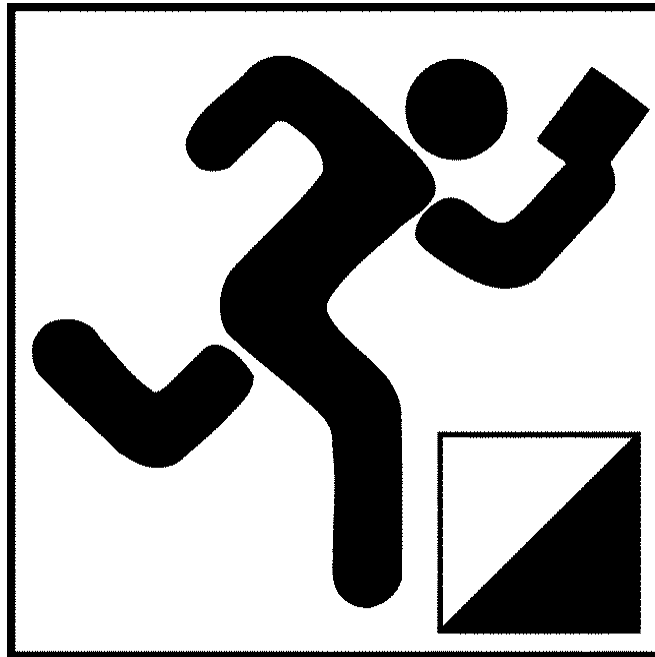


Orienteering in Queensland



General information for new members



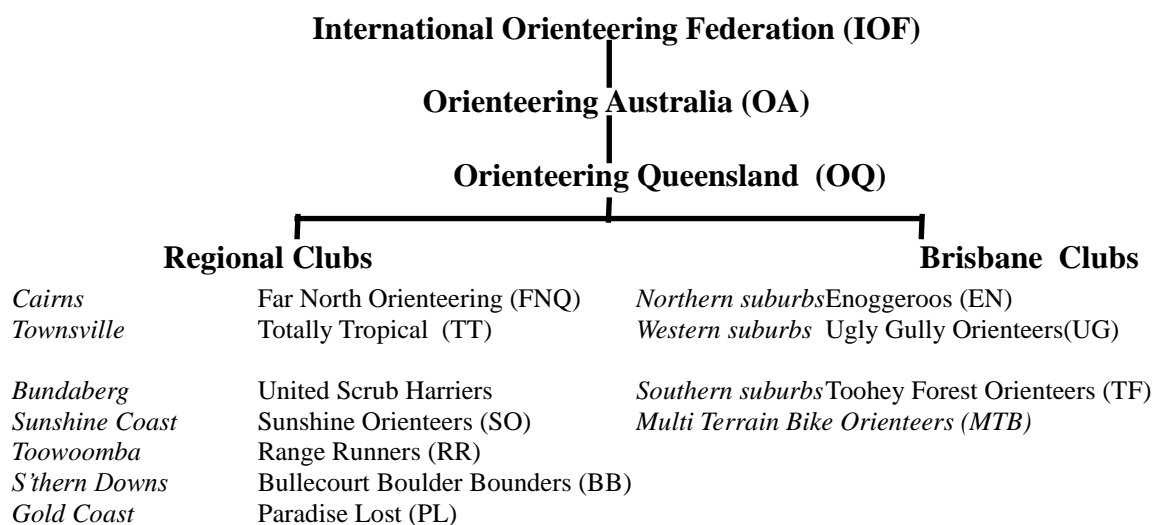
February 2018

Welcome to Orienteering Queensland. We hope you enjoy a long and mutually beneficial association with us. This information has been compiled as a basic guide to assist you to understand and enjoy your future orienteering events. Additional information about the technical and administrative aspects of orienteering can be obtained from OQ's website, a wide range of books and other material and from club members. Most clubs have a library of books about orienteering that you may borrow; the club technical officer and other experienced club members can assist you improve your knowledge while club coaches can help you improve your orienteering skills. Useful video clips can also be found online.

Orienteering Queensland is the state body that represents the sport in Queensland. It is currently made up of 3 Brisbane-based clubs and 6 regional ones. The activities of the Association are overseen by an elected Management Committee which meets every month, with the Annual General Meeting being held in March. You are encouraged to have an input into Committee decisions via your club's delegate, via contact with committee members and at OQ's Annual Conference.

