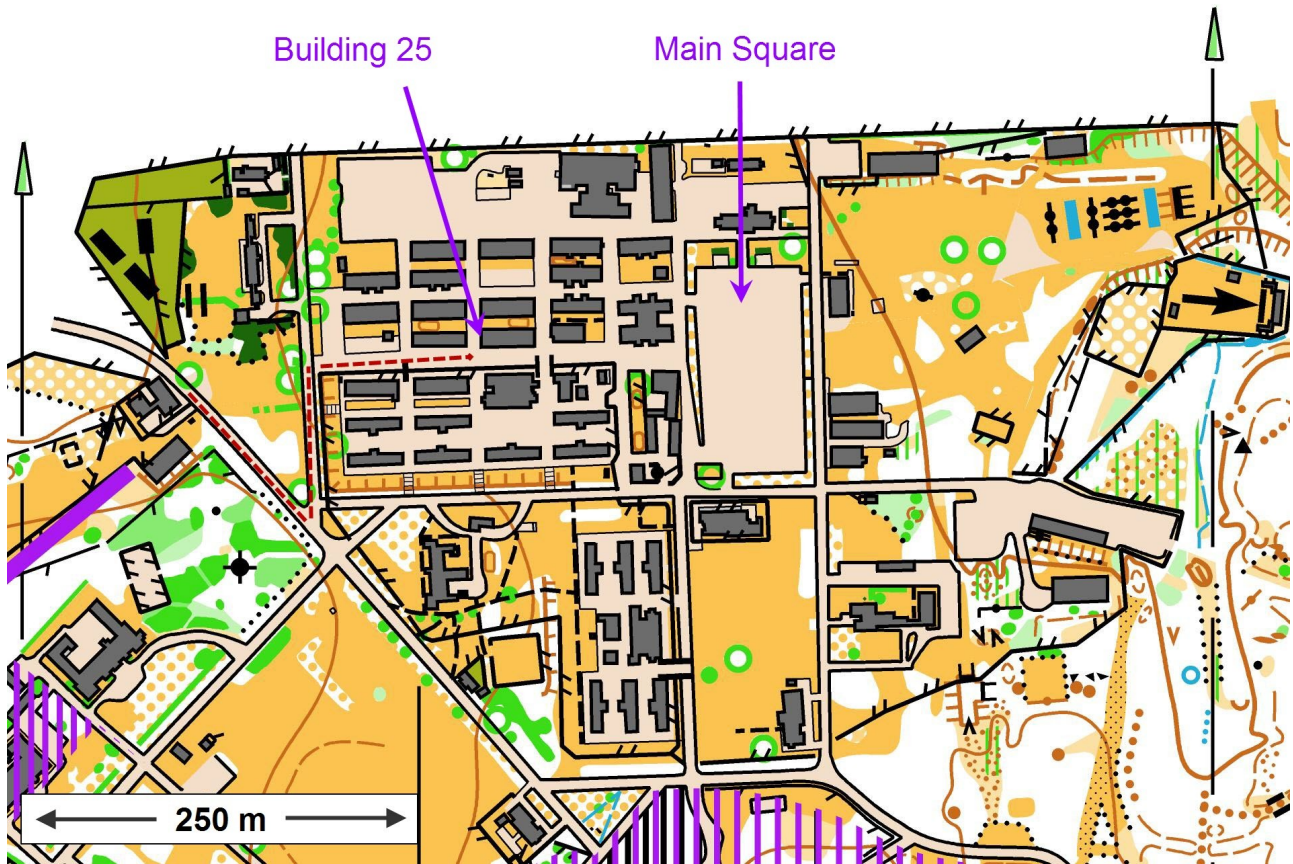
Distribution:  
All students  
Copy to:  
AOA Sec  
Asst Coaches

## 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





## Army Orienteering Association Course Booking

### Personal Details

<b>Service Number</b>		<b>Rank</b>		<b>Surname</b>	
<b>Known name</b>			<b>Gender</b>		
<b>Unit</b>			<b>Corps</b>		
<b>Course Name</b>	<b>Inters</b>			<b>Date</b>	
<b>Dietary Requirements</b>					
<b>Remarks</b>					
<b>Date attended basic skills course</b>					

### Relevant experience to assist loading on the above course.

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

Date	Event	Result

Return This form to [coaching@armyorienteeing.com](mailto:coaching@armyorienteeing.com)