

FVO Introductory Session Experiences

Advertising

- Paid Facebook advertising (targeted at the nearby town) has worked really well for us for newcomers.
- For children it is vital to get the parents involved. Advertising through the school only tends to work if a child is already orienteering there.

Commitment

- More success when we have asked people to sign up for a block compared with newcomer events where anyone can turn up. You can get plenty coming along to the latter but most people tend not to come back again.
- For children it is vital to get the parents involved. Advertising through the school only tends to work if a child is already orienteering there.

Timing

- We have usually done 4 sessions, which is enough for volunteer coaches and for the participants we think.
- We started with weekly blocks, however this seemed quite intensive for both participants and coaches. Since then we have tried fortnightly, which allows us to fit them into mid-Feb/endMar or the 6 weeks before Oct half term, however sometimes people forget so you need to keep reminding them of the dates(plenty of spoon-feeding). We have also tried Feb/Mar as it fits in before the big races so allows members to come and help. However unfortunately the weather is often awful for standing around with beginners.
- If the weather is dodgy then a tent or indoor space is highly recommended, for the first session It also helps give the club a "home" look and looks more like a club than a couple of coaches standing there.
- Make sure people (especially juniors!) bring a watch to each session - so that you can give them a time to come back by!

Location

We have tried doing the same location each time, but I think it is better to use the same one for the first two sessions and then go to a different part of the forest for a 3rd session. Then a different forest for a 4th session. This also helps people get the idea that they can travel to elsewhere.

Example Sessions

If you have not targeted a particular group and have got a mixed bag of people signed up, then we have found that you will need different coaches to cater for everyone. Adults will generally progress to Orange much quicker, otherwise they will lose interest, whereas families with primary children will tend to stick to White then Yellow.

Week 1 Introduction to orienteering:

Map and symbols - the basics

Setting the map basic

1a - Map walk in small groups

1b - Star exercise

1c - Mini score (within bounded area eg we have used BBQ area or a playground area with large detail)

Week 2 Reinforce key points from previous session

Map and symbols - a few more

Setting map

2a - Recap

2b - Cone exercise for setting map

2c - Short loop on paths using controls from previous star

2d - Mini score (within bounded area eg we have used BBQ area or a playground area with large detail)

Remind everyone that it is a new base next time!

Week 3 New base in forest

Map and symbols - some more

Setting map using compass

3a A few short loops with full pre-brief, maybe use a different handrail from a path for 1 leg

3b Mini relay if juniors

Remind everyone it is a new forest next time

Week 4 Another different forest - or maybe an event

Explain dibbers and different legends/scales

Try a real course with dibbers.

Follow-up – keeping them coming

We have handed out hard copies of upcoming events at the end, avoiding jargon and highlighting suitable events for beginners.

With their permission, I add them on our non-members circulation list, where they get occasional emails about local events.

Introduction to Orienteering for Families



Orienteering is a fun outdoor activity that the whole family can enjoy together.

Forth Valley Orienteers is offering your family the chance to learn this amazing sport.

In 5 sessions with our club coaches, you'll learn to navigate through the wood, choosing your route as you go. We'll meet for 3 Saturday coaching sessions and then you can try out your new skills at 2 local events.

Saturday 30th September, 1.30-3.30pm – Beecraigs
Map symbols, setting the map and following line features

Saturday 7th October, 1.30-3.30pm – Muiravonside
Tick-off features and leaving line features

Saturday 28th October, 1.30-3.30pm – Falkirk Wheel
Using the compass and attack points

Try your skills out at 2 local events:

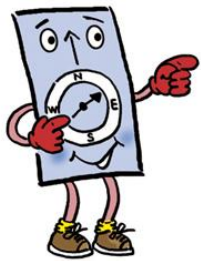
Saturday 18th November, 10.30 – 12.30pm – Brig O'Turk

Sunday 17th December, 10.30 – 12.30pm – Barr Wood, Denny

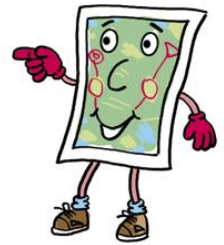
Everyone in the family can take part! All children must be accompanied by an adult – 1 adult can bring up to 3 children. Recommended age for getting the most from the coaching is 7-12 years old, however active younger children also welcome to attend.

Special offer of £15 per person for the whole block – this includes the coaching, 2 maps per family for the 3 coaching sessions, entry fees to the 2 events and family membership of Scottish Orienteering and FVO for the rest of 2017. Sessions led by Scottish Orienteering qualified coaches.

For further information, contact Jen on membership@fvo.org.uk



Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds.



Orienteering

Come and Try Orienteering at Beecraigs Country Park near Linlithgow

Saturday 7th September 2019 – Beecraigs, Balvornie car park
Saturday 14th September 2019 – Beecraigs, Lochside car park
Saturday 21st September 2019 – Beecraigs, Balvornie car park
Saturday 28th September 2019 – Beecraigs, Visitor centre car park

Adult and junior newcomers, beginners and families welcome.
Easy courses for beginners. Free coaching available!
Suitable for all ages from 5 to 85 years old!
You can walk, jog or run.

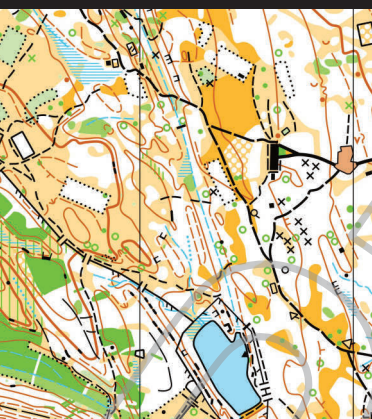
Cost per map: £6 for adults/groups, £4 for juniors
For more information, contact Jen on membership@fvo.org.uk
Please check final details on our website before you travel - www.fvo.org.uk



www.britishorienteering.org.uk



Another super event brought to you by Forth Valley Orienteers: www.fvo.org.uk



Try ORIENTEERING

Friday afternoons 3pm-4.30pm
On 13th April, 27th April, 11th May, 25th May

At Beecraigs Country Park

Separate sessions:
P6-P7 - must be accompanied by an adult
S1-S4 welcome - no adult required

Led by UKCC qualified club coaches



**Forth Valley
Orienteers**
www.fvo.org.uk

To book a place:

contact Jen on membership@fvo.org.uk
Sign up by 3 April - first come first served
£5 per session includes coaching and maps
www.fvo.org.uk

PROOF