

FALCON SPORT – ORIENTEERING INFORMATION 2017



What is Orienteering?

Orienteering involves finding your way across country using a detailed map and usually with the help of a compass. It can be enjoyed by both young and old, as a relaxing recreation or as a competitive sport.

An orienteering course involves visiting a number of locations in the bush in the correct order. These locations, called controls, are marked with orange and white flags. Some typical control features are track junctions, creek bends, and boulders.

At the start of the course, the competitor is given a map on which the course is marked. Orienteers have to find their way to each control, taking whichever route they choose.

Typical route choice decisions involve deciding whether to go over or around a large hill, to follow tracks all the way in comfort, or to strike out through the forest taking a shortcut to save time!

Falcon O – Falcon Orienteering is supported by a local orienteering club: Garingal Orienteers Inc. All Falcon O members are asked to become members of Garingal. Garingal junior membership may be upgraded to a family membership.

Events - Participation may be competitive or recreational. It is expected that there will be an event or coaching available most Saturday and Sunday. Members do not need to compete in every event. Most events will be based in parks or reserves across Sydney however keen students may also choose to travel to monthly weekend events in areas such as the Hunter Valley, Central West or Southern Highlands. Family and friends are also invited to enter events. Orienteering is a family friendly sport with participants ranging in age from 8 to 80+ years.

Transportation – Squad members need to arrange their own transportation to all events.



Courses – At every event, a variety of courses are offered so that there is always something appropriate for beginner orienteers all the way through to experienced competitors. Members may choose their own preferred distance and degree of navigational difficulty at each event. Courses may also be attempted either individually or with family or friends.

Representative Opportunities: The Falcon O Squad participates in the Sydney North Schools Championships (on a school day in August). In addition, NSW Schools Championships is on a Sunday in August. Keen students may also strive for selection in the NSW Development Squad or the NSW Schools Orienteering team.

Costs:

Falcon O annual membership	\$20
Deposit for Falcon O t-shirt (new members only)	\$50 refundable on return
Garingal annual membership	\$40 (or \$70 for a family)
Event entry fees are paid for each event and are usually around \$10 per competitor	

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PARENT-RUN, EXTRACURRICULAR SPORT PROGRAM NORTH SYDNEY BOYS HIGH SCHOOL



Equipment – Generally students are most comfortable competing in shorts, t-shirts and running shoes. Falcon O loans members a club T-shirt for the season. If students progress to more difficult bush events, they may need some leg protection for scratches from bush and rock. Students should also wear a whistle which Falcon O will supply. The final piece of essential equipment is a good quality orienteering compass.

Safety - You must wear your whistle whenever competing. Advice on whistle safety protocol will be available. You must also ensure that you always note with event officials, the course that you are attempting, your start time and safe return.

Insurance - Please note that there is no personal accident insurance that covers participation in orienteering. Members are encouraged to ensure that they have their own medical insurance.

Registration

You need to register as an orienteer with both **Falcon Sport** and **Garingal Orienteers**.

To register for Falcon Sport – Orienteering:

1. Please complete the Falcon Sport - Orienteering Registration 2017 form with payment date and Garingal registration date and e-mail to nsbhs.orienteering@gmail.com
2. Make payment as follows:

Falcon O annual registration fee \$20 and
Deposit for club T-shirt \$50 which is refundable on return (new members only)

by direct credit to “North Sydney Boys High Sports Committee”
BSB **012-275** Account Number **3001 46562**
(Please note student’s name and the initials ‘FO’ in the description field.)

To become a member of Garingal Orienteers Inc.:

Please sign up online by visiting the Garingal website (www.garingal.com.au)
Annual membership fees are: Junior \$40 or Family \$70.

Please note that when joining Garingal Orienteers and entering all orienteering events, you will need to read and accept a comprehensive disclaimer and risk statement.

For further information, please contact Falcon Orienteering Convenor – Madeline Yan

Mobile: 0417 678 055

Email: nsbhs.orienteering@gmail.com

FALCON SPORT – ORIENTEERING REGISTRATION 2017



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STUDENT'S PERSONAL DETAILS	Student Number	
First name	Family name	Year of Birth
Email address (please write VERY clearly)		
Mobile	Suburb	2017 School Year

PARENT/GUARDIAN DETAILS

Father's first name	Father's family name	Mother's first name	Mother's family name
Email address (please write VERY clearly)			
Father's Mobile		Mother's Mobile	

PARENTAL SUPPORT IS NEEDED – Please indicate if you are able to assist.

Father/mother will be able to assist with coordination of the sport Yes No

MEDICAL DETAILS FOR STUDENT REGISTERING

Are there any allergies or other medical issues that may be relevant? (please attach details if insufficient space)

ORIENTEERING EXPERIENCE

Please note any orienteering experience that you may have.

Membership of Garingal Orienteers (see www.garingal.com.au).

Registration Date: / /

Falcon Sport Payment:

Electronic Transfer Date: / /