



Academy Headquarters
The Royal Military Academy Sandhurst
Camberley, Surrey. GU15 4PQ

Telephone 01276 41 2421 Military 94261 2421
Fax 01276 41 2249 94261 2249
E-Mail colin.dickson783@mod.uk



Reference: RMAS G7- PROG-3
Date: 10 FEB 2010

**ARMY ORIENTEERING ASSOCIATION (AOA) INTERMEDIATE SKILLS LEVEL
ORIENTEERING COURSE. JOINING INSTRUCTIONS (SEE COURSE DATES)**

GENERAL

1. The AOA Intermediate level orienteering skills course will take place at Longmoor Training Camp, near Liss in Hampshire, during the period (see course dates at www.baoc.org.uk/events). This is a progression from the Basic Skills course to develop the core skills and to provide methods of improving individual orienteering techniques.

COURSE VACANCIES

2. Vacancies will be allocated on a first come basis. Individuals are requested to apply to the undersigned by email or fax to request attendance 7 days before the course start date. See Annex C. Civilians are welcome and should contact the undersigned in the first instance.

CANCELLATION

3. Individuals are requested to notify this office of non-availability at the earliest opportunity.

REPORTING

4. Individuals should report to Building 25 in Longmoor at 1145hrs on Monday day one of the course for an administrative brief. Individuals will be booked in and allocated their accommodation, provided with a cooked lunch and have a formal brief before the course starts.

COURSE DISPERSAL

5. The Course will disperse at 1300 hrs on Friday, after the closing address.

ACCOMMODATION

6. The accommodation at Longmoor Camp is of a basic nature. Individuals will require sleeping bags and padlocks to secure a locker. Ample shower and laundry facilities (Bldg 15) are available within the camp and cars can be parked there. Please inform the under signed if accommodation is not required.

MESSING

7. Meal times are as follows

Breakfast 0700 - 0800hrs

Lunch 1230 - 1300hrs (Monday cooked only, rest of week will be packed lunch)

Evening Meal 1730 - 1800hrs



INVESTOR IN PEOPLE



COURSE OBJECTIVES

8. Course objectives are to: (Training Objectives will be provided on arrival)
- a. Improve orienteering techniques; developing from the basic skill course.
 - b. Introduce new orienteering techniques
 - c. Introduce and practice skilful application of multiple techniques.

The program includes a night orienteering activity.

Individuals who attend the Intermediate Skills Course do not need to be top-level orienteers; however, they do need to have had a sound exposure to orienteering events to be able to fully participate in the course. This course is Not suitable for beginners and ideally all candidates will have attended the Basic Skills course. However, the under signed will take into account results from military or civilian orienteering events.

PRE-COURSE REQUIREMENTS

9. Individuals will achieve more out of the course if they are physically fit and injury free. All should have a sound understanding of pictorial control descriptions and of colours and symbols on orienteering maps.

CLOTHING AND EQUIPMENT

10. Sufficient sports clothing and equipment applicable to orienteering (including some items suitable for wet weather) should be brought. The course will be predominantly on the training area completing short exercises.

11. Casual clothing and tracksuits, which must be presentable at all times, may be worn at mealtimes.

12. The following equipment is also required:

- a. Waterproof clothing and a small rucksack
- b. Two pairs of orienteering shoes
- c. Two orienteering suits and leg protection
- d. Plastic bags for wet clothes
- e. Water bottle, mug, flask
- f. Knife, fork and spoon
- g. Compass
- h. Whistle
- i. Notebook, pencils and a red pen
- j. Sleeping bag & Padlock
- k. Night light (for night orienteering), plus small reserve torch.



LOCATION OF LONGMOOR TRAINING AREA

13. Maps showing the location of Longmoor Camp and Training Area are at Annex A. The grid reference is SU 7935 3101. Longmoor Camp is located and signposted off the southern slip road of the A3 at the Longmoor Interchange (signposted Bordon / Farnham / A325). For Sat Nav users the post code is below.

TRAVEL ARRANGEMENTS

14. Individuals arriving in their own vehicles should report to the Guardroom with photo identity where they will be issued with a pass and then directed to building 25. Parking is on the main square, see map below.

