



ORIENTEERING FOR DofE



THE MIND AND BODY WORKOUT

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course at your own pace.

Your local clubs Guildford Orienteers (GO) and Southern Navigators (SN) have teamed up to provide a program of events and support for those choosing orienteering for their DofE physical, skills or volunteering sections:

- A series of Saturday afternoon training sessions conveniently located in/around Guildford & Woking.
- A one stop source of info to help you find our regular club activities, open public races, virtual “MapRun” training that can be done anytime.
- We are happy to be assessors, monitor and sign off activities.

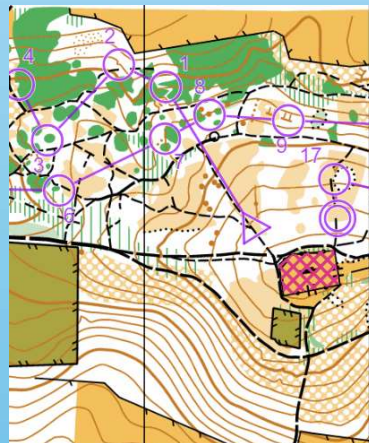
YOUR ORIENTEERING ADVENTURE

Fun, friendship and physical fitness.

Enjoy the outdoors whilst developing valuable life skills in navigation, planning and problem solving.

Run orienteering races in the towns and countryside of Surrey, the UK and beyond. A mountain bike orienteering race, Run+bike+canoe an adventure race, or run the Venice City Race.

The choice is yours. Where will your Orienteering Adventure take you?





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WHAT CAN YOU DO?

- We can support you if you are a beginner or have previous experience and want to improve.
- Choose orienteering for your physical or skills section.
- Choose the 3 or 6 month option.

HOW WILL WE HELP YOU?

Our clubs are happy to be assessors, monitor and sign off activities.

Beginners

- We will provide a series of Saturday afternoon training sessions aimed at beginners which should provide the core requirement for those selecting the 3 month option. They will be conveniently located in/around Guildford & Woking. They will be 13:30 to 15:30, cost £3.
- This can be supplemented with the Easter training session, our regular club activities and open public events.
- Continuing on for the 6 month option, then you'll have the experience to continue as below

Already got some experience we can help you create your improvement plan, find training and racing opportunities:

- Our regular club activities (training, coaching, small club events)
- Open public races
- Train anytime you want with:
 - Maprun courses, an app on your phone has the course and tells you when you have found the control (course markers).
 - Permanent orienteering courses

Our web page published later this autumn, will give you a one stop source of information with links to our clubs and all you need to know.



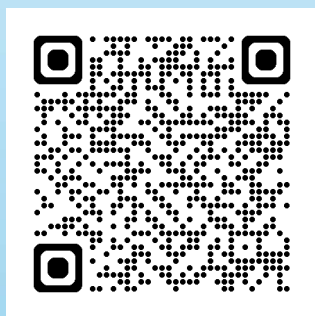
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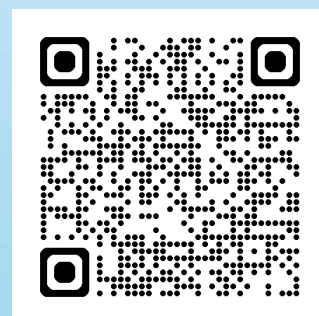
MONITORING PROGRESS

For beginners we will use The British Schools Orienteering Association award system to help monitor progress. For those with experience and beginners continuing into the 2nd half of 6month option, the British Orienteering Federation awards.

[BSOA - Explorer Challenge](#)



[BOF Navigation and Racing Challenges](#)

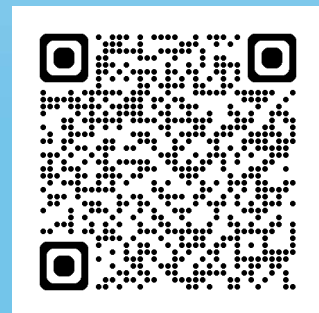
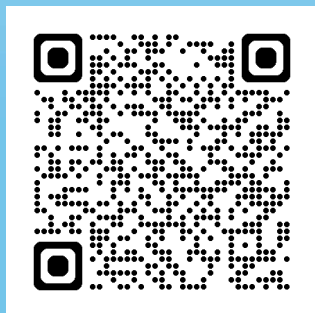


WHO ARE WE?

Guildford Orienteers (GO) and Southern Navigators are your local orienteering clubs with 60 years of experience.

We cater for all levels of competition, from beginners to elite members of the club (some of whom have been selected to race for their country)

We are affiliated to the British Orienteering Federation and are Club Mark accredited.



WANT TO KNOW MORE?

Send an email to register your interest to PAULKEEBLE@HOTMAIL.COM (member and treasurer of Southern Navigators)



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INDICATIVE CALENDAR (dates/venues subject to confirmation)

Saturday GO&SN junior training will be 1330-1530 nearby.

In the holidays it is possible to attend the weekly Army Orienteering Club races, held each Wednesday and often within 1 hour of Guildford.

A selection of nearby open public events is also shown for info.

Activity Calendar For GO&SN DofE Program				
		GO&SN Junior Training	Army Wed League MLS	Nearby Orienteering Events
FEB	Sat 14-Feb			SN Frensham Heights
	Sun 15-Feb			MV White Downs
	Sat 21-Feb			
	Sun 22-Feb			GO CSC Chobham
	Sat 28-Feb	Sat1 Waterers Park (Knaphill)		
MAR	Sat 07-Mar	Sat2 Stoke Park		
	Sat 14-Mar			SN Gordon School
	Sat 21-Mar	Sat3 Waterers Park (Knaphill)		
	Sat 28-Mar			
	Tue 31-Mar	Holiday Training		
APR	Wed 01-Apr		MLS	
	Sat 04-Apr			
	Sun 05-Apr			
	Wed 08-Apr		MLS	
	Sat 11-Apr	Sat4 Stoke Park		
	Sat 18-Apr			
	Sat 25-Apr			SN Farnham Park
MAY	Sat 02-May	Sat5 Horsell Common		
	Mon 04-May			SLOW Winterfold
	Sat 09-May			
	Sat 16-May	Sat6 Farley Heath		
	Sat 23-May			
	Wed 27-May		MLS	
	Sat 30-May	Intro To Urban-O (Goldsworth Park)		