



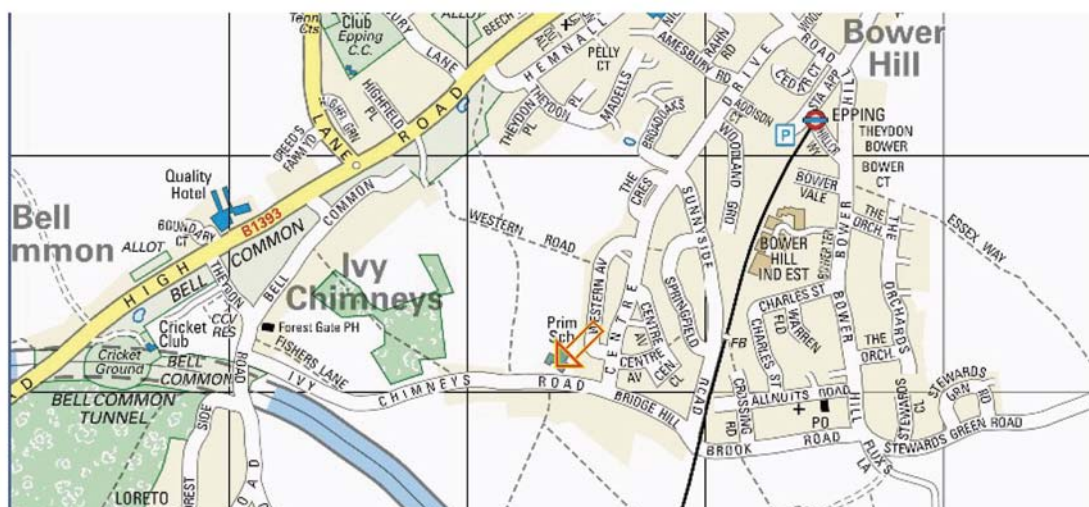
**Week 1**

**CLUB  
MARK**

## Ivy Chimneys Primary School

For the first week we will start off indoors. Here you will get a short introduction to Orienteering and learn a few basic skills which enable you to be confident outside.

The school has access to Bell Common behind so you will still need to bring outdoor clothing.



### To get to Ivy Chimneys.

If you are travelling from Epping, follow the B1393 South towards London. At a set of traffic lights with a hotel on the right, turn left. At the next junction turn left onto Ivy Chimneys Road. The school is at the bottom of the hill on the left.

Please use either car park. We will be meeting in the main hall.

For the rest of the sessions we will be using various parts of Epping Forest. Details of these will be handed out during Week 1 and posted on the website.

Please note these directions are subject to change.

Make sure you check our website [www.chig.org.uk](http://www.chig.org.uk) before travelling



## CHIGWELL AND EPPING FOREST ORIENTEERING CLUB



**SUMMER  
TRAINING  
2009**





## CHIGWELL & EPPING FOREST O.C

Orienteering is challenging outdoor adventure sport that exercises both the mind and the body.

The aim is to navigate between control points marked on a special orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace

### Welcome to our Summer training programme

During this introductory course you will learn how to read a map and to navigate round a set of orienteering controls. The course will be easy paced but have longer options for those who want to do a little extra or go a bit faster.



This course is being run by friendly, qualified coaches and instructors and there will be an opportunity to stop and chat afterwards. Refreshments will not be provided so please bring your own.

If you would like to speak to someone then please contact Josh Jenner via email:

[Josh.Jenner@hotmail.co.uk](mailto:Josh.Jenner@hotmail.co.uk)

**[www.chig.org.uk](http://www.chig.org.uk)**

We will be outdoors every session regardless of the weather so please come prepared with the appropriate clothing and footwear.

Each session will run from 9:30am—11am approx

The cost of the course is £2.50 per week for taking part.

There are two ways to pay:

- Pay £2.50 per week with a course cost of £15
- Pay £10 if you sign up in advance which will include membership to our club ( CHIG )

No.	Date	Day	Location	Skills Taught
1	6th June	Sat	Ivy Chimneys	What is Orienteering?
2	13th June	Sat	Epping Forest	Essential Map skills
3	20th June	Sat	Epping Forest	Recap of skills learnt
4	4th July	Sat	Epping Forest	Star exercises
5	11th July	Sat	Epping Forest	Loops course
6	18th July	Sat	Epping Forest	Score Event / Race

See back for directions