

SBOC Back to Basics Sessions ~ 5.30pm – 6.15pm

Meeting in The Woodland Centre at Penllergare from 5.15pm ready to start at 5.30pm.
Car Park entrance off the A48 close to the layby at Lezzet Restaurant ///flows.noble.translated

Parking at The Woodland Centre. The gate may be pulled too upon arrival to stop members of the public from using the car park, however it will not be locked and access can still be gained. Just make sure you close the gate again after you have parked. If you park in the layby on the A48 or arrive on foot, please let the session leader know.

There are facilities in the centre and you can leave kit here if required. If we head out into the park, the centre will be locked, but if you require access during the session, please let the session leader know.

What to Expect

It's time to go back to the very beginning and skill up! Sessions are suitable for all ages.

These four sessions will recap or introduce key basic skills, which are the foundation on which to build your knowledge and understanding of Orienteering Techniques. We will be looking at:

- Map Symbols and Features
- Setting/Orientating the Map
- Folding and thumbing the map
- Introducing compasses both Thumb and Base plate
- Spotting routes
- Checking features
- Distance judgement
- Getting lost - and found!

The sessions will be based in both the classroom and in the park, so please bring a torch, wear clothing and footwear suitable for the weather on the day.

Following on from Back to Basics we will move to Building on the Basics and then Advanced Skills, ready for when the clocks change and we head out into different terrains and get ready to Spring into Summer.

Safety

You must sign onto the session when you arrive and you must sign out at the end of the session.

All U16's must be accompanied by a parent or guardian during the session.

16-17 year-olds may attend without a parent or guardian, in the understanding that the session leader will act In loco parentis.

Everyone who participates does so at their own risk and is responsible for their own safety, for bringing appropriate medication if required, and for participating at the correct level for their ability.

If you become unwell or sustain an injury whilst participating, or decide to cut the session short, it is your responsibility to inform the session leader, or ask a suitable person to do so on your behalf.

If you leave the session early, you must sign out before heading home.