

Permanent (DIY) Orienteering Courses

Brinkworth Reserve

Lincoln Orienteers Inc. have constructed permanent (DIY) orienteering courses as a way to introduce people to the sport of orienteering. There are permanent markers spread around in the reserve. If you wish to try a course, follow the instructions below.

We'd love to know how many people try a course and how they went. Please put a comment on Facebook with the hash tags #diyorienteering #portlincoln. Otherwise, phone or email us (see below).

Most important of all; HAVE FUN

Courses available

Easy	0.8 km	This is easy but will go through the scrub in places. Read your map as you go
Moderate	1.1 km	This is harder and so you will have to read your map, and navigate, carefully
"Score"	1.3 km	Here you just try to get as many of the 20 controls as you can, in any order, in 30 minutes. Take a watch

To get started

1. Pick a suitable course from the table
2. Take the laminated map for the course you have chosen OR a map you downloaded and printed from our web site. If you take a laminated map also take a control sheet to write your answers onto
3. Follow the instructions on the back of the map
4. Take a pencil

Safety and Responsibility

- Young children **MUST** be supervised by an adult
- Stay in the reserve. Do not cross any public roads
- Young school groups should have an adult at the start/finish and at points where children may have trouble. Adults may wish to discuss route choice, and what will be seen on the way, with children before they set out
- In hot weather be aware of snakes (do not walk where you can't see the ground)
- You must look after yourself. **No responsibility, or liability, is assumed by the contributors to this project**

Answer sheet

You can download an answer sheet from our web site (see below)

About orienteering

Families

Individuals choose a suitable course. One parent can compete while the other looks after children. Or, you can go as groups.

Groups

If you are a teacher taking your group orienteering for the first time, don't put them on a hard course thinking it will be a real challenge for them. They may get lost and disillusioned. Try them on an easy course first. They'll whizz around and come back eager for more !

Route Choice

Part of the challenge of orienteering is to decide which route to take between controls. A direct route may take more time than a longer route which is easier to navigate. Route choice should take into account the orienteer's experience.

Star and Loop Courses

An ideal way for group leaders to teach beginners, and maintain control, is to do Star courses. These involve the beginner going to a single control and then returning to the start for the group leader to check and then issue another control.

An extension of this is the Loop course, where the beginner is issued with a map showing 2 or 3 controls for them to visit and then return to be checked.

"Score" Courses

On a Score course, the aim is to find as many of the 20 controls as possible in 30 minutes. Score courses are fun in a group situation where there is scope for friendly competition.

Higher points are earned for controls which are harder to find or further away from the start. The person, or group, with the highest total points wins. Deduct five points for each minute late back. If you got all controls add five points for each minute back early.

Feedback please

We would love to hear how you went so we can evaluate this project. Please, let us know as described above.

For more orienteering

We have regular events around Port Lincoln. We would love you to join us.

Our program, and phone numbers, are on our web site. There is more about orienteering there too.

Go to <http://www.lincolnorienteers.com.au>

