

# FALCON SPORT – ORIENTEERING INFORMATION 2019



## What is Orienteering?

Orienteering is a sport that challenges both the body and the mind. It is also loads of fun!

The aim is to use a special orienteering map to navigate your way around a course and visit marked check points along the way. You choose a course that suits your age and experience and proceed at your own pace: walk, jog or run. It is a race but you decide if you want to just race yourself or be the next world champion! The course may take you through urban areas, parks, schools, farmland or forests.

Events are conducted weekly across NSW and beginners are welcome at all events.

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 required to become members of Garingal.**

**Events** - Participation may be competitive or recreational. 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. Orienteering is a family friendly sport with participants ranging in age from 8 to 80+ years. Family and friends of Falcon O Students can also enter events.

**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.

**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 \$80 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 first register with Garingal Orienteers at <http://garingal.com.au/index.php/join-garingal> and paid for the membership fee of Garingal.

On successful registration with Garingal Orienteers, please complete the Falcon Sport - Orienteering Registration 2019 form and e-mail to [nsbhs.orienteering@gmail.com](mailto:nsbhs.orienteering@gmail.com)

When your registration is confirmed, Falcon Sports will forward you an invoice for the fees and any other applicable expenses. Please follow the instructions included in the invoice when making payment.

Please **DO NOT** make payment unless you have received an invoice from Falcon Sports. All payments are to be made via EFT. Cash payments **WILL NOT** be accepted.

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 or assistance in registration, please contact Falcon Orienteering Convenor –  
Natalie Grainger**

**Mobile:** 0422 938 320

**Email:** [nsbhs.orienteering@gmail.com](mailto:nsbhs.orienteering@gmail.com)

# FALCON SPORT – ORIENTEERING REGISTRATION 2019



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



### STUDENT'S PERSONAL DETAILS

First name	Family name	Year of Birth
Email address (please write VERY clearly)		
Mobile	Suburb	2019 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 Orienteering

Please provide date you registered with Garingal Orienteering:    /    /