

Schedule for OASA Course Planning Workshop Sunday February 9th, 2014

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| 10:00-10.30 am | Summary of Course Formats – Sprint, Middle, Long, Relay, Street-Park, Night |
| 10.30-11:00 am | Course Navigation Standards |
| 11:00-11:30 am | Planning easy/very easy/moderate courses |
| 11:30-12 Noon | Control Placement and Control Descriptions |
| 12 Noon-2:00 pm | Lunch and Practical Exercise |
| 2.00-2.30 pm | Review Practical Exercise |
| 2.30 – 3:30 pm | How to Structure a course with focus on Hard Navigation |
| 3:30 -4:00 pm | Other Points to Note <ul style="list-style-type: none">- Start/Finish/Assembly Requirements- Safety Considerations- OSA Course Specifications- Determining course lengths- Common mistakes- Major event requirements |
| 4:00 – 5:00 pm | Course planning exercises |

Resources:

Orienteering Australia Foot Orienteering Rules

- See link at Competition Rules Item 1 at
- <http://sa.orienteering.asn.au/admin/OASAGuidelinesPolicies/>

Orienteering SA Course Specifications (Event Management Item 1)

- <http://sa.orienteering.asn.au/admin/OASAGuidelinesPolicies/>

Control Descriptions

- Links to IOF and summary document can also be found here (Event Management Items 2 and 3)
- <http://sa.orienteering.asn.au/admin/OASAGuidelinesPolicies/>