

# LAKELAND ORIENTEERING CLUB

# WELCOME LEAFLET



We hope you enjoy your membership of LOC. This factsheet is designed as an introduction to the club and signpost to sources of further information.

We are a friendly club based in the South Lakes area. Founded in 1970, Our club currently has approximately 400 members covering a full range of ages and abilities. Our LOC fixtures are usually held on Wednesday evenings and we also organise a range of weekend events throughout the year. Attending our events is a great way to learn, meet other members, and have fun whilst getting out and exploring new places!

## Membership

Membership is done through the British Orienteering website and details can be found on our website.

LOC are currently offering a free 12-month trial membership to newcomers and free membership for all juniors.

The benefits of becoming a member of LOC and British Orienteering are listed on the membership page of our website.

If you have any questions about membership, please contact Gavin:  
members@lakelandoc.uk



## Events / Races

All members are welcome and encouraged to take part at a level to suit their own skill and fitness level. Details of all events are listed on the website. LOC events usually include the following series throughout the year:

- NIGHT TERRAIN
- SPRING SERIES
- SUMMER SERIES
- PARK SERIES
- URBAN MAPRUN TRAINING
- NIGHT URBAN
- FAMILY EVENTS
- TURKEY RACES

We also organise races which form part of the Cumbrian Galoppen League with a larger range of courses and host/support large national competitions.



## Team Competitions

LOC enters relay teams for a number of events. Every club member is encouraged to participate, whatever their experience.

## Maprun Courses

LOC have a number of novice and technical courses set up which can be followed at any time using the Maprun app.

## Welfare

Everyone in our club should feel welcome, valued and safe.

If you have any concerns about welfare, please contact Lindsey, our welfare officer:  
welfare@lakelandoc.uk

## Coaching

The club is committed to helping members who want to improve their orienteering technique.

A number of members are qualified orienteering coaches and coaching sessions take place regularly.

If you are interested in finding out more, please contact Richard:  
coaching@lakelandoc.uk



## Volunteers

All LOC events rely heavily on the generosity of club volunteers in a wide variety of roles. Key roles are the Organiser, Planner (designs the courses), Controller (checks the competition is fair and safe), and the SI Team. Help is also often requested for parking and control collecting.

You might feel shy about volunteering or feel that you may not have the skills to be able to help – please be reassured that every offer of support is valued and we will be able to find a job which suits you.



## Juniors

We have a growing number of Juniors at LOC and they are a vital part of our club. Junior membership is currently free as is Junior entry to all LOC events.

We have LOC juniors who are members of training squads, have attended training camps away from home and have competed in regional, national and international competitions.

Louise is our junior co-ordinator:  
juniors@lakelandoc.uk

## Family Project

LOC are very keen to recruit new family members. Our Family Project regularly organises activities and events aimed to introduce the sport of orienteering and ensures all our events are family-friendly.

For our young explorers, we've got some cool incentive schemes to get you hooked on the thrill of orienteering. The Course Collector, Colour Skills, and Explorer Awards let you track your progress and earn some snazzy badges and certificates.

Contact Kath: kathfo@lakelandoc.uk

## Staying in touch

We use a number of methods to ensure that members are kept informed and get involved. The website is the main source of information for all club information, news, etc. We also use the LOC Googlegroup to share information and requests with all members. LOC also has active Facebook and Instagram pages.

## Club meetings and contacts

Club meetings are held every two months. All members are welcome and can offer suggestions for discussion items or raise ideas that the club might wish to pursue – it's your club.

The Club Chair welcomes the opportunity to hear from any member who has concerns or who requires information about any aspect of the club.

Chair: Iain  
chair@lakelandoc.uk

Secretary: Sandy  
secretary@lakelandoc.uk