



sport & recreation

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA



## ***Orienteering Schools League (OSL) 2016 - QUICK REFERENCE***

**R100 / participant for all 2016 League events.** This fee can be handed as cash to the respective teacher or school money office as required by the school **OR**

by EFT to the OSL account (Ref school+surname); proof of payment to be handed to the teacher with the indemnity form.

### **Banking details**

**Account name:** OSL  
**Bank:** Capitec Bank  
**Account Number:** 139 774 0785  
**Branch Code:** 47-00-10

Dates and venues for the 2016 Orienteering Schools League are:

- **Friday, 22 January 2016 - Deadline for children** to hand in indemnity forms with R100 cash or confirmation of EFT to teachers.
- **Monday, 25 January 2016 - Deadline for teachers** to submit proof of total EFT payment (individuals plus balance from school) and indemnity forms to Karen. Please note that Karen will not accept any cash.
- Monday, 25 January: Randpark High School – OSL TRAINING EVENT (RACO)
- Monday, 1 February: #1 WITSED (WITSOC)
- Monday, 8 February: #2 Heronbridge (RACO)
- Monday, 15 February: #3 Delta Park (AR)
- Monday, 22 February: #4 St Davids (RACO)
- Monday, 29 February: #5 St Stithians TBC (RACO)
- Monday, 7 March: FINAL Golden Harvest (ROC)
- Sunday, 17 April: Gauteng Orienteering Clubs & Schools Relay : Woodlands Office Park (WITS)

Participant registers need to be emailed to [karenchambers@wol.co.za](mailto:karenchambers@wol.co.za) before each event so that pupils can be pre-entered to minimise the waiting time at each event.

Mini Interschools for pupils, parents, teachers + friends at the **Night Orienteering Golf Course Series (Saturday nights)**

- Saturday, 27 February 2016 : Jackal Creek Golf Course
- Saturday, 5 March 2016 : Eagle Canyon Golf Course
- Saturday, 9 April 2016 : Randpark Golf Course

Details of our Club Urban/ Sprint Series events will be posted on our Facebook page as well as the SAOF Orienteering website ([www.orienteeing.co.za](http://www.orienteeing.co.za))

Please refer to the OSL Document for detailed information regarding OSL. Details are also available on the Orienteering Schools League page on the Orienteering website .

### **Contact Details**

Karen Chambers – [karenchambers@wol.co.za](mailto:karenchambers@wol.co.za)  
083 474-9463



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## ***Orienteering Schools League 2016***

*Orienteering* is a sport that requires navigational skills using a map to get from point to point in diverse terrain, and normally moving at speed.

A race is intended to test the navigational skill, concentration and running ability of the competitors. The objective on each leg is to follow the fastest route between controls. The fastest is not always the shortest route, and can depend heavily on route choice. Orienteering is therefore very much a strategic, thinking sport in which the fastest athletes do not necessarily win.

Orienteering is an *excellent complement to team-based sports*. Although runners compete individually they have to be aware of the whole 'playing field' and they have to make quick strategic decisions, constantly adapting to the conditions. This sort of skill is necessary for all team sports such as soccer, rugby, hockey and netball.

### ***Orienteering Schools League - Gauteng (OSL)***

The OSL is organised and run by the four Gauteng-based orienteering clubs, RACO, Adventure Racing Club, ROC and WITSOC. The league is aimed at learners from Grade 7 to Grade 12. Primary school participants are welcomed.

The Schools League runs annually in February and March. Children are encouraged to join orienteering at a club level, which runs throughout the year on Sunday mornings. This improves their orienteering skills and makes them eligible for selection in the National SA Squad; they may be chosen to represent South Africa at the Junior World Orienteering Champs (JWOC).

### ***Registration forms and fees***

Registration forms are to be handed to Karen Chambers at the training event on **Monday, 25 January 2016** at Randpark High School. Fees are R100 per child. The **total amount** for your school's participants must be transferred directly to the OSL account – banking details below. Confirmation of transfer must be handed in with the registration forms or emailed to [karenchambers@wol.co.za](mailto:karenchambers@wol.co.za)



#### **Banking details**

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**Ref :** Schl Surname



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### ***Procedure at weekly League events***

Event-specific information will be emailed to each school prior to each event (e.g. directions, which entrance gate to use so that runners do not walk around the course before the event).