The Association currently employs five part-time staff to assist in the running of the organisation but does not have a permanent office. Contact us at oq@oq.asn.au or call 4683 6374.

ORGANISATIONAL STRUCTURE OF ORIENTEERING



COMMUNICATION WITH MEMBERS

All members of OQ can nominate to receive the quarterly national orienteering magazine, *The Australian Orienteer*, either online or in hard copy posted out to them.

Members with access to the internet also receive a weekly email bulletin which provides updates on events and other relevant information about coming activities, including major events, coaching days, workshops etc.

OQ's web site: www.oq.asn.au contains information on OQ and club contacts; the event calendar, results and details on major events. For information about Orienteering Australia, their web site is: www.orienteering.asn.au. This site also provides links to the orienteering associations in other states should you require information about their event programs or other activities.

Results are displayed at events and are also displayed on the Eventor web site as soon as possible after the event.

OQ Event Fees for 2018

OY Events

Adult member	\$12	Adult non-member	\$18
Junior member	\$8	Junior non-member	\$12
Member family	\$36		
Beginner	\$5		

Badge Events (includes badge levy and pre-marked map)

Adult member	\$16	Adult non-member	\$24
Junior member	\$10	Junior non-member	\$15
Member family	\$50		

NOTE: Local club events have their own pricing structure set by the organizing club. Refer to the website for entry to each event.

Juniors include full time secondary and tertiary students up to 25yrs. Family discounts are available where members of one family are competing on the same day. A family includes one or both parents and their children (provided the children are classified as juniors – see above).

BASIC RULES OF ORIENTEERING

Orienteering in Queensland is conducted under the competition rules of the International Orienteering Federation as adopted by Orienteering Australia. Details of these are on the OQ website. Consult your club's Technical Officer if you have any queries or require further information.

- In cross country, line events, the controls must be visited in the order shown on the course. If you mistakenly visit a control out of order eg. find Control 4 before Control 3, you must navigate back to the correct control before continuing on your course in the correct order.
- Except when you are learning the basic skills of orienteering and may wish to do a course with family members or friends, the sport is based on individual abilities. Hence, talking to, collaborating with, distracting or deliberately following other competitors during a competition is not permitted and could result in your disqualification. In addition, any orienteer who interferes with control flags or stands will be disqualified.
- In keeping with the spirit of fair play, competitors should not show or discuss their course with another competitor doing the same course until after they have both completed it. In major events, the maps are collected from competitors at the finish and only distributed after all competitors have started.
- Some controls may be in close proximity to others, so you should always carefully check the control description and number to ensure you are at the correct location.
- Competitors should not go into an "Out of Bounds" area marked on their map. You could face disqualification if you enter such an area.
- Competitors who visit the wrong control(s) for their course or fail to complete their course will have their result shown as DNF (Did Not Finish). Major rule infringements will be shown as a DSQ (Disqualification). If you are dissatisfied with such a result, you should discuss it first with the event organiser. Appeal provisions are also available through a jury system, particularly at major events. Special and more detailed rules will apply to major competitions but these will be outlined in the event programs for these events.
- In major competitions such as state and national championships, a new map is generally produced. Areas used for such competitions are embargoed prior to their use and copies of the map are not available to competitors before the event. Competitors who attempt to access such land prior to the event in order to familiarise themselves with the area will be disqualified.

THE ORIENTEERING MAP

An orienteering map is a specially produced, large scale topographic map and, as it shows a lot of detail, allows for precise bush navigation. Such maps depict natural features such as contours, watercourses, rock detail and vegetation as well as constructed features such as roads, buildings and power lines.

Most orienteering maps are now produced at a scale of 1:10,000 (ie. 1cm on the map equals 100 metres on the ground) although in very detailed areas the scale can be 1:7,500. For park and school maps of small areas, the scale may be even larger eg. 1:4,000 enabling a lot of detail to be shown. Maps produced for orienteering are printed in colour, allowing a variety of features to be clearly shown.

For the vegetation, the colours on the map indicate how “runnable” the terrain is from an orienteering perspective.

