

Orienteering in Queensland



General information for new members

Welcome

Welcome to Orienteering Queensland! We hope you enjoy a long and mutually beneficial association with us.

Orienteering is a running sport with a mental challenge. It combines outdoor recreation, physical fitness, map reading and navigation skills, and fosters problem-solving, independence and resilience.

This introduction has been compiled to assist you to understand and enjoy your future orienteering events. Additional information can be found at:

- Orienteering Queensland www.oq.asn.au
- Orienteering Australia <https://orienteering.asn.au>
- Guides to getting started with orienteering (video & text guides)
<https://orienteering.asn.au/index.php/getting-started/>
- UK guides to getting started <https://www.youtube.com/watch?v=bUm2JUeFNh4>

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Organisation

Orienteering Queensland is the state body that represents the sport in Queensland. It is currently made up of 3 Brisbane-based clubs, a growing number of regional ones, and a mountain-bike orienteering club. 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 and via contact with committee members.

The Association currently employs several 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 (07) 4683 6374.

International Orienteering Federation (IOF)

Orienteering Australia (OA)

Orienteering Queensland (OQ)

Clubs

Regional

21Degrees South Multisport	Mackay region	MK
Far North Orienteering	Cairns region	FN
Totally Tropical	Townsville region	TT

South-East Queensland

Bullecourt Boulder Bounders	Southern Downs	BB
Multi Terrain Bike Orienteers	SE Queensland	MTB
Paradise Lost	Gold Coast	PL
Range Runners	Toowoomba district	RR
Sunshine Orienteers	Sunshine Coast	SO

Brisbane Metropolitan

Enoggeroos	Brisbane North	EN
Toohey Forest	Brisbane South	TF
Ugly Gully	Brisbane West & Ipswich	UG

Communication with members

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

Members of OQ receive the quarterly national orienteering magazine, *The Australian Orienteer* online, and those paying full membership fees may opt to receive it in hard copy.

[OQ's web site](#) provides information on OQ and club contacts, the event calendar, results and details of major events. The [Orienteering Australia website](#) provides comprehensive information about rules, coaching, squads and national news about the sport.

Results are uploaded to [Eventor](#) as soon as possible after the event. Often they are also displayed at the event.

Basic rules of orienteering

Orienteering in Queensland is conducted under the competition rules of the International Orienteering Federation as adopted by Orienteering Australia ([OA Foot Competition Rules 2021](#)). Here are the basic rules of play:

- In line events (the most common kind of orienteering course), the controls must be visited in the order shown. 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 MP (mispunch) or 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 may 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.



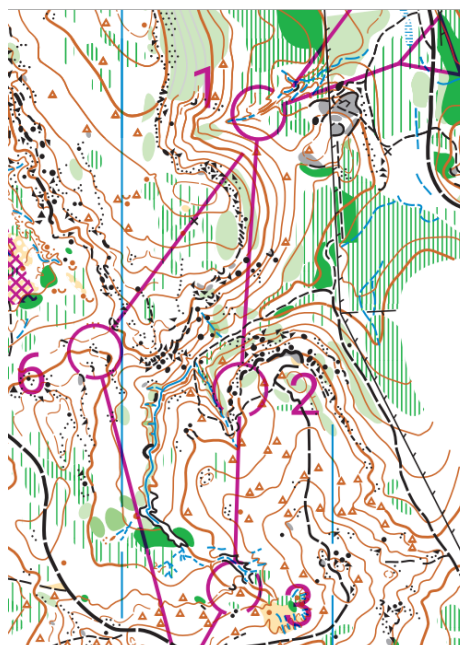
The orienteering map

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 bush orienteering maps are now printed at a scale of 1:10,000 (i.e. 1cm on the map equals 100 metres on the ground) although in very detailed areas the scale can be 1:7,500. For sprint maps, the scale is usually 1:4,000 enabling more detail to be shown.

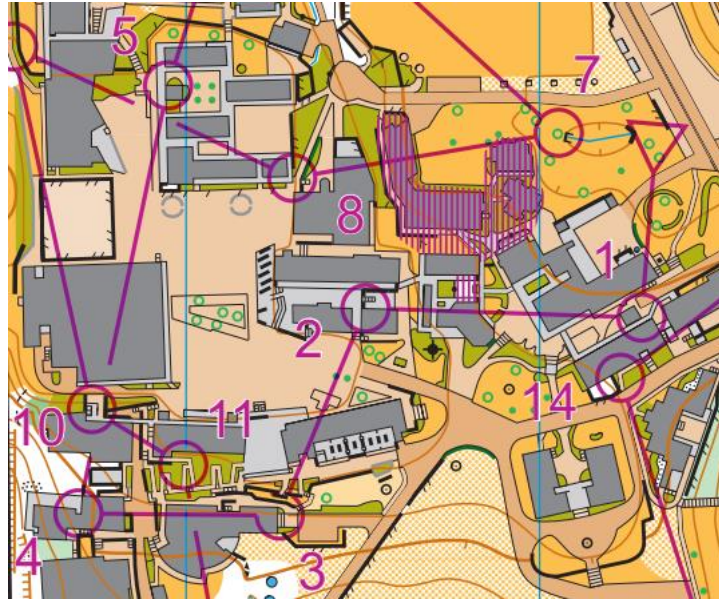
On a bush map, the colours indicate how “runnable” the terrain is from an orienteering perspective.

