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 short cut to save time.

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

Events - Participation may be competitive or recreational. It is expected that there will be an event or coaching available most Sunday mornings between March and October 2013. 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, Falcon Orienteering will hire a bus to transport students to the NSW Schools Championships on Sunday 25 August 2013. Keen students may also strive for selection in the NSW Development Squad or the NSW Schools Orienteering team.

Coaching – Coaching will be available through Garingal. Beginners as well as experienced orienteers can be accommodated. This is likely to occur on Sunday mornings when there are no local competitions.

Costs – Falcon O membership is $20. Garingal membership is an additional $35 (or $60 for a family). Event entry fees are paid for each event and are usually around $10 per competitor per event.

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**ORIENTEERING CONVENOR – ADA LEUNG**

| Postal Address: | 16 Ravenna St, Strathfield, NSW, 2135 |
| Mobile: | 0422 838 906 | Email: nsbhs.orienteering@gmail.com |
Equipment – Generally students are most comfortable competing in shorts, t-shirt 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. Falcon O can supply these for $33.

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 2013 form (attached);
2. Cost

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
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<tr>
<td>Compulsory: Falcon O registration</td>
<td>$20</td>
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<tr>
<td>Optional: Members may also purchase an orienteering compass through Falcon Sport</td>
<td>$33</td>
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Payment ($20 or $53) may be made to Falcon Sport via:

- Electronic transfer (Transfers may be made to the NSBHS Sports Committee account, BSB 062215 Account Number 10016191. Please note your name and the initials ‘FO’ in the description field.)
- Cash (Please pay to the Convenor in person).
- Cheque (Please make cheques payable to NSBHS Sports Committee and forward to the Convenor).

To become a member of Garingal Orienteers Inc.:

Please sign up online by visiting the Garingal website (www.garingal.com.au), clicking on the Join Garingal button and following the prompts.

Membership costs are: Junior $35 or Family $60.

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.
# FALCON SPORT – ORIENTEERING REGISTRATION 2013

**PARENT-Run, Extracurricular Sport Program**

**North Sydney Boys High School**

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<thead>
<tr>
<th>STUDENT'S PERSONAL DETAILS</th>
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<tbody>
<tr>
<td><strong>Student Number</strong></td>
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<td><strong>First name</strong></td>
<td><strong>Family name</strong></td>
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<td><strong>Email address</strong> (please write VERY clearly)</td>
<td><strong>Are you happy to receive information via email?</strong></td>
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<td><strong>Street Address</strong></td>
<td><strong>Suburb</strong></td>
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<td><strong>Home Telephone</strong></td>
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<tr>
<th>PARENT/GUARDIAN DETAILS</th>
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<tr>
<td><strong>Father's first name</strong></td>
<td><strong>Father's family name</strong></td>
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<td><strong>Email address</strong> (please write VERY clearly)</td>
<td><strong>Are you happy to receive information via email?</strong></td>
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<tr>
<td><strong>Phone – Home</strong></td>
<td><strong>Father’s Mobile</strong></td>
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**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). Completed? ☐ Yes ☐ No

**Falcon Sport Payment:** ☐ Cash (paid to Convenor) ☐ Cheque (enclosed) ☐ Electronic transfer (Date / / )

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