- **white sections** depict generally open bushland;
- **green areas** show vegetation with the darker shades indicating very thick areas;
- **yellow areas** indicate more open ground where running is easier;
- **black** is used for constructed features such as tracks, fences, powerlines and buildings but is also used for rock features such as boulders and cliffs;
- **grey** represents areas of open rock, typically found in granite country
- **blue** is for water features such as creeks, dams and marshes (although these may be dry, depending on the season);
- **brown** is used for contour lines but is also used to depict earth features such as ditches, earth banks and knolls.

Contour lines join points of equal height above sea level and are used to depict the shape of the terrain. The height intervals between contours on a map are regular, usually 5m on most orienteering maps. The shape and position of the contours indicates the shape of the ground. Contours relatively far apart show gently sloping ground while those close together indicate steeper slopes. Topographic features such as spurs, gullies and saddles have their own contour patterns which experienced orienteers can understand and use to help them to navigate. Sometimes slope lines (small tags on contours) are used to indicate the downhill side of the contour. Form lines (indicated as dashed brown lines) may be used to show distinctive land shapes eg. small knolls between the contour lines.

In the margin of the map is a **scale bar** from which you can measure distances on the map. The legend shows the internationally accepted symbols used for the various features on the map.

The grid lines with arrows on the top of the map indicate **magnetic north**. Orienteering maps are always produced with the top of the map aligned to magnetic north.

ORIENTEERING COURSES

A range of courses is provided at most events with varying degrees of navigational difficulty. Course lengths vary depending on the nature of the terrain and are aimed at achieving a recommended winning time.

- **Very Easy**, the easiest course, is usually about 1-2km in length and follows easily identifiable, linear features (handrails) such as tracks, fences and well defined water courses. This is the best course for younger children and those beginners not familiar with map reading and navigation. The use of a compass is not required to be able to complete this course level. Controls are on easy to see features and will be placed on the route where a change of direction is required eg. fence corner, track junction.
- the **Easy** course requires slightly harder navigation as it encourages participants to take some simple, off-track route choices to their next control or to follow a more indirect route using handrails. Major contour features such as gullies and spurs may be used as handrails. Controls are sited on obvious features close to handrails. Limited use of a compass is required. These courses are usually 1.5 - 2.5km in length.
- **Moderate** courses require cross country route choices but with good attack points (an obvious feature close to the control) and catching features (linear features such as fences, tracks and creeks that will “pull you up” if you have gone too far. The use of a compass and the ability to be able to read a map is necessary to be able to successfully complete this course.
- **Hard** courses are the most technically difficult and require advanced map reading and navigational skills. Controls are generally sited on smaller features, away from obvious handrails and collecting features, with a variety of route choice options frequently offered. The use of a compass and good map reading skills are essential to be able to complete these courses.

Within the Moderate and Hard standards, a number of courses may be offered. These will vary in length to suit different age groups and standards of fitness as well as the type of terrain but will be of the same degree of technical difficulty. However, the shortest Hard course, which is aimed at being suitable for older orienteers, would generally aim to avoid steeper areas or those containing thicker vegetation and rough terrain. It may also use control features that are easier to read on the map. In fast, open forest, the longest Hard course may be over 15km long while the shortest one may be 2 – 3km in length.

The “climb” on a course is an indication of how steep the area is and is indicated on the course control description. It is calculated by measuring the amount of climb involved in the optimum route choice for that course and is usually expressed in metres. However, in some cases, it may be indicated as a percentage of the course distance. Generally, most course setters should try to avoid setting courses of over 3% climb.

Adults who are familiar with map reading eg. from bushwalking, can usually go straight to a Easy or Moderate standard course but for children and those with no map reading experience, it is better to choose a Very Easy course to begin with. Competitors may advance from one level of course to the next as they learn the basic map reading and navigational skills and successfully complete the easier courses and gain confidence.

TYPES OF EVENTS

The events program is listed on the calendar on the OQ website with details progressively added during the year. Many events are now pre-entry online so that the organisers know how many maps to print. The closing date for entry to most events is at midnight on the Wednesday prior to the event. Payment can be made via EFT or on the day. Some organisers may accept entries on the day of the event but it is preferable to pre-enter to ensure enough maps are available.

