

## **BUFFALO ORIENTEERING CLUB**

SEPTEMBER 24, 2016 SARDINIA SHUFFLE

### **BEGINNER COURSE PARTICIPANT INSTRUCTIONS**

1. Check-in at Registration Desk inside the building anytime from 9:30 to 10:45am. Get your Map.
2. Report to the Training Director, Rob Reeves, outside the building. Do not report until you are ready for hiking, as you will begin immediately after training. Carry your water bottle if you have one. Use bug repellent if you have it. Dress right: shoes and socks for sure, no sandals or flip-flops, consider long pants.
3. When Rob has a group of 20, they will be assigned to an instructor.
4. The instructor will lead the group to a quieter area.
5. You will be asked to form groups of 3 to 5 people each and will be assigned a team number: 1, 2, 3, etc.
6. Each group will be asked for a volunteer to carry the group's "dibbler", the flash drive that records your hike progress. This person will have responsibility for returning the dibbler to the electronics desk. Failure to return the dibbler carries a \$40 penalty. Do not volunteer for this unless you are okay with this requirement.
7. Each group will be asked for a volunteer to carry the group's compass. This person will be responsible for returning the compass to the electronics desk. Failure to return the compass carries a \$20 penalty. Do not volunteer for this unless you are okay with this requirement.
8. The instructor will pass around an index card for each dibbler and compass volunteer to sign.
9. The instructor will train on the orienteering basics, focusing on the map legend, common features, colors, contours, control chart, compass use, dibbler use, safety bearings and how to see the real world. All questions will be answered.
10. When training is completed, the instructor will accompany all groups to the start and on to the first control. From there, participants will progress in their groups.
11. The last control is in the field across the footbridge from the parking lot and building. When each group finishes the course, the dibbler and compass volunteers should return to the building to the electronics desk. There they will return their items and receive printed results, one copy for each member of the group if they wish.

### **FAQ**

1. Adults are welcome to accompany their child's group without needing to register. They will not receive a map.
2. The web site says the start is at 11AM. In reality, each group will start as their training is finished. This will space groups out better so the event doesn't become a single file, follow the leader, walk in the woods. Registration begins at 9:30am.
3. The hike should take 30 to 90 minutes, most groups an hour.
4. Rather than follow their child, some adults may want to wait at a control location to offer advice and support to all the students. If you are interested in doing this, event organizers can help you locate a good control location.
5. If anyone gets lost, read your compass and walk south until you hit Genesee Road. In an emergency, call or text 716-480-1713.