- **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.



In addition, sprint maps use **olive green** to show areas that are out-of-bounds.

Purple hatching on a map also indicates an out-of-bounds area.



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 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.

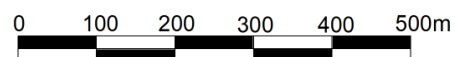
Topographic features such as spurs, gullies and saddles have their own contour patterns which experienced orienteers can understand and use to help them to navigate.

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.

1:10 000, 5m contours



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** 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 e.g. 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 are 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, course setters should try to avoid setting courses of over 3% climb.

Adults who are familiar with map reading e.g. 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.

Events

All Australian events are listed on [Eventor](#) and the Queensland events are duplicated on the [QQ Events Calendar](#). Details are progressively added during the year. On these calendars you will find information for each event including:

- location
- courses available
- entry fees
- whether pre-entry or pre-payment is required,
- closing date for entries

Most events require pre-entry online so that the organisers know how many maps to print, but some simpler events accept entries at the event itself. This is indicated on Eventor:

Entry
Enter on the day is available.

A Family Discount is available where members of a family compete at the same event and enter at the same time. A family includes a maximum of two adults plus any number of their children under 25 years. The fourth and subsequent members of a family are not charged an entry fee.

Types of courses

- **Line:** The Line course is the most common orienteering course. The controls must be visited in the specified order.
- **Score:** Competitors are required to find as many controls as possible in a given time—e.g. 30, 40 or 60 minutes—in no set order. Varying points are often allocated for each control.
- **Scatter:** Competitors have to find all of the controls (or a certain number of controls) but may visit them in any order.
- **Relay:** 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.

Types of events

Local events

Club events may include:

- **Park O:** Conducted in friendly, park environments and a great way to learn the basics of map reading and navigation.
- **Sprint:** Generally held in complex, urban venues such as university campuses or school grounds on maps at a scale of 1:4000.
- **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 1:10,000.
- **Street O** – similar to Night Nav but conducted during the day.



Multi-Terrain Bike Orienteering

MTBO combines cross-country cycling and navigation. Mountain bike riders use specially prepared maps to navigate through a network of tracks to the controls. Quick decision making is required as each rider chooses for themselves the route they will take.

Queensland's MTBO club organizes a State Series, club events, and also training and Come-And-Try-It days.

More information is available at <http://www.mtbo.com.au/2021/> and on [Eventor](#) (search by discipline).



OY events

Queensland conducts an Orienteer of the Year (OY) competition with up to a dozen designated high quality foot orienteering events held during the year. These events are generally held on maps that offer competitive challenges. OY events offer at least 8 courses of varying length and difficulty to choose from.



Competitors who are members of OQ 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, and there are awards at the end of the year for best juniors, seniors, veterans, super-veterans and most improved. [See details.](#)

Badge Events

Queensland participates in the national Badge scheme 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 three badge events during the year: the Queensland Sprint, Middle Distance and Long Distance Orienteering Championships. Pre-entry is essential, and 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 juniors 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 senior 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 five or ten year age intervals, generally up to 85 years.

Even at Championship events, however, there are always options to run less challenging courses, such as:

- AS classes (shorter courses for a particular age group)
- Open Hard (a shorter hard course) – open to all ages
- Open B (also called Open Moderate) – open to all ages
- Open Easy, Open Very Easy – open to all ages.

Check with experienced members of your club for advice on the appropriate class you should enter for these types of events.

Queensland Long Distance Orienteering Championships

The “Queensland Champs” is usually a two-day event, typically in late August, with the cumulative time determining the overall result. Often, a new area is mapped for the event, and 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.

Pre-entry is essential, 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 cover the full range of standards. In addition to Men's and Women's age groupings, there are Open classes and AS (short) classes, so there is a course to suit everyone. The Championships are open to every member and there are no pre-qualification requirements.

Interstate and National Events

Members of Orienteering Queensland have reciprocal membership rights with other states. In other words, they are welcome to participate in interstate events at members' rates. Interstate events are listed on [Eventor](#) (filter by state).