Most orienteering events are standard, cross country ones where the controls must be visited in the specified order. These range from local club events where there may only be four courses offered to state standard events of five to eight courses. However, there will generally always be a Very Easy, Easy, Moderate and Hard course offered. In these types of competition, orienteers may enter any standard of course they wish to and men and women compete on the same courses regardless of their age.

Other types of events include:

Score - competitors are required to find as many controls as possible in a given time - usually 30 or 60 minutes - in no set order. Varying points are often allocated for each control, with those of the hardest technical standard having the highest points.

Scatter - competitors have to find all of the controls but may get them in any order

Park O – conducted in friendly, park environments and a great way to learn the basics of map reading and navigation

Sprints – generally held in complex, urban venues such as university campuses or school grounds

Night Nav – these are evening, street events using a score format. The maps are not as detailed as those used for bush orienteering and are usually at a scale of about 1:20,000

Street O – similar to Night Nav but conducted during the day

Relays - there is usually an inter-club relay competition held at the end of the bush orienteering season in late October. Teams of 3 people of varying ages and levels of technical ability are generally required although the format varies from year to year.

OY Events

Queensland also conducts an Orienteer of the Year (OY) competition with a number of designated events held during the year. These events aim to be conducted to a high technical standard and are generally held on maps that offer competitive challenges. OY events have at least 8 courses and

competitors can gain points from their performances with their best five results counting towards an overall total. A handicap system operates to establish the best result across all courses, ages and gender. There is a formula which has weightings for all of these factors, which is applied to a competitor's time to give them points out of a possible 200, depending on how far behind the winner they are. There are recommended courses for each age grouping but competitors can choose to do any course they wish to.

Perpetual awards are currently made for the Best Junior (18 years and younger), the Best Male and the Best Female and eight non-perpetual trophies are given to the male and female winners of categories for juniors, seniors, veterans (over 35's) and super-veterans (over). Two encouragement awards are made to the most improved scores from those who have not won another category and up to four trophies are made for the best OY performances for the Moderate, Easy and Very Easy classes. Details about the scheme and progressive results are posted on OQ's website: www.oq.asn.au.

Badge Events

The state also participates in the national Badge scheme which was developed to recognise the achievement of a consistent orienteering standard relative to one's age group peers. To be eligible for a badge standard credit, competitors must run the minimum course or higher for their age class. Orienteers achieving a certain standard - gold, silver or bronze - at three of these events within a two year period may apply to Orienteering Australia for a cloth badge to recognise their achievements. Queensland conducts two badge events during the year (the Sprint and Middle Distance Championships) and the Queensland Orienteering Championships also count as a badge event under this scheme. Badge events require entries to be submitted in advance and this entitles participants to a pre-marked map of their course. Entry fees for these events are higher as a levy is paid to Orienteering Australia.

AGE CLASSES

Age and sex class groupings for orienteering events operate for badge events and state, national and international events. Ages are based on the age of the competitor on 31 December of the relevant year. For the junior groups aged from 10 to 20, the classes are every two years apart until 16, then there is a class for 17-20. W-10 or M-10 means that children up to and including 10 years of age may compete. W-12 or M-12 is for children up to 12 years old. In the adult age classes, the Women's and Men's 21 courses cover competitors from 21 to 34 years of age. Beyond 35, the classes are grouped at ten year age intervals, generally up to 75 (or older if there are enough competitors in the 80+ age group).

Within many of age groupings, there may also be different classes offered to take into account varying levels of technical ability. For example, a M-14A class would be for boys up to 14 years old who are capable of a Moderate standard course while a M Junior B course would be for the

same age group but for those who are still of an Easy course standard. Similarly, in most of the adult classes, there are Open B categories offered for those who wish to compete at a Moderate standard. In some state and national competitions, an AS (A short) class may also be offered in a particular age grouping. These classes offer a Hard standard of course but are shorter than what would normally be expected for that age grouping. These classes are proving very popular for those competitors who still want a technical challenge but who are physically limited in how far or how fast they want to go. Check with your club technical officer for advice on the appropriate class you should enter for these types of events.

QUEENSLAND ORIENTEERING CHAMPIONSHIPS

Every state conducts a Championships each year. In Queensland, it is usually a two day event with the cumulative time determining the overall result. The Championships are usually held on the last weekend in August but this may vary to fit in with the national orienteering calendar. Generally, a map of a new area is prepared for a State Championships event and this is embargoed until the day of competition. Unless the area has been used previously, the map is not displayed prior to the competition. The first time a competitor sees the map is when they pick it up after they start.