At the event teachers/ captains must proceed to the **registration table** where they will be given their school's nametags for registered runners. Please could these be handed out away from the registration and finish tables. Nametags of absent pupils to be handed back. Pupils with nametags with emit numbers may proceed to the registration table to be issued with an electronic punch card. Where possible teachers/ parents to please assist.

Teachers to please hand a list of those not yet registered to Karen. Those athletes will then be called to the table separately once they have been entered into the system and allocated an emit card.

Newcomers to Orienteering to please ask for assistance before going out on the course.

At the start, athletes (according to registered competitor numbers) will be given a start time that is recorded by the starter. Athletes must ensure that their finish time is recorded at the end.

The running of the weekly League events will be assisted by pupils and teachers from all schools. Functions will be allocated on the day.

There will be no post-event 'prize giving' or 'lucky draw'. Schools can depart as soon as they are finished. Provisional **Results** will be posted on the Orienteering Schools League Facebook page. It is the responsibility of all athletes to check results and contact Karen on [karenchambers@wol.co.za](mailto:karenchambers@wol.co.za) as soon as possible with any queries. As we have a limited number of emit cards they often have to be reallocated/ reused especially if large numbers of participants are not preregistered. Results will then be distributed by email to teachers and to our Mailchimp mailing list including parents and pupils. Please could all pupils be encouraged to join our Facebook page and ensure that they are on our mailing list.

Maps will have the **control description** (symbols) on them. A guide to these symbols will be posted on the OSL Facebook page a few days prior to the events and appear on the notice board at each event. Schools are encouraged to teach their participants the meaning of the control description symbols.

A **pre-OSL training event** will be held on **Monday, 25 January 2016** at Randpark High School. The League events will be held on **five consecutive Mondays** from the **1st February to 29<sup>th</sup> February 2016**.



The **League Final** will be held on the **Monday, 7 March 2016**. Approximately 20 athletes from each category will be invited to participate. Selection will be according to overall performance, participation and school representation. Top Checkpoint Challenge athletes will also be taking part in the Final.

A **Schools Relay** will be held on **Sunday, 17 April 2016**, at the same time as the Gauteng Orienteering Club (GOC) & Schools Relay Championships.

### ***Training/coaching***

We would also like to assist schools in running their own training sessions.

- (1) Schools participating in OSL will receive our 'O in the Box' Level 1 and Level 2 programmes. Teachers/ coaches should attend an Orienteering Basics Teacher workshop to teach you how to run the games and activities.



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(2) These two levels cover the **basic techniques** needed to improve your runners' orienteering skills. We are also happy to assist with running a coaching session at your school and having your school mapped.

Furthermore, some of the Gauteng orienteering clubs hold regular training sessions and runners are encouraged to make use of this additional coaching. All Level 1, Level 2 and additional activities are available for download on the orienteering website at [www.orienteering.co.za](http://www.orienteering.co.za) >> Development > School Resources.

Our long-term aim is to assist runners to improve so that they can comfortably participate in the Gauteng Orienteering Champs, which is held annually in June. Champs are not for the top runners only; everyone – young and old, novice and experienced, social and competitive – is included. Gauteng Champs accommodates three competitive age groups for juniors - boys and girls separately - and is the first step needed to raise a runner's profile. We aim to get junior orienteers to a sufficient standard that they are eligible to be selected to represent South Africa overseas at the Junior World Orienteering Champs (JWOC).

### **2016 Orienteering Schools League (OSL) Timetable**

- Monday, 25 January: Randpark High School – OSL TRAINING EVENT (RACO)
- Monday, 1 February: #1 WITSED (WITSOC)
- Monday, 8 February: #2 Heronbridge (RACO)
- Monday, 15 February: #3 Delta Park (AR)
- Monday, 22 February: #4 St Davids (RACO)
- Monday, 29 February : #5 St Stithians TBC (RACO)
- Monday, 7 March: FINAL Golden Harvest (ROC)
- Sunday, 17 April: Gauteng Orienteering Clubs & Schools Relay : Woodlands Office Park (WITS)

All events are held under the supervision of the respective Gauteng orienteering club, together with teacher supervision. Events are held on school and park properties. *These venues may change. Schools will be alerted in good time.*

### **Orienteering Schools League Competition system**

Children compete in one of four categories:

- A) Junior boys and junior girls (16 years and under – born 2000 or later)
- B) Senior boys and senior girls (under 20 – born 1999 or before)
- C) Primary boys and girls (all primary school learners)

Note that athletes may run 'up' a level for the entire league if they choose to i.e. experienced junior orienteers may wish to run the senior courses. This request must be stated clearly on their registration form otherwise they will be placed in the Junior category according to Birthdate.