All states conduct their own Championships, and the schedule is organised nationally so that the dates generally do not clash. Such events are advertised in the OQ and OA email bulletins, on Facebook, and in *The Australian Orienteer*.

The major events on the national orienteering calendar are:

- Australian 3 Days Championships (Easter long weekend)
- Australian Orienteering Championships (“Auschamps” - late September/early October)
- the Australian Schools Orienteering Championship (part of Auschamps), to which Queensland sends an enthusiastic representative team of 20 juniors
- QBIII: a three day competition in NSW over the Queen's Birthday weekend in June
- Xmas 5 Days: also in NSW, 27-31 December.



Queensland Schools Orienteering Team at AusChamps in Queensland, 2016.



Preparing for the start of the relay at AusChamps in Queensland, 2016

Orienteering events, whether in Australia or across the globe, are a great way to discover new places off the beaten track, keep fit and make new friends. And remember, even at championship events, there will be a course available to suit your level of fitness and navigation skills.

International Events

Orienteering is now conducted in more than 80 countries across the world. The sport originated in Norway in 1897 and the European nations still dominate in competition. OQ members are welcome to participate in events overseas at members' rates. Championship events include:

- 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 16-20) is also conducted each year, with a team of 6 men and 6 women being selected to represent Australia. Australia hosted JWOC in 2007 in Dubbo.
- 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. Anyone can enter, and there are also teams of competitors in age groups from 16 to 75 selected to represent each country for the ANZ Challenge. The competition venue rotates between each country.

Details about these international events and selection criteria are advertised on the [Orienteering Australia website](#) and in *The Australian Orienteer*.

Ski Orienteering

Not offered in Queensland 😊 but very popular in Scandinavia. Keep an eye out for occasional events in the southern states.

Timing systems

Orienteers traditionally used pin-punches to show they had visited a control, and manual punches are still used at some low-key events and in schools, however most club events now use electronic timing.

SportIdent

[SportIdent](#), an orienteering electronic timing system, is used at championship events and at most classic orienteering events.

SI sticks are worn on the finger. They contain an electronic timing chip.



The stick is inserted into the SI unit. Competitors need to check that the **number** on the unit **matches the control** they are looking for.

The unit flashes and beeps to show that the stick has successfully recorded the control number and the time.



When SI Air is enabled, contactless punching is possible with newer SIAC sticks.

Again, the **SI unit must flash and beep** to show that the control has been registered on the stick.

If a unit does not beep or flash, competitors should use the **manual punch** nearby to punch the reserve boxes on their map.



After completing the course, the information is downloaded from the SI stick to a computer, producing information on the total elapsed time as well as the individual split times for each leg.

SportIdent tips

- Your SI-stick is your personal competition identifying number, so 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.
- It is very important to remember to insert your SI-stick at the Finish control or you will DNF. 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. 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 “MP”, a mispunch 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 can be purchased from various [suppliers](#). SI-sticks are also available for hire at events. Please take very good care of these sticks as anyone who loses one will be asked to re-pay the full replacement cost.

MapRun

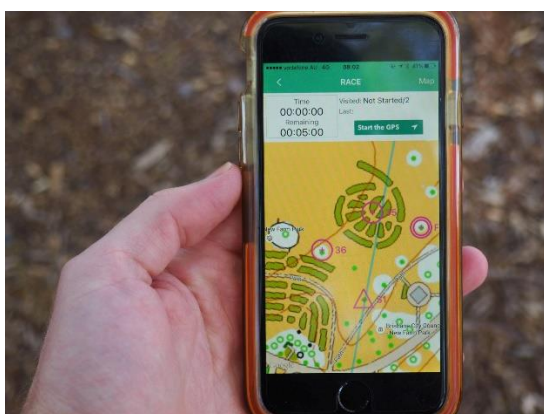
MapRun is used in many street and park events, and for permanent courses.

MapRun was developed by Brisbane orienteer Peter Effeney and is now used in over 40 countries. It uses SmartPhones and GPS technology for punching and timing, avoiding the need to put flags and SI units out on the course.



Instant feedback is provided with the GPS track, personal result and leaderboard screens.

Download the latest version of the free MapRun App and give it a try. There are hundreds of local events for you to enjoy. More information at <https://maprunners.weebly.com/>



Coaching

OQ aims to provide coaching and training in orienteering to all members who are interested, from beginners to advanced, as well as assisting schools and other groups in learning and teaching orienteering.

Each year, most clubs run a series of local and Come-And-Try-It events, designed to be attractive to newcomers, and novices in the sport. There is always a selection of courses of different standards, including courses for beginners, at these events. Coaches and helpers are available to assist in a basic introduction to the sport. If you are keen to develop your orienteering, you'll find that experienced members of your club are very willing to offer advice and assistance.