COURSE CONTACT DETAIL

15. The address of the course is your name followed by:

Building 25
Longmoor Camp
Longmoor
LISS
Hampshire
GU33 6EL

Tel: Mil 94291 3419, Civ 01420 483419 **Manned only during course dates.**

MISCELLANEOUS

16. **Security.** Individuals are to be aware that they are responsible for valuables they bring with them to the course. All rooms can be locked but lockers may have to be shared in some cases.

17. **Pets.** Dogs and other pets are not permitted on Longmoor Training Area.

COURSE PROGRAMME

18. An outlined course programme is at Annex B.

QUERIES

19. Any queries regarding these joining instructions or the course should, in the first instance, be directed to the undersigned.

COLIN DICKSON
Major (Retd)
For Chairman AOA

Annexes:

- A. Location Maps of Longmoor Training Area
- B. Course Programme
- C. Intermediate Skills Orienteering Course Application

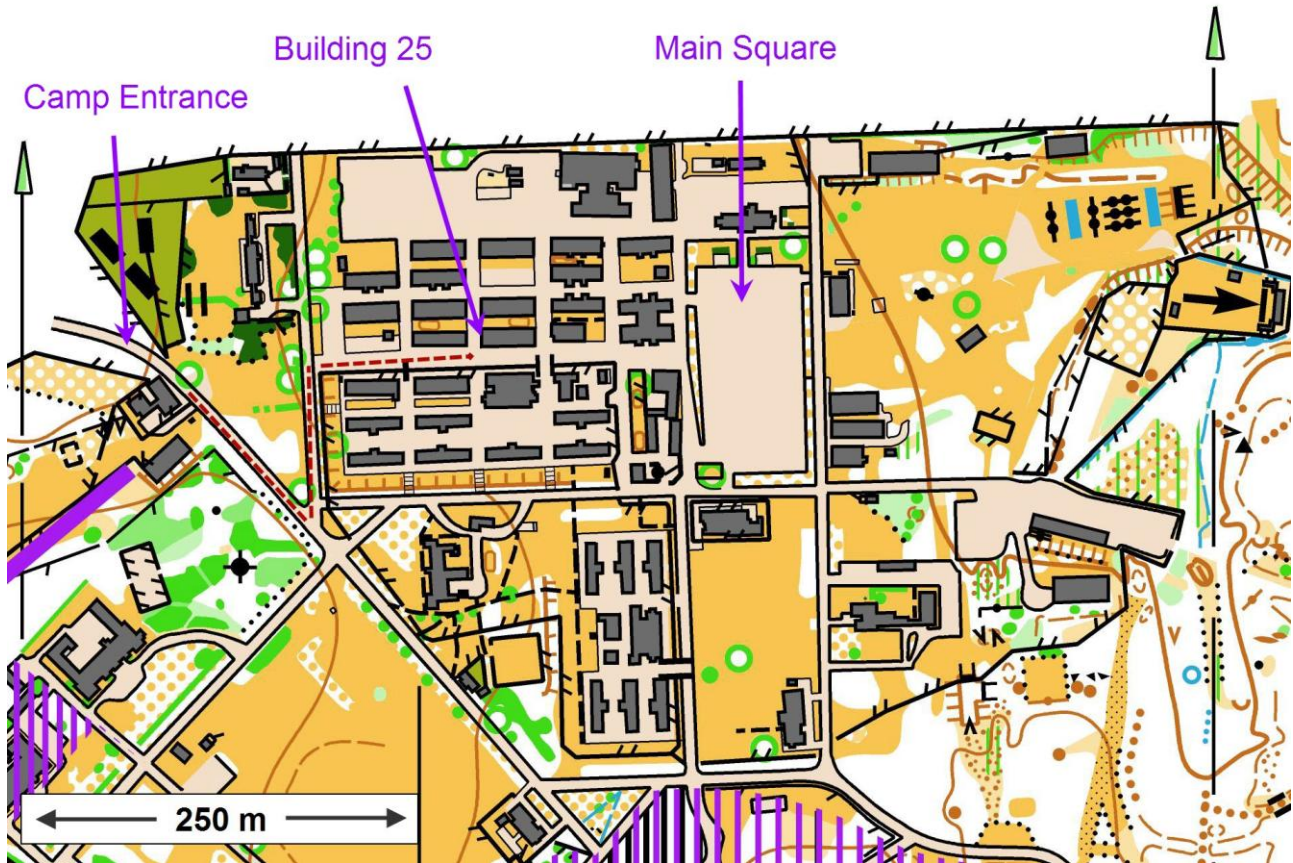


LOCATION MAPS OF LONGMOOR TRAINING AREA

Location of camp entrance is at (186) SU 79253105, post code GU33 6EL.

Electronic copies of this document contain the following active links to internet maps showing the location of the Camp Entrance: [Google Maps](#) [Multimap](#) [Streetmap](#)

Location of Building 25 and Main Square Parking



COURSE PROGRAMME
ORIENTEERING INTERMEDIATE SKILLS COURSE AT LONGMOOR

Day/Time	Detail	Remarks	Loc
Monday			
1230 hrs	Lunch		
1300hrs	Course brief		
1330	Course introductions		
1340	Revision: Back to Basics	Terminology, TOPCAR, aiming off, attack points, collecting/catching features, route choice, speed control, ground to map etc!!	CR
1530	Practical Ex 1	Short course planned to test the foundation techniques	LM
1645	Debrief on Ex 1.		CR

Tuesday			Loc
0830 hrs	Lesson: Control site flow		CR
0900	Lesson: Use of Compass	Base plate and thumb. Practical (in theme of Trail O) around sports pitch	CR/LM