#### **1) School Log event**

Children earn log points within their respective categories based on their finishing time. These points are calculated as a percentage of their time compared to that of the winner within that category, where the winner scores maximum points. The schools are ranked according to the points of their five best runners. The highest scoring school is awarded the schools trophy.



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## 2) Individual final

This is a winner-takes-all individual race within each of the age categories. Participation is by invitation only and is limited to 80 children. We try to have the best runners, but also to ensure representation across all schools. There are four courses and children race in their respective age categories. Top runners from the Checkpoint Challenge Schools League will also be taking part in the Final.

## 3) Schools relay

There will be a boys, girls and mixed relay categories. Teams consist of three members and each team must contain at least one junior member. Entry is not limited to schools or runners that have participated in the League events. We do expect that the schools use the League events to select their most competitive teams. This is a winner takes-all relay within each gender category.

SAOF will pay for at least two teams per school to participate in the annual Gauteng Orienteering Clubs Relay event. Schools may enter more than only two relay teams.

## 4) School Colours for Orienteering

We will gladly advise you on suitable criteria for awarding school colours based on OSL participation and results.

### *Club events*

Club events take place on Sunday mornings for the most of the year. Please contact Karen to find out more.

The full orienteering calendar for 2016 will be available on [www.orienteering.co.za](http://www.orienteering.co.za). Of particular interest will be the Urban Sprint Series and Night Golf Course Series events.

### *The Gauteng Orienteering Clubs*



[www.racorienteers.co.za](http://www.racorienteers.co.za)



[www.ar.co.za/arclub](http://www.ar.co.za/arclub)



[www.roc.org.za](http://www.roc.org.za)



WITSOC - on Facebook



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### **Contact Details**

Karen Chambers – [karenchambers@wol.co.za](mailto:karenchambers@wol.co.za), 083 474-9463



Join the **Orienteering Schools League** page on  
**Facebook** – [facebook.com/OSchoolsLeague](https://facebook.com/OSchoolsLeague)

### **Further information**

More information on orienteering is available at the following websites:

<http://www.orienteering.co.za/what-is-o/> (with lovely introductory video)

<http://en.wikipedia.org/wiki/Orienteering>

For more information on the South African team's performance at past Junior and Senior World Orienteering Champs see:

<http://juniororienteers.blogspot.com/>

<http://rsaorienteers.blogspot.com/>

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This registration form must be completed and handed to the teacher by **Friday, 22 January 2016** together with the R100 fee (per child) or proof of payment.

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**REGISTRATION & INDEMNITY FORM**

**Student Details**

SCHOOL \_\_\_\_\_

NAME \_\_\_\_\_

BIRTHDATE (dd-mm-yyyy): \_\_\_\_\_

CATEGORY JB/JG/SB/SG/  
PRIMARY GIRL/PRIMARY BOY

ALLERGIES/ MEDICAL CONDITION : \_\_\_\_\_

GENDER  M  F

EMAIL \_\_\_\_\_

CELL \_\_\_\_\_

**Orienteering Schools League is on Facebook  
at [www.facebook.com/OSchoolsLeague](http://www.facebook.com/OSchoolsLeague)**

**Parent/Guardian Details**

NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT NUMBER \_\_\_\_\_

The organisers and the SAOF-affiliated orienteering clubs, members and volunteers do not accept responsibility for any injury or loss sustained, including any consequential losses, of whatsoever nature at, during or around an orienteering event. Participants take part in the events and schools host such events at their own risk and indemnify the organisers and the SAOF affiliated orienteering clubs, members and volunteers from any claim arising at, during, around or as a result of an orienteering event.

I acknowledge that orienteering is an outdoor sporting activity with inherent risks, such as twisting of ankles and common sports injuries, associated with running and that the parent/guardian indemnifies SAOF against liability.

\_\_\_\_\_  
**PARENT/GUARDIAN**  
Signature

\_\_\_\_\_  
**PLACE OF SIGNING**

\_\_\_\_\_  
**DATE**