

FAMILY

ORIENTEERING COACHING DAY

OXWICH BURROWS
4TH JANUARY

Activities:

- map reading
- using a compass
- games and challenges
- try a course - or two

No previous experience needed
All equipment provided
Just bring your sense of adventure

REGISTER AT
SBOCFunDays@gmail.com

WWW.SBOC.ORG.UK

ORIENTEERING FOUNDATION



Exploration
ADVENTURE



Run
WILD



Build
RESILIENCE

New Skills
INDEPENDENCE

Welsh Orienteering Association

FAMILY

ORIENTEERING COACHING DAY



OXWICH BURROWS 4TH JANUARY

🗺️ Unlock the World with Map Reading: A Journey of Discovery for Your Family! 🌍

🌟 Why Map Reading Matters: Navigating the world around you

Navigation Mastery: Develop essential navigation skills, master the art of interpreting maps to find your way around an orienteering course.
Quality Family Time: With busy schedules and world dominated by screens, carving out quality family time is essential. Orienteering provides an opportunity for families to bond, share experiences, and create lasting memories in a unique and adventurous setting.
Problem-Solving Prowess: Orienteering challenges require strategic thinking. Map reading encourages problem-solving as you plan routes, make decisions, and overcome obstacles.
Nature Appreciation: Orienteering takes you to diverse natural settings, fostering an appreciation for the environment, instilling a love for the outdoors and encouraging responsible and sustainable practices.
Life Skills: Orienteering teaches valuable life skills such as navigation, map-reading, and spatial awareness, skills that can be applied to various aspects of life.
Sense of Achievement: Successfully completing an orienteering course instills a sense of accomplishment and boosts self-esteem with small victories as a family contributing to a positive and empowering atmosphere.
Life-Long Learning: Map reading is a skill that lasts a lifetime. Equip your family with the tools to explore new places, whether it's a hiking trail, a city map, or a foreign country.

The joy of discovery is limitless!

SB

CITY AND COUNTY OF SWANSEA · DINAS A SIR ABERTAWE

Welsh Orienteering Association

ORIENTEERING FOUNDATION

REGISTER AT
SBOCFunDays@gmail.com

FAMILY

ORIENTEERING COACHING DAY



OXWICH BURROWS
4TH JANUARY

Parking: Oxwich Bay Car Park - a fee for parking is payable upon entry ///quiet.winemaker.slopes

Meeting Point: Next to the information sign in the Main Car Park

Starting: 9.45am at the meeting point

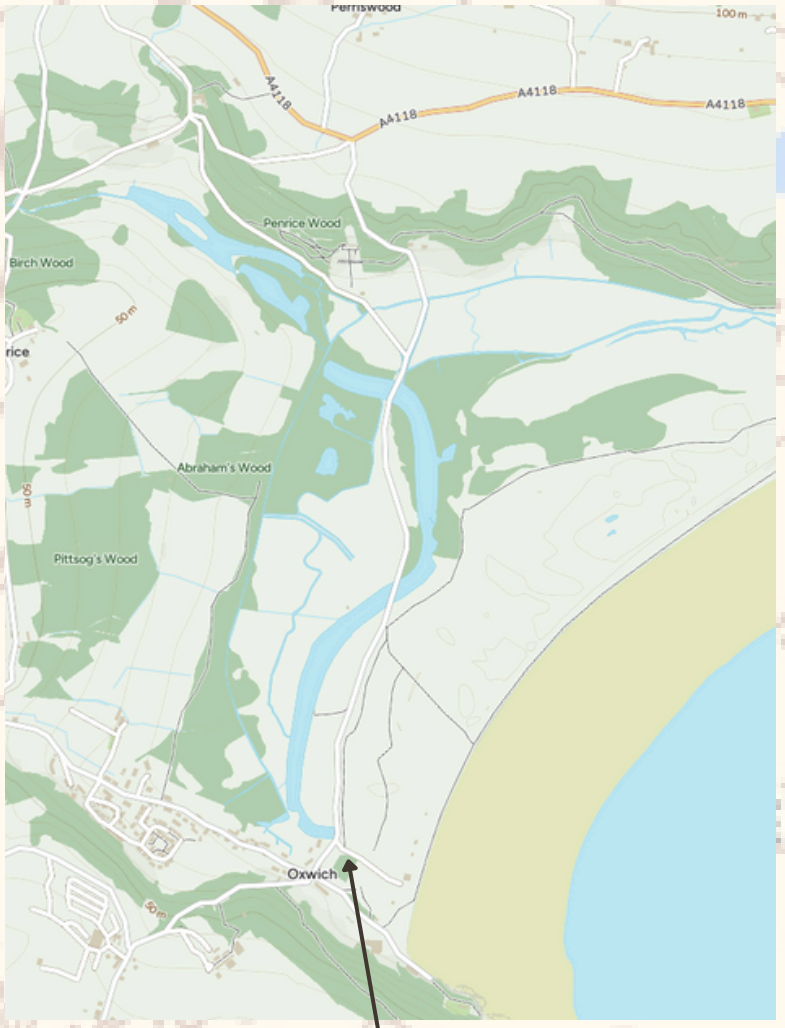
Finishing: 12:00 or a bit later if people want to run more than one course

No previous experience needed, all equipment is provided.

You will need to bring suitable shoes and clothes for the weather, food and drink.

If you have your own compass, please bring it along.

There are no facilities in the park.



Car Park & Meeting Point

REGISTER AT
SBOCFunDays@gmail.com