SBOC CLUB MEET







C.A.T.S

ALL WELCOME
10.30AM - 3PM

Sunday 12th May

Location: Mynydd y Garn, Ystradfellte, CF44 9JF
W3W:///putter.inspector.exonerate

Parking: Gwaun Hepste - Four Waterfalls Car Park, CF44 9JF. Fee of £5 - card only, payable on arrival at the machine.

Post Session Social: Picknick on the fell if nice, The New Inn, Ystradfellte if wet.

📣 Coaching and Training Sessions are a great way to improve your orienteering skills in a social way without the pressure of competition. Sessions are for all orienteers, no matter your age or level. Everyone is welcome!

⏰ Assembly and briefing is at 10.30am sharp. Arrive by 10.15am so everyone is ready to go at 10.30am. Sessions will end at 3.00pm

🥪 Make sure to bring a packed lunch, something to drink to keep your energy levels up. Van selling drinks and snack in the car park.

🚽 There is a Port-a-Loo available in the Car Park, but no facilities on the fell.

www.sboc.org.uk

👫 Groups will be organised into people with the same level of technical ability:

⚪🟡 Technical Difficulty (TD) 1 and 2 (White and Yellow) Easy courses with all controls mostly on linear features such as paths, walls and streams. Suitable for primary school children and adult newcomers who want a gentle introduction to orienteering.

🟠 TD 3 (Orange) Courses use basic use of a compass and route choice. Ideal for novice orienteers or young juniors with experience.

🟢🔵🟤 TD4 and 5 (Lt Green, Green, Blue and Brown) Challenging navigation with route choice and using more contour and point features suitable for experienced juniors and adults.

🪈 Juniors should carry a whistle. Bring a compass if you use and have one. Some base plate and thumb compasses will be available to borrow and try out. Dibbers are not required.

👨‍👧 Juniors under the age of 16, must be accompanied by a parent or guardian.

💰 C.A.T.S are free for members of SBOC and the WJOS. Non-members are also welcome to attend any of our activities and events but there is a £3 fee for this activity. Interested in joining SBOC and enjoying the membership benefits? Membership is only £4.20 for juniors, £8.70 for young adults, £13 for seniors and £31 for families in your first year. Find out more at www.sboc.org.uk/membership

🧥👖 Full body cover is mandatory. If the weather is cold or wet – a waterproof jacket will be mandatory. As well as times of exercise there will be periods of the session when you will be stationary, so layer up – bring along a hat and gloves to keep comfortable. There will be a tent for shelter and to leave bags. NOTE: the session leader is not responsible for the safe keeping of the kit, it is dropped off at your own risk, so please leave any valuables in the car.

📝 You must register in advance if you wish to attend by emailing either SBOCFunDays@gmail.com and complete a registration form – https://forms.gle/F5pEH2kMBY74L7nW6