

Course - Introducing TrailO – Intro

May 17th Brandon Country Park 10.00 to 16.00

IntrO has been developed as a non-competitive introduction to Trail Orienteering and is suitable as an extra at club activity sessions, training or low key summer events are ideal.

The course is intended to help clubs to stage a few IntrO exercises as part of their regular programme, so it is applicable to any official or reasonably experienced orienteer and someone who is involved with mapping needs to be involved in staging the courses.

The day will start as an indoor session based on the courses provided last summer at WAOC training evenings. There will then be a practical session when pairs study an allocated area close to the Centre to find potential control sites and note what would be required to update the map.

Everyone will then do the resulting course before ending with an indoor discussion session.

Documentation for IntroO

‘An introduction to trail orienteering for organisers, planners and participants’ This document is available on the BO website under ‘Try orienteering’ then ‘Trail orienteering’. Check that it has downloaded correctly before printing!

The TrailO rules and new guidelines are all available on www.orienteeing.org. Both these documents provide information for planners.

There will be no cost to attend other than getting there and any lunch you might buy at the café. A few parking spaces will be reserved for us.