



Tui Ridge Park

ROTORUA NEW ZEALAND

Orienteering

What is Orienteering?

Simply put orienteering is the sport of finding markers situated around a set course by reading a special map of the area. This activity is challenging and fun for all ages.

Tui Ridge has 3 courses and maps.

It's all yours

In order to keep your costs down we are happy for you to look after your selves. Our staff will provide you with instructions and all the equipment you'll need to run this activity. For an additional cost a Tui Ridge instructor can be provided.

What do I have to wear?

We advise sturdy covered shoes, relatively comfortable fitting practical clothes and shorts. It can get cold at the park so a warm jacket or raincoat is recommended.

Food and Water

You start this activity at our main complex and we recommend you fill your water bottles before you leave. Tui Ridge can provide meals by request for day visitors but these will be an extra cost must be booked prior to arrival.

Who can use them?

Any member of the public can hire our orienteering courses and gear on any day of the week except Saturdays and subject to booking availability. Prices may vary depending on group numbers and time required.

Contact details

You can contact us by email at tuiridgepark@xtra.co.nz or fax us on 07 332 3540 or just plain old fashioned call us on 0800 TUIRIDGE, we would love to hear from you.



Tui Ridge Park

ORIENTEERING PROCEDURES **This is an adult supervision activity**

DESCRIPTION

Orienteering is the sport of finding set markers or controls by the use of a map. Tui Ridge Park has a number of courses of varying skill levels and abilities.

GROUP RESPONSIBILITIES

- Adults should make themselves familiar with the map and its key before activity
- Adults must supervise activity at all times
- Adults should be stationed at start and finish point of activity
- Tui Ridge Park recommends that children between the age of 6 – 15 should not run the course alone
- Tui Ridge Park recommends group should be arranged into teams of approximately 4
- Group leaders are responsible for pointing out the hazards of blackberry and getting lost
- Any maps, control markers or pens lost or damaged will be charged to the group accordingly
- Group leaders are solely responsible for the safety and well being of all the group members during activity

TUI RIDGE PARK RESPONSIBILITIES

- Tui Ridge Park will supply all equipment needed for the activity
- Tui Ridge Park will point out possible hazards to group leader prior to activity
- Tui Ridge Park will maintain the courses on a regular basis
- Tui Ridge Park will check the course prior too and after activity and charge accordingly for any repairs from wilful damage

DISCLAIMER

I the under signed have read and understood the procedures for the use of the Tui Ridge Park Orienteering courses and here by declare to maintain that all requirements are known and followed by all participants.

Signed: _____(Group leader) Date: ____/____/____

Group name: _____



Safety Action Plan

Orienteering Courses (1, 2 & score event)

What could go wrong?	What could cause it to go wrong?	How could we prevent it from going wrong?	Whose responsibility is it?	When/where will it be done?
Brakes, sprains or muscle strains	Lack of supervision Lack of instruction No identification of possible hazards	Clear instructions given prior to participation. Ensure good foot wear is worn	Tui Ridge Host Group leaders	Prior to group using the courses At the beginning of each rotation
Get lost	Not reading the map clearly Not knowing the boundaries Return time not being given to groups Children going out alone	Clear instructions given to group leaders Clear instructions given to groups prior to going out on course	Tui Ridge Host Group leaders Group leaders	Prior to group using the courses Prior to each group rotation At the beginning of activity rotation
Hypothermia or Hyperthermia	Inappropriate clothing for the conditions	Organise children into teams of 3 - 4 people Assess weather conditions and instruct groups accordingly	Group leaders	In the morning prior to rotations starting and during the day

Safety Action Plan

Emergency Action Plan

If someone is injured:

- Stop activity
- One team member to stay with the injured party the other 2 go for help
- Locate either the activity leader or a Tui Ridge Staff member at the office
- Leader or TRP staff member to assess injury and apply first aid if needed
- If injury is serious contact Ambulance services immediately
- Continue activity if acceptable

Instructor requirements

- Knowledge of Orienteering
- Leadership skills

Pre activity check list

- Check there are enough maps and scorecards for day
- Instruct groups on procedures
- Give return time for group

Additional requirements/Qualifications:

None