1030	P Ex 2. control picking/flow and compass and pacing		BS
1200	Debrief of Practical Ex 2		BS
	Lunch		BS
1300	Lesson: Relocation		BS
1315	P Ex 3 Relocation in pairs		BS
	Debrief on P Ex 3		
	NIGHT 'O' P Ex 4	Night Introduction Training	LM

Wednesday			Loc
0830hr	Lesson/Practice: Simplification/Visualisation	Route info drawn/recorded from memory. Describe to group how to run leg. Emphasise terrain model	LM
0930	Lesson: Route choice	Planning slides.	LM
1000	P Ex 5. Sprint race to practice speed		LM
1100	Debrief on P Ex 5		LM
	Lunch		
1200	ML(S) Event-P Ex 6	Military League Event locally	
1600	Debrief P Ex 6		



Thursday			Loc
0830 hrs	Lesson: Contour interpretation		
	P Ex 7 Line event		H
	Pl Ex 8 No paths map		H
	Lunch at a cafe		
	P Ex 9 No paths & Map memory		H
1730	Return to Longmoor		

Friday			Loc
0830 hrs	Ways to improve my 'O'		
	O opportunities		
	Traditional relay Practical Ex 10		
	Crs de-brief		
	Crs Prize giving		



INVESTOR IN PEOPLE



*Training &
Recruiting*

ARMY TRAINING AND RECRUITING AGENCY

INTERMEDIATE SKILLS ORIENTEERING COURSE APPLICATION

To: Maj (Retd) Colin Dickson
 SO2 G7 TRG PROG
 Academy Headquarters
 The Royal Military Academy
 Sandhurst, Camberley, Surrey,
 GU15 4PQ
 Email: colin.dickson783@mod.uk

From
Unit: _____
Address: _____

Fax No: Mil 94261 2249 Civ 01276 412249

Fax No. (inc. dialling code): _____

Tel No: Mil 94261 2421 Civ 01276 412421

UIN: _____

	Course Name	Assembly Date	Dispersal Date	
1st Choice:	Intermediate			
UNIT POINT OF CONTACT				
Name:				
Position:		Contact Tel No.:		
UNIT NOMINATION				
Service/Staff No.	Rank/Status	Surname and Init.	Regt/Corps	Priority
Justification:				
Position in League	Div	Length of time in Orienteering	Remarks	

Your email address:

Signed:

Unit Stamp:

Rank and Name:

For/Appointment:

