

LOC Spring Family Fun Workshops



Please come to our registration area when you arrive to find our sign-in sheet. We can answer any questions you have about the format of the sessions.

At each session you will find four different games, activities and trails to explore. Each will have clear instructions and a volunteer on hand to help.

Relay games

Maze orienteering

Traffic lights trail

Picture trails

Distance judgement games

Recognising map features

Cone orienteering

Compass direction games

Symbol trail

There will also be an indoor activity area and refreshment station available throughout the session. *Please bring your own mug/cup along to refill



During the last half hour of the session there will be the opportunity to put your skills into practice with some orienteering courses.

Sat 2nd
Abbot Hall Park
PIN PUNCH COURSES
The old-fashioned way. Collect a control card to punch as you complete the course.

Sat 9th
Fell Foot Park
COURSES WITH SI TIMING
The way we record times at our orienteering events. Make sure you collect a dibber before heading to the start of the courses.

Sat 16th
Queen's Park
MAPRUN COURSES
You will need to download the free Maprun6 app to your device and fill in your details to register before you arrive.





IMPORTANT SAFETY INFORMATION

- It is March, it is muddy everywhere and it may not be sunny and warm! – please wear grippy shoes and dress for the weather.
- There are some steep slopes, some slippery places, some rocks, some trees, sometimes a river or lakeshore – this makes orienteering more exciting – but please be aware and take care.
- Although we have taken care to plan our activities as safely as possible, there are some places where you may come near to traffic – please avoid crossing carpark areas and take care near roads.
- There are likely to be other members of the public using our areas – please supervise children at all times.
- First Aid is available from our indoor base.



LOC Junior members taking part in our Family Challenge will have the opportunity to work towards our incentive schemes.

Our new Colour Award Cards can be used to chart your developing skills and you can also earn Explorer Award points for attending the workshops.

Any newcomers interested in becoming members can join online at the end of the session, collect a Family Challenge Log Book and add your first star sticker for participating in orienteering activities.



The small print...

RISK

Orienteering is an outdoors sport which may involve moving across ground that could be slippery, rough or sloping and weather conditions cannot be controlled by organisers. Ultimately it is the responsible adult's role to ensure that everyone in their group brings/ wears appropriate clothing and footwear for expected outdoor conditions and that participants take part within their physical capabilities.

YOUR DATA

Your data including personal details will be held on computer and paper files for the duration of the events/ sessions. Please let us know of any important medical conditions to enable us to help you in an emergency. All paper files and medical information will be destroyed securely after the sessions. We may keep your email details for the purposes of letting you know about future family orienteering events and activities. Please let us know if you do not wish to receive such communications.

PHOTOGRAPHS

There may be people taking photographs during the activities. These photographs may be used for future Family O project or Lakeland Orienteering promotional activities or news articles about family orienteering. Children in photographs will not be named and nothing identifiable such as name badges will be shown.

Please let us know if you do not wish photos of your family to be used in this way.

By signing up to take part in our workshops, you agree to these conditions.

