



WELCOME



JOG is a series of small events aimed at introducing people to orienteering.
All ages and abilities are welcome.

Any questions, find someone in hi-vis or a club top.

What to Do Now

Follow the signs for the Stages.

If everyone in your party has been to JOG before, start at Stage 1. Otherwise, start at Stage 0.

You can get more info by scanning this QR code.



SCAN ME

If you take any pictures or videos today, we'd love it if you would tag us or send us the link...



STAGE 0

You only need to do this stage if someone in your group is new to JOG – it is so we know who you are for insurance purposes.

Registration for JOG

Full names of ALL participants	Year of Birth
Email:	
Tel no:	
Address:	

Fill in one of these forms. You'll need to hand it in at Stage 3.

The telephone should be your mobile so we can call you if you are overdue on the course.

The email is optional. If you supply it, we'll use it to send you results and information about future events.

You don't have to be a member to take part, but joining will help the club keep going.



STAGE 1

Fill in a control slip for each individual or group running together.

Hare, Squirrel, Badger or Fox

If it is their first run of today, then it can be competitive

Leave blank unless you have your own

First Name				Family Name				Course		Family Name			
Year of Birth				Competitive? Yes/No				Dibber Number		First Name			
1	2	3	4	5	6	7	8	9	10	Course			
11	12	13	14	15	16	17	18	19	20	Dibber Number			

If this is a group, put all the names on the back of this section

Make sure you fill in both sections.

If you enjoy it today, perhaps you could let your friends know.



COURSES



Hare

The easiest course, where most juniors start. Usually a bit over 1km long. There will be a control at every decision point, eg. a path junction. Everything will be following obvious linear features such as paths or fences. Roughly equivalent to White.

Squirrel

Usually around 1.5km long. Still following obvious linear features, but there won't be a control at every decision point. Some controls might be a few metres off the linear feature but will be visible from it. Roughly equivalent to Yellow.

Badger

A common starting point for adults with some navigation experience. Usually around 2km long. Controls are likely to be away from linear features but with a clear way to get to them. There will be an element of route choice where the fastest route may not be obvious. Roughly equivalent to Orange.

Fox

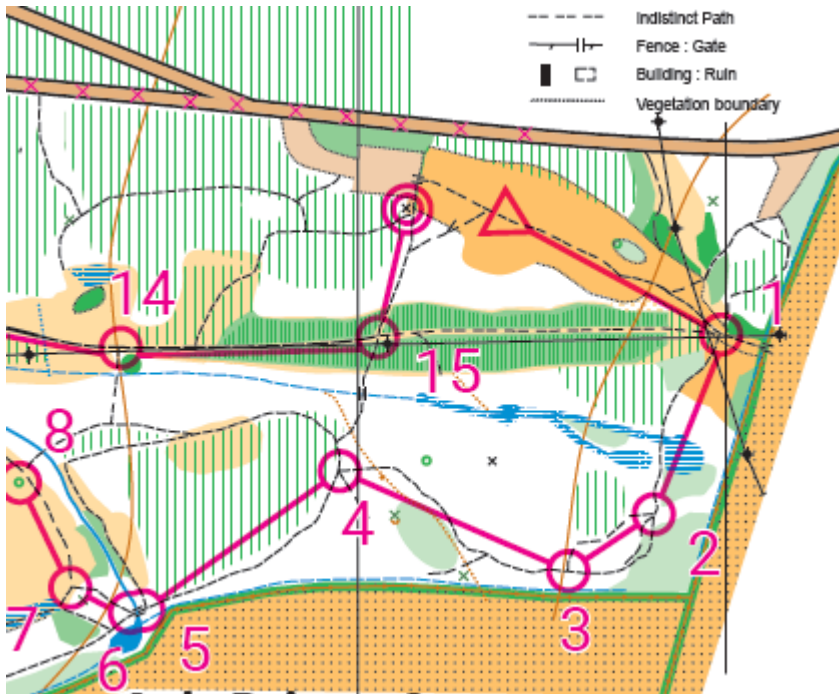
Usually over 2.5km. This is the advanced training course. Sometimes it is a straightforward course roughly equivalent to Light Green, ie. cross-country to get to controls but with clear stop features beyond them. Sometimes, however, there are tricks to make you focus on particular skills (eg. map memory, identifying attack points, avoiding overreliance on particular features).

We have different courses at other events – check our website for details...



STAGE 2

This is where you pay and get your map.



£1 per person per 'run'

You might also want to borrow a compass and whistle.

Whistles are for emergencies only – on hearing repeated blasts, competitors will stop and come to help

Remember, you can do more than one each week.



STAGE 3

This is where you get registered. If you are new, hand over your registration sheet from Stage 0 and your control slip from Stage 1.

You'll be given an electronic dibber which is worn on a finger.



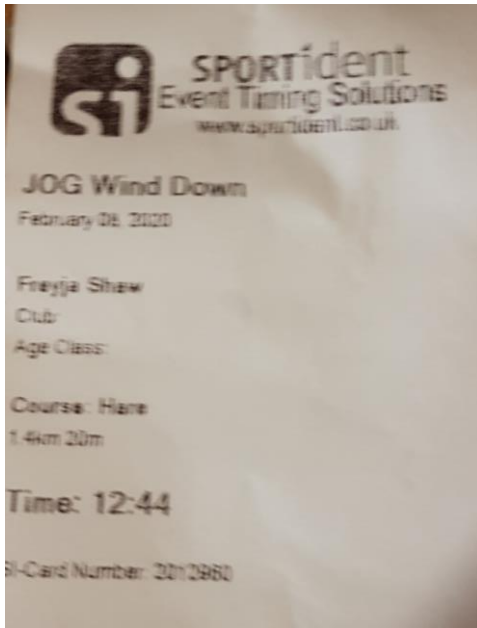
Your control slip will be cut in two. You get the large bit back to safety pin onto your shirt. The smaller part is kept so we know who is out on the course.

If you want someone to show you what to do, just ask.



AFTERWARDS

After your run, come back here to download.



You'll get a printout of your time to staple onto your map.

You must always download – this shows us you are back.

If you took any pictures or videos today, we'd love it if you would tag us or send us the link...