Like badge events, entry to the Queensland Championships must be made in advance and fees are higher than at normal events to cover the cost of making the new map and other Championship expenses and national levies. Courses offered at the Queensland Championships cover the full range of standards but, like badge events, the classes are divided up into Men's and Women's and by age groupings. The Championships are open to every member and there are no pre-qualification requirements.

INTERSTATE AND NATIONAL EVENTS

All of the states have a regular program of events and Queensland orienteers are welcome to attend these. For details of these events, go to the web sites of each state association via the Eventor website <https://eventor.orienteering.asn.au/Events>

All states conduct their own Championships and the schedule for this is organised nationally so that the dates generally do not clash. They are generally held in September - October of each year. If a state is conducting the Australian Championships, they may organise a carnival of events, including their own State Championships in the lead-up to this national event. These events are advertised in *The Australian Orienteer* and entry information via websites and e bulletins.

The two major events on the national orienteering calendar are the Australian 3 Days Championships held over the Easter long weekend and the Australian Championships, usually conducted on the first weekend in October. New South Wales conducts a three day event over the

Queen's Birthday weekend in June and also has an annual Christmas 5 Days event from 27 – 31 December.

INTERNATIONAL EVENTS

Orienteering is now conducted in more than 71 countries across the world. The sport originated in Norway in 1897 and the European nations still dominate in competition.

A **World Championships** is conducted every year. This competition is open to selected elite men and women from all nations and is conducted in different member countries. Australia hosted these Championships in Victoria in 1985, the first time they had ever been held outside Europe.

A **Junior World Orienteering Championships** (for ages from 16 - 20's) is also conducted each year, with a team of 6 men and 6 women being selected to represent Australia.

For veteran competitors (the over 35's), there is an annual **World Masters Orienteering Championships** which is open to all those who wish to enter.

Australia and New Zealand conduct an **Oceania Championships** event, generally every two years with teams of competitors in age groups from 16 to 55 being selected to represent each country. The competition venue rotates between each country.

Details about these international events and selection criteria are advertised on the Orienteering Australian website www.orienteeing.asn.au and *The Australian Orienteer*.

THE SPORTIDENT TIMING SYSTEM

In 2002, OQ purchased an orienteering electronic timing system, Sportident, which is now used at most events. The system replaces the card punching system previously used at orienteering events. Sportident has been in use in overseas countries for a number of years and is now also used for most events throughout Australia.



Because the units for this system have to be mounted on a support, the controls for these events will generally be metal stands with the control flags hanging off them. The control number will generally be on the units, not the flag. In some minor events, the units will hang below the control flag.

The system consists of a small, plastic electronic stick (SI-stick) which is of oval shape and 5cm long. It is attached by a strap to a competitor's finger. At the Start, Finish and control sites, special electronic punches (SI-units), mounted in plastic boxes, are attached to the stands. To record their start and finish times as well as the time at which each control is visited, a competitor simply places their SI-stick in this unit. It will then flash a light and produce a beep to indicate the information has been successfully transferred from the unit to the stick. The control number and the time it was visited will be recorded on the stick. After completing the course, this information is downloaded into a computer, producing information on the total elapsed time as well as the individual split times for each leg.

Should a unit fail for some reason ie. not produce a flash or beep, the stands still have ordinary punches and the competitor should punch the reserve boxes on their map instead.



Things to Note about the Use of Sportident

- As your SI-stick becomes your personal competition identifying number, it is very important that each competitor uses their own stick at each event. Family groups should take particular care not to mix their stick as this will create major problems in the computing system and for the finish officials.
- Before each new event where Sportident is being used, it is important to remember to “clear” your stick before starting your new event. Otherwise, the SI-sticks will become overloaded with data and not able to record the information properly. Special “Clear” and “Check” stations will be positioned on the way to the start of each event to ensure you have a clean stick.

