



## Index for Issue # 364

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## From the Editor – Philip Purcell

This edition has the second instalment on Risk Management at Orienteering ACT events. This article explains the Search & Rescue Procedures. Thanks Ian Booth.

Also this month we have the first instalment of an article by Bob Mouatt on Following a Routine to Achieve Success. This looks at the fundamental keys of orienteering. Look for the next instalment in the July Newsletter.

For those of you who would like to tune up for the 2008 Australian championships and holiday in the sun this winter, consider the Queensland Orienteering Championships in

August 2006 at Maryborough. See the notice at page 7 of this Newsletter.

Now, a note on purchasing orienteering gear:

*Anthony Scott* supplies gear at very reasonable rates, and has a stall at most events, including Saturdays. To view the catalogue, visit the website <http://shop.saturdayorienteering.com>

For your running needs visit *The Runners Shop* at 70 Dundas Court in the suburb of Phillip. As this Newsletter goes into the mail, the Runners Shop June sale is underway.

**The contributor's deadline for the July / August 06 Newsletter (Issue #365) is cob Monday 10 July 06.**

There will be a reminder closer to the date via the electronic weekly bulletin

The Coming Events calendar will cover the period 19 July to 13 September 06 – Course Controllers to note. 250 copies are required of flyers to go with the Newsletter (printing can be arranged for OACT members).

# Board Report

Shannon Jones, Secretary

Recent purchases are a new equipment trailer and (primarily for the Saturday program) a tent. Read more about these in the news item at page 4 of this Newsletter.

At our May Board meeting, Dave Shepherd brought up a couple of ideas for possible events in the future. He discussed his idea to have a non-orienteeing race to act as a fundraising for OACT. The initial idea is to run up 3 peaks - Ainslie, Majura and Black Mountain in any order, with a map. Other clubs already hold non-orienteeing running races which raise significant amounts of money. For example The Great Nosh Foot Race is a 15km off-road running race organised by OANSW and The Nail Can Run is an annual fun run for Albury's orienteeing club. Dave's second idea was for the Canberra Cockatoos to organise a short sprint series. The aim would be to add variety to the races, for example a mass start - to attract

runners who are new to orienteeing. The Board discussed the possibility of having a pre-Summer Series set of races in October (before grass seeds appear on many local suburban areas!) on Wednesday's beginning around 4 or 5pm.

At the Orienteering Australia Annual General Meeting it was decided that all events in Australia will attract an OA levy of 20 cents, based on participants (beginning 2007). This will not be increased before 2010 and the money will go to develop a results database on the OA website.

In March Bob Mouatt advised he would resign in June 2006 from his OACT *Manager Officiating and Accreditation* position. Fortunately, Bob has been prevailed upon to remain in the position. The OACT Board really appreciates all of Bob's time and efforts in this area. Thank you Bob.



## 2006 Course-Setting Awards

Bob Allison, Executive Director

There was quite of variety of event types presented in April with course-setters of Sprint and Middle distance races, a Score event and an MTBO event vying for the month's course-setting award nomination.

All four events had their admirers, but the weight of opinion was that John Shelton-Agar's ACT Middle Distance Championship courses were the pick of the month. John used the detailed eastern compartments of Sparrow Hill to great advantage, ensuring that competitors were required to maintain 100% concentration throughout the race. He joins the year's other monthly winners in the

running for the 2006 Course-setting awards with a chance to add to his 2004 award.

Can we now please have your nominations for May. With the Saturday and Wednesday series both now in full swing the competition is now starting to intensify. Remember, your nominations can be for any event and any course, or any particular leg of a course

You can direct your nominations to me through the OACT office: [actoa@iimetro.com.au](mailto:actoa@iimetro.com.au)

# Following a Routine to Achieve Success

By Bob Mouatt

Some time ago I was chatting with some people at a Twilight event at which I was the mentor for new orienteers. As usual at such events I don't participate, as my focus is being available for new orienteers before and after they participate. Noting that I don't participate in many events, one of group asked me whether I felt I was disadvantaged by not competing. My reply was that I didn't need to compete in many events to do well in major events, as three factors were the keys to my doing well:

- being fit,
- being focussed, and
- following my routine

I then explained what I meant regarding each of those factors. Philip Purcell was in the group and asked me to write an article about those factors for the OACT News, so here is the first instalment.

