

# national orienteering centre

Glenmore Lodge : Aviemore : PH22 1QU

Tel. 01479 861374

e-mail: nationalocentre@scottish-orienteering.org

## COURSE BOOKING FORM

- \* Please complete all sections of the booking form clearly (see notes overleaf).
- \* Print page 1 and post with your cheque<sup>(1)</sup> to National Orienteering Centre (address above).
- \* If you're unsure about anything, please phone or e-mail.

| Your Personal Details  |              |
|--|--------------|
| First name:  | Family name: |
| Address:   |              |
| Postcode:  |              |
| Telephone:   | Email:       |
| Please tell us (in confidence) of any <b>medical conditions</b> or <b>special needs</b> that might be relevant to your participation in this course <sup>(2)</sup> :   |              |
| YOUR ORIENTEERING EXPERIENCE   |              |
| Please tick the box(es) for the phrase(s) that best describe(s) your current standard of orienteering:   |              |
| <input type="checkbox"/> None at all (or not since I was at school)<br><input type="checkbox"/> I jog happily round an Orange course and usually manage it OK<br><input type="checkbox"/> On a good day I can handle the technical challenge of Light Green<br><input type="checkbox"/> I enjoy the technical aspects of the Green course but it's a bit long<br><input type="checkbox"/> I do Green/Blue/Brown* and occasionally include a 20-minute headless chicken walkabout<br><input type="checkbox"/> I regularly finish Green/Blue/Brown* without serious difficulty<br><input type="checkbox"/> I always do Brown and regularly finish in the top half<br><input type="checkbox"/> I rarely do colour-coded courses but regularly achieve Gold standard in badge events |              |
| * delete as appropriate  |              |
| What's been the highlight of your orienteering achievement in the past 5 years or so?  |              |
| COURSE   |              |
| For some courses we will contact you to identify particular aspects you want to concentrate on.  |              |
| Course title:  |              |
| Date(s) <sup>(3)</sup> :   | Course fee:  |
| How did you hear about this course?  |              |
| Cheque enclosed <sup>(4)</sup> for £   |              |
| EMERGENCY CONTACT for the duration of the course – just in case  |              |
| Name:  | Phone:       |

## NOTES

(1) Please pay in full at the time of booking your course. Places cannot be held without payment. If the course is cancelled, your payment will be refunded in full. If you cancel and your cancellation is received less than 31 days before the course start date, you will not receive a refund unless a replacement candidate is found to take your place. If you cancel and your cancellation is received more than 30 days before the course start date, you will receive a refund of 50% of the course fee that you have paid. If you do have to cancel, we strongly recommend that you do so by telephone.

Please make cheques payable to **National Orienteering Centre** or arrange online transfer (please phone for account details).

(2) Although many people with a variety of conditions and physical limitations continue to enjoy orienteering, if your movement is severely impaired we might need to make some special arrangements. If you're in any doubt, do please phone.

(3) Different courses have different closing dates for bookings, and these are stated on the course schedule. If you're interested in a course and the closing date is imminent, please phone or e-mail before sending your form, to check that places are still available.

*Remember orienteering is an adventure sport; we do our utmost to minimise risks, but by booking on a course you accept responsibility for your own safety.*