- Where start times have not been allocated, the start procedure is that competitors insert their SI-stick in the Start control before proceeding on their course.
- As no control card is used for these events, competitors may need to invent imaginative ways in which to carry their control descriptions eg. in a plastic sleeve strapped to their wrist, pinned to their O-suit or taped on the back of the map. Control description holders can also be purchased at events.
- It is very important to remember to insert your SI-stick at the Finish control or you will be DNF'd. The Finish control will be placed under the Finish banner and may be some distance away from the administration tent. The stick carries the course information until you download it in the appropriate unit in the computer. Competitors should proceed straight to this download computer after completing their course but it is not necessary to stay in finishing order. Each competitor will receive a print-out of their elapsed time for the course as well as the split times for each leg. If a competitor has inadvertently gone to a wrong control for their course, this will be recorded as a "mp" ie. mis-punch on this print out.
- Should a competitor visit a control out of order, this information will be recorded on their stick. However, if the competitor realises their error and then goes to the correct control in the right order, a "mp" will not be recorded. Similarly, if a competitor visits a wrong control, punches it but then later realises their error and finds the correct control, a "mp" will not be recorded.

SI-sticks are currently being sold to members by many clubs. If you intend to be a regular participant, it is certainly worth your while to purchase one. SI-sticks will also be available for hire at these events for a fee of \$2. Take very good care of these sticks as anyone who loses a hired one will be asked to re-pay the full replacement cost.

COACHING

OQ aims to provide coaching and training in orienteering to all members who are interested, as well as assisting schools and other groups in learning and teaching orienteering. Coaching is available catering for all levels, from Beginners to Advanced.

Each year, most clubs run a series of Local Events and Come And Try It events, designed to be attractive to newcomers, and novices in the sport. There is always a selection of courses at different standards, including Very Easy courses for beginners at these events. Coaches and instructors are available to assist in a basic introduction to the sport. If you are keen to develop your orienteering, and become a member of a club, ask one of your club coaches for regular advice and assistance.

Once you progress to Moderate or Hard level courses through local and state events, you are welcome to come to our coaching sessions for intermediate to advanced orienteers.

Each year, a Junior Camp is held, usually in the June-July school holidays. It is available to juniors aged 11 to 20 years, able to complete a Moderate or Hard course. Membership of OQ or an affiliated school or club is a requirement. Numbers are limited, and bookings essential. Look for the booking form in the weekly bulletins.

OQ also funds several **coaching and training squads**, for those members interested in competitive orienteering. These cater for different ages, and have various entry criteria, and support offered to members.

Each year, OQ offers several **coaching courses**, for club coaches and teachers or outdoor education leaders. These include Level 0 courses suitable for teaching orienteering to primary children in schools and parks, and Level 1 courses for secondary level teachers and club coaches, requiring navigation in a bush environment.

COACHING AND TRAINING SQUADS

OQ has four Athlete Development squads to cater for Junior and Senior members who are interested in competitive orienteering. They are structured to cater for the needs of various ages, and receive financial support from OQ. Certain criteria and expectations of members are summarised below. If you would like more information, please contact the relevant Squad Manager.

ULTRA MINI CYCLONES (10 to 12 years)

The Ultra Mini squad aims to teach kids the basics of map interpretation through games and fun activities. The focus for these kids is to develop confidence with basic skills and make friends orienteering. Parents are encouraged to come along and learn with the kids.

Contact: juniorcyclones@oq.asn.au

MINI CYCLONES (12-14 years)

Entry Criteria: 12yr Easy course unassisted
13yr Moderate course unassisted
14yr Moderate course well, some Red courses
Family joins OQ
Committed to technical improvement
Regular attendance at events and OQ coaching

Support: Free 2-3 day training camp with one parent.
Orienteering top supplied
Some financial assistance for travel to Badge events
OQ coaching days at no cost

Manager: Marion Burrill (Ph 4661 8961) or minicyclones@oq.asn.au

JUNIOR CYCLONES (15-18 years)

Entry Criteria: Ready to compete at Hard course level
OQ membership
Committed to regular physical and technical training
Attendance at Badge and OY events, where possible
Attend annual junior camp at own cost
Has a nominated coach or mentor

Support: Orienteering top supplied at discounted price
OQ coaching days at no cost
Financial assistance to selected representatives
OQ subsidises the annual junior camp

Contact: juniorecyclones@oq.asn.au

CYCLONES SQUAD (18-35 years)

