

Organised by the Orienteering Association of Hong Kong (OAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Orienteering
Event Information

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
			Level 1 Training Course	
Target Group	Primary and secondary students	Primary students and secondary students of Form 3 or below	Secondary students	Students aged between 6 and 14
Content	<p>The content of Demonstration includes:</p> <ul style="list-style-type: none"> - Film show on orienteering - Basic knowledge of orienteering - Play-in session for students 	<p>1. Theory:</p> <ul style="list-style-type: none"> - Introduction to orienteering - Orienteering activities in Hong Kong - Safety rules of orienteering <p>2. Outdoor Practice:</p> <ul style="list-style-type: none"> - On-field guided map reading - Introduction to basic orienteering skills - A simple competition <p>(School must arrange at least 3 teachers to assist in the activity)</p>	<p>1. Theory:</p> <ul style="list-style-type: none"> - Introduction to orienteering - Orienteering activities in Hong Kong - Understanding and reading of orienteering maps - Safety rules of orienteering <p>2. Outdoor Practice:</p> <ul style="list-style-type: none"> - Introduction to basic orienteering skills - Familiarisation of legend - A come and try competition - Experience sharing and evaluation after the competition <p>Participants must attend the whole Level 1 course for the award of the orienteering certificate and cloth badge for Level 1.</p> <p>1. Teachers should</p> <ul style="list-style-type: none"> - coordinate for students to purchase the certificates from the OAHK (\$20 for each certificate and badge). <p>Students should contact the OAHK direct for enrolment in Level 2 Training Course.</p> <p>(school must arrange at least 1 teacher to assist in the activity)</p>	<p>1. Content of training:</p> <ul style="list-style-type: none"> - Introduction to orienteering and the use of marker and punch - Main types of competition (cross-country event /score event) - Competition gear - Team competition on punching (Control Picking Exercise) - Map walk - Come and try score event <p>2. Park orienteering competition</p> <p>Participants with outstanding performance and potential will receive certificates as a token of encouragement. They may also be recommended to participate in the youth orienteering promotion scheme for further training and join the youth training team.</p>

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Venue Requirement	School hall or covered playground	Sha Tin Park / Ma On Shan Park / Tin Shui Wai Park / Tsing Yi Park / Lai Chi Kok Park / Lam Tin Park / Hong Kong Zoological and Botanical Gardens	Theory: Classroom Outdoor Practice: Tsing Yi Nature Trail (near Cheung Hang Estate)	The LCSD parks in all districts
Fee	\$225 per session	\$750 per course	\$918 per course	\$30 per course per student
Equipment to be Provided by Schools	<ul style="list-style-type: none"> - TV set and video recorder or computer and projector - School floor plan or construction plan (only those of the lowest floor required) - Control cards will be given by the LCSD to schools for photocopying 	Control cards will be given by the LCSD to schools for photocopying	<p>Theory: Computer and Projector</p> <p>Outdoor Practice: Not applicable</p>	Not applicable
Other Sports Equipment	To be provided by the NSA	Park orienteering maps, park, orienteering symbols and punches will be provided by the NSA	Orienteering maps, orienteering symbols, control cards and punches will be provided by the NSA	Park Orienteering maps, orienteering symbols, control cards and punches will be provided by the NSA
Course Arrangement	2 hours per session	Theory (30 minutes) Outdoor Practice (2.5 hours) 3 hours in total	Theory (2 hours) Outdoor Practice (4 hours) 6 hours in total	3 hours
Maximum No. of Participants per Session / Class	40-80 persons	60 persons	18 persons	20 persons
Proposed Date / Time	Monday to Saturday: 9 am – 6 pm		Saturday: 10 am – 6 pm	Dates of the course will be fixed by the LCSD. Please refer to the separate event information for details: July – August each year
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form	Joint Schools Park Orienteering Training Programme Enrolment Form
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque or cheques for	<ol style="list-style-type: none"> 1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course/activity, together with a cheque (payable to the “Orienteering Association of Hong Kong” and with the school name marked clearly on the back) for full payment of the course/activity fee, should be sent to the following address by post. 2. Should any school cancel the activity after the 		Upon fixing the dates and time of the courses, the LCSD will issue the event information and enrolment form of the Joint Schools Park Orienteering Training Course to schools. Please look out for the LCSD publicity information.

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	payment of the enrolment fee (a separate cheque for \$225 for each session applied) payable to the "Orienteering Association of Hong Kong" and with the school name marked on the back, should be sent to the following address by post.	OAHK has arranged coaches according to its application, the OAHK will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct.		
	<ul style="list-style-type: none"> ● Please send the completed form(s) together with the cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. ● Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. ● If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 			
Enquiries/ Website	2601 7602 / http://www.lcsd.gov.hk			

- Notes: 1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity. The person-in-charge or teacher should offer help to the coach and take care of students' safety. After confirmation of the activity, the coach will contact the person-in-charge and brief him/her on the scope of the work.
2. Students should put on sportswear and sports shoes during the activity.
3. Schools should arrange their own transport to and from the venues.