## Being Fit

Being fit is very important as if one is not fit one spends too much brainpower on managing one's body rather than concentrating on navigation, etc. As my first Rugby coach used to say, "Never run flat-out, always leave some oxygen for your brain." There was a very good article '*Evenness Brings Championships – Speed Produces Errors*' in the August 1981 edition of *The Australian Orienteer* about the impact of lactic acid on the brain and how oxygen debt leads to errors in orienteering. To quote from the final paragraph, "*An orienteering competition is not won by the competitor who has run fastest for he/she generally makes many mistakes. The winner almost certainly is one who is best able to keep calm and adjust his/her speed according to the difficulty of the terrain*". One of the reasons I bought a heart monitor a few years ago was to monitor my heart rate and thus avoid oxygen

debt. I now slow down when my heart rate gets into the 150s.

I haven't been anywhere near fit for over 10 years or really fit for over 15 years. My main reasons for not being fit are that I have many biomechanical problems that require a lot of work to correct and I don't make sufficient time to train and to undertake corrective measures. When I make the time to train I try to make it relevant to orienteering. For example I like to train on unmade tracks that include a lot of climb, as that is what I am likely to encounter on a course. Now that I spend less time running and more time walking when out on a course I like to concentrate on improving my walking speed. For older folks, this is very important and **I consider that a lot of orienteers could improve their kilometre rate if they spent more time power walking.**

## Being Focussed

This is my biggest problem and I suspect, the same applies to many orienteers. By being focussed I mean switching off thinking about other things and focussing only on the course. The biggest distraction is chatters at the start. I used to be an offender, but these days I try to be quiet and concentrate on my routine – not always successfully.

## Following My Routine

This is the main thrust of my article. When I started orienteering nearly 30 years ago I relied heavily on brawn, ie my running ability rather than my brain and while I enjoyed some success in the early days, it took me a long time to develop a suitable routine. Being a systems analyst by profession, I started developing a routine during the 1980s but my big breakthrough came at the 1989 NSW Championships at Bob's Farm near Newcastle. As I was waiting to start an A4 sheet of paper floated past me in the breeze. I grabbed it and was about to stuff it in a

nearby rubbish bin when I noticed it had a flow chart of a routine to prepare for an orienteering event. I put it in my pocket and from that flow chart I refined my routine, *which I am about to describe in detail in this and further instalments.* My routine might not suit everyone, but everyone should have a routine that suits him or her. I have condensed the routine to a small double-sided 3cm x 8 cm card that I consult before starting. As it is designed for major events, the routine on my card begins in the Start Box, but in 'running' days my routine began much earlier and still try to do a warm up routine. What I am now about to describe is what I would like to do at each event; when I do, I achieve good results but I often don't because I lose focus.

#### **In the [Start] Box**

- **Take In Surroundings.** While standing in the Start Box take in the surroundings, look at the features around the area, look for what to expect when you pick up your map.

- **Check Control Descriptions.** How many controls, what are the features, any unusual ones, what is the first one.
- **Check Sun.** I don't use a thumb compass and rely a lot on the sun for general direction, so I like to check the sun, is it visible (ie no clouds, etc), where is it.
- **Check Compass.** As indicated, I am a baseplater. In the box I use my compass get my orientation and line it with the sun and features around me.
- **Watch on 5 sec.** Even with SportIdent I still use a stopwatch for a number of reasons, one being to check my heart rate on the various legs. I turn on my watch at the 5-second beep so that I can spend the next few seconds preparing to start.

In the next instalment:

- On the Beep
- Where is It?
- Where am I?

**Support your sport through tax-deductible donations to the Australian Sports Foundation.  
Check out the details and download the donor's form from**

<http://orienteering.asn.au/promotion/donations>

## **New Equipment**

**Saturday program tent:** A new tent (marque style) is in service with the Saturday program. It comes in a soft sided case with wheels on the base! The marque has a frame which expands so doing away with fiddly ten poles. It can be used just with the roof or with side curtains. Thanks to Matthew Purcell for organising the purchase of the marque.

**Equipment trailer:** Lynn and Tim Pulford are pleased to announce the arrival of the new equipment trailer. It is an over square trailer with a shelf, rear door, spare tyre and jockey wheel. Event organisers will find the new trailer a joy to use. It has lift-up doors on three sides to give easy access for loading and checking its contents before heading for the bush. Check it out at future events.

Our thanks to all involved with the delivery, especially Bill Jones.

The old equipment trailer is now retired and is looking for a new home. The trailer has a wire cage and has rego to August 06. Offers to purchase the trailer may be made to the OACT Office.

# Rambling Around

Bob Mouatt

## A Re-think on a Change in Direction

Readers might recall that in the March edition of the OACT News I indicated that I expected to be President of Orienteering Australia and as a consequence I would be reducing my involvement in Orienteering ACT matters. Well, while I am now President OA, I have had a re-think of my involvement in OACT matters and I advised OACT President, Bill Jones and Executive Director, Bob Allison that I am

prepared to continue through to December 2007. I have suggested that the two positions I hold could, while I am in the jobs, be combined to become Manager, Media, Marketing and Accreditation. However, whatever else happens, I still plan to standdown from all key orienteering activities, both at a national and ACT level, by Easter 2008.