Entry Criteria: Must qualify to run in National Junior and Senior Elite races or
Be able to run Hard 1 or Hard 2 courses.
OQ Membership
Competing regularly and attending squad training unless prohibited by
work/study commitments or location
Has regular contact with squad coach

Support: Limited financial support for squad training
OQ coaching days at subsidised cost (adults), free for juniors
Financial support for those selected to represent Cyclones at interstate NOL
events

Contact: cyclones@oq.asn.au

EQUIPMENT and CLOTHING

O Suits

No special clothing is needed for those beginning orienteering- just wear comfortable, outdoor clothes. Shorts are suitable for most beginner courses but long pants will provide leg protection when going through the bush on the more difficult, longer courses. Regular orienteers compete in colourful “O suits” made of lightweight, breathable nylon or lycra. These provide protection against vegetation as well as being comfortable in Queensland’s weather conditions. Talk to members of your club about getting an O-suit made up in your club’s colours.

Shoes

Sturdy footwear such as joggers are adequate for those beginning orienteering. There are a wide variety of special orienteering shoes available but many people find that shoes with rubber studs, designed for grass sports such as hockey, are also quite suitable. Running shoes do not generally provide sufficient ankle protection in rough terrain. Talk to club members for advice on the best gear to get if you intend to become a regular competitor. Many orienteers also use gaiters to protect their legs against scratches and bruising.

Compasses

Orienteering compasses may be borrowed at events but it is best to get your own if you intend to compete on a regular basis. There are a number of reputable companies producing baseplate and thumb compasses - talk to club members and your club coach about what is available to best suit your needs. Most bush walking / outdoor stores now stock orienteering compasses.

Whistles

Carrying a whistle while you compete is recommended for safety reasons as it can help attract attention if you are injured or completely lost.

SUPPLIERS:

Orienteering Service of Australia, carries a wide stock of orienteering goods including compasses, orienteering shoes, control flags and punches, and books, videos, etc. Contact them on (03) 9017 4835 or info@osoa.com.au or go to www.osoa.com.au for a catalogue.

The locally based **Wildfire Sports** – www.wildfiresports.com.au stocks a range of orienteering equipment that can be purchased online.

Scientific Instrument and Optical Sales, are the Queensland agent for Silva compasses. Address: Unit 1, 62 Bishop St., Kelvin Grove 4059; Phone: 07 3356 0233

SAFETY

Participants in orienteering events compete at their own risk. However, organisers and course setters endeavour to minimise risk by avoiding dangerous areas and weather extremes.

The **maximum time** allowed for the completion of a course is **3 hours**. If you have not completed your course in this time, you should return by the most direct route to the finish. Competitors should always report to the finish, even if they have not completed their course. Failure to do so may result in an unnecessary search being mounted. It is advisable to carry a watch so that you know how much time has elapsed since you started your course.

Young children should not be allowed out on a course without an adult until they have demonstrated an ability to successfully navigate and complete a course without assistance.

Water is generally supplied on all courses longer than 3km and at the finish. However, participants are urged to carry their own water if they think they may need to drink more frequently during competition. On hot days, it is advisable to drink lots of fluids before, during and after competition.

A **whistle** should be carried whilst competing so that it can be used to attract attention should you become injured. The distress signal is 6 short blasts, repeated at short intervals. If you hear such a signal, you are requested to abandon your course and give assistance.

As with all sports, **injuries** may occur. Ankle sprains, cuts and scratches are the most common injuries in orienteering. Many orienteers strap their ankles with strapping tape to help prevent injuries. A **first aid kit**, ice, splints and stretcher will be available at all state standard and club events and coaching activities. Competitors, however, are urged to bring their own basic first aid items to events.

Snakes are rarely encountered during orienteering events as they tend to be scared away by the noise of orienteers moving through the bush. However, in the unlikely event of being bitten, you should stay still, try and immobilise the bitten limb with some form of pressure bandage from your clothing and use your whistle to attract attention.

LAND CARE

Orienteering relies on the goodwill of private and public landowners in providing access to their land for events. Please respect their land at all times and take note of any special restrictions provided by the organisers. Avoid going near private residences wherever possible and please leave gates as you find them. Take particular care when crossing fences so as not to damage them and report any damage to the event organiser. Try and keep disturbance of stock to a minimum. Do not leave any litter, keep pets at home and do not light fires except in officially designated fire places. We also request that you do not smoke at any of our events for the sake of the health of fellow competitors and because of the fire risk.