OQ offers training activities for a variety of levels and ages. There is usually an **OQ coaching camp** once a year, open to all members, which is particularly useful in helping you progress to Moderate and Hard level courses. In addition, various clubs offer training sessions in the leadup to Championship events.

Each year, there are training camps for junior members of OQ. The **Mini-Cyclones camp** focuses on progressing from Easy to Moderate courses, while **Junior Camp** focuses on progressing from Moderate to Hard courses, and on more advanced techniques for those who are already competing at junior elite level.

OQ also offers several **coaching courses** each year, to train club coaches, teachers and outdoor education leaders. Level 0 courses are suitable for teaching orienteering to primary school children in schools and parks, while Level 1 courses are for secondary level teachers and club coaches, requiring navigation in a bush environment.

Training squads

OQ has four Athlete Development squads to cater for Junior and Senior members who are interested in competitive orienteering. They cater for various ages and skill levels, 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

(up to 13 years)

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

Contact: ultraminicyclones@oq.asn.au



Mini Cyclones (up to 15 years)

Entry Criteria:

- ☐ Can complete Easy bush course unassisted
- ☐ Membership of Orienteering Queensland
- ☐ Committed to technical improvement
- ☐ Regular attendance at events and Orienteering Queensland coaching sessions

Support:

- ☐ Free 2-3 day training camp with one parent.
- ☐ Shirt supplied
- ☐ Orienteering Queensland coaching days at no cost

Contact: minicyclones@oq.asn.au

Junior Cyclones (up to 18 years)

Entry Criteria:

- ☐ Can complete Moderate bush course unassisted
- ☐ Membership of Orienteering Queensland
- ☐ Committed to regular physical and technical training
- ☐ Attendance at OY events where possible
- ☐ Attend annual junior camp where possible (some cost involved)

Support:

- ☐ Shirt supplied at discounted price
- ☐ Orienteering Queensland Coaching days at no cost
- ☐ Annual junior camp subsidised by Orienteering Queensland
- ☐ Possibility of selection in Queensland Schools Orienteering Team

Contact: juniorecyclones@oq.asn.au

Cyclones Squad (open)

Entry Criteria:

- ☐ Must qualify to run in National Junior and Senior Elite races (able to run Hard 1 or Hard 2 courses).
- ☐ Membership of Orienteering Queensland
- ☐ Competing regularly and attending squad training where possible

Support:

- ☐ Financial support for squad training/camps
- ☐ Financial support for those selected to represent Cyclones at interstate NOL events

Contact: cyclones@oq.asn.au



Equipment and clothing

O Gear

No special clothing is needed for those beginning orienteering—just wear comfortable, outdoor clothes. Shorts are suitable for most Easy courses, but long pants will provide leg protection when going through the bush on more difficult, longer courses. Regular orienteers compete in O-shirts in lightweight, breathable technical fabrics and O-pants (in the same fabric) or running tights. Ask your club about purchasing a club O-shirt.

Shoes

Sturdy footwear such as joggers are adequate for those beginning orienteering. A variety of orienteering shoes are available (lightweight flexible trail shoes with rubber studs) but many people find that shoes 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 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 required for safety reasons as it can help attract attention if you are injured or completely lost.

Suppliers

The following suppliers stock a wide range of orienteering clothing and equipment:

[Wildfire Sports](#) (Brisbane)

[Aussie O'Gear](#) (NSW)

[Windchill Sports](#) (Victoria)

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.

Before starting your course, take careful note of the **course closure time**. 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 wear 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** is available at all events and coaching activities. Competitors are, however, 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 fireplaces. 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 travelling 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 conduct

General code of conduct

As a member of Orienteering Australia, a member association or an affiliated club or a person required to comply with [Orienteering Australia's member protection 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 conduct.

Player/Athlete code of conduct

In addition to Orienteering Australia's General Code of Conduct, 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 your role as a participant in any activity held by or under the auspices of Orienteering Australia, a member association or an affiliated club:

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow participants.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.

Parent/guardian code of conduct

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. Respect the rights, dignity and worth of others.
2. Remember that your child participates in orienteering for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance and skilful plays by all participants (including opposing players).
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
7. Respect officials' decisions and teach children to do likewise.
8. Do not physically or verbally abuse anyone associated with the sport (participant, coach, official, etc).
9. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.

11. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

Spectator code of conduct

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. Respect the decisions of officials and teach young people to do the same.
2. Never ridicule or scold a young participant for making a mistake. Positive comments are motivational.
3. Condemn the use of violence in any form, whether it is by other spectators, coaches, officials or participants.
4. Show respect for your team's opponents. Without them there would be no game.
5. Do not use violence, harassment or abuse in any form (that is, do not use foul language, sledge or harass participants, coaches, officials or other spectators).
6. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.



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