ENVIRONMENTAL CODE OF PRACTICE

An Environmental Code of Practice was adopted by Orienteering Australia and its member state associations in 1996. This Code is primarily intended to serve as a guide to organisers and competitors to ensure orienteering activities have minimal impact on both natural and constructed features of our competition areas.

Competitors are asked to abide by the following:

- Car pool when going to events to help minimise pollution and energy use and drive and park as directed by organisers. They want to ensure that you do not cause damage by becoming bogged or by trampling sensitive vegetation or pasture.
- Avoid spreading grass seeds and mud by cleaning your shoes and clothing at the event site as much as possible.
- Try to avoid disturbing wildlife.
- Remove your own rubbish from the event. Do not leave it for the organisers to collect and take away.
- Wherever possible, avoid damage to sensitive areas such as wetlands, marshes and soft earth embankments. Mossy rock surfaces should be avoided to prevent damage and also because they could be slippery and dangerous.
- Respect the rights of other users of the land such as walkers, picnickers and, of course, the landowners.

ORIENTEERING AUSTRALIA: CODES OF BEHAVIOUR

GENERAL CODE OF BEHAVIOUR

As a member of Orienteering Australia, a Member Association or an Affiliated Club or a person required to comply with this Policy, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Orienteering Australia, a Member Association or an Affiliated Club and in any role you hold within Orienteering Australia, a Member Association or an Affiliated Club.

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealing with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to, Orienteering Australia's standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines that govern Orienteering Australia, the Member Associations and the Affiliated Clubs.
7. Do not use your involvement with Orienteering Australia, a Member Association or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Orienteering Australia, a Member Association or an Affiliated Club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any form of harassment of others.
11. Refrain from any behaviour that may bring Orienteering Australia, a Member Association or an Affiliated Club into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of, this Code of Behaviour.

PARTICIPANT CODE OF BEHAVIOUR

In addition to Orienteering Australia's General Code of Behaviour, as a participant in any activity held by or under the auspices of Orienteering Australia, a Member Association or an Affiliated Club you must meet the following requirements in regard to your conduct during any such activity or event:

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Refrain from conduct that could be regarded as harassment towards fellow participants and coaches.
3. Do not tolerate acts of aggression.
4. Respect the talent, potential and development of fellow participants.
5. Care for and respect the equipment provided to you as part of your participation.
6. Be frank and honest with your coach concerning illness and injury and your ability to train fully.
7. At all times avoid intimate relationships with your coach.
8. Conduct yourself in a professional manner relating to language, temper and punctuality.
9. Maintain high personal behaviour standards at all times.
10. Abide by the rules and respect the decision of officials, making all appeals through the formal process and respecting the final decision.

11. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
12. Cooperate with coaches in the development of programs to adequately prepare you for competition at the highest level.

PARENT/GUARDIAN CODE OF BEHAVIOUR

In addition to Orienteering Australia's General Code of Behaviour, as a parent/guardian of a participant in any activity held by or under the auspices of Orienteering Australia, a Member Association or an Affiliated Club, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Remember that your child participates in orienteering for their own enjoyment, not yours.
2. Focus on your child's efforts and performance rather than winning or losing.
3. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
4. Show appreciation for good performance by all players (including other participants).
5. Respect officials' decisions and teach children to do likewise.
6. Do not physically or verbally abuse anyone associated with the sport (participant, coach, official, etc).
7. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

SPECTATOR CODE OF BEHAVIOUR

In addition to Orienteering Australia's General Code of Behaviour, as a spectator in any activity held by or under the auspices of Orienteering Australia, a Member Association or an Affiliated Club, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Applaud good performance and efforts from all participants. Congratulate all participants on their performance regardless of the outcome.
2. Respect the decisions of officials and teach young people to do the same.
3. Never ridicule or scold a young participant for making a mistake. Positive comments are motivational.
4. Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or participants.
6. Encourage participants to follow the rules and the officials' decisions.
7. Do not use violence, harassment or abuse in any form (ie do not use foul language, sledge or harass participants, coaches, officials or other spectators).
8. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

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