## Manager Officiating and Coaching Accreditation.

One of my reasons for offering to continue as the person responsible for Officiating and Coaching Accreditation was the success of the series of workshops conducted during March. I was delighted with the response and pleased that we have been able to accredit a few more controllers. For the record we now have a total of 31 NOAS accredited controllers distributed as follows:

- 7 level 3 controllers (including 3 of whom are IOF event advisors)
- 18 level 2 controllers
- 6 level 1 controllers

There are probably another 30 who would qualify for accreditation at levels 1 or 2, if they would only make the time to attend a workshop and some others have attended workshops, but need more experience before than can be accredited. As for the workshops, the numbers were

- 9 March – Course Planning - 30
- 16 March – Using Corpse - 26
- 23 March – Organising Events – 33
- 30 March – Controlling Events - 11

Thanks to everyone who attended and I hope you found the workshops beneficial.

## Results Processing, Media and Marketing.

Thanks to the work of Barbara Martin we are making good progress in improving the integrity of the participant data file which is used as the basis for the 'names' file for Event Director, the software we use for 95 per cent of OACT events. There is still a problem in maintaining data integrity, as there is always new information to be added or changes to be made, eg new participants, non-members becoming member and joining clubs, members

changing clubs, etc and after the changes have been made and a new 'names' file created that file has to be applied to:

- Laptop A – used for Saturday and Twilight events
- Laptop B – used for Sunday events
- OACT office computer
- my laptop and desktop
- Matthew Purcell's master of Event Director

## Use the Names File!

My biggest disappointment is that many people who put entries into the computer still do not take enough care in entering names. Except for the few newcomers we get to events, the names of the over 7,000 people who have participated in an orienteering events in the ACT in the past seven years are in the 'names' file, but people still ignore the 'names' file and make up new names. I know that many people do not write their names clearly,

but with a little bit of imagination and proper use of the 'names' file, just as people use an address book for emails, it is very easy to find the correct name. I have two messages for people putting entries into Event Director; make use of the 'names' file and learn how to enter groups. Regarding the latter, the worst mistake is to separate names using commas, as that creates major problems.

## Media Coverage.

I have spent a lot of time over the past couple of months trying to get some high profile coverage for Orienteering and the role that the ACT Academy of Sport plays in supporting Orienteering. We have had some good coverage on WIN TV and in The Chronicle. I am still working with The Canberra

Times on a major article focussing on ACTAS and ACT based orienteers selected as team members and coaches for national teams and with the ABC TV for a story on Friday evening's Stateline program. Hopefully both will come to fruition very soon.

## Oceania Championships

Just a reminder to everyone that Orienteering ACT will be hosting the 2007 Oceania Championships in October. An outline of the program is in the January/February 2006 edition of OACT News, with an invitation for people to volunteer to contribute to the Championships. I have agreed to

the controller and IOF Event Advisor for the Sprint Distance Championships and the IOF Event Advisor for the Middle Distance Championships. (All three individual events will be world-ranking events.) Bob Allison and I are still waiting to be inundated with offers.

## Memberships

There was some concern that the steep rise in membership and event fees might have had an adverse impact on renewal of memberships. The good news is that there does not seem have been

much impact. The membership statistics for 2006 as at mid May suggest the final membership figures for 2006 might be slightly more than for 2005.

### Memberships

<b>By type</b>	<b>May 06</b>	<b>2005</b>	<b>By club</b>	<b>May 06</b>	<b>2005</b>
Family	109	127	AO	16	18
Junior	7	14	BS	67	80
Life	6	6	PO	52	47
Adult	87	88	RR	52	55
Schools	3	3	WE	19	25
			Other	6	13
<b>Totals</b>	<b>212</b>	<b>238</b>		<b>212</b>	<b>238</b>
Members					
<b>All</b>	<b>499</b>	<b>552</b>			

# Queensland Orienteering Championships

August 19th – 20th 2006 Maryborough, Queensland  
(Incorporating the National Orienteering League and Australia v New Zealand)



Compete near the area to be mapped for the 2008 Australian Championships Carnival.



Start times have been set to allow competitors to spend the weekend in Queensland or plan a winter holiday in the sun with visits to Hervey Bay, Rainbow Beach, Fraser Island, Bundaberg, or The Town of 1770?

The 2-Day event offers 2 new and exiting Geoff Peck maps with very fast, gently undulating spur-gully terrain that has extensive tree cover with little undergrowth. There are some rock and erosion features on Day 2.

Enquiries to Terry Cavanagh For full details and to enter on-line go to [www.qoa.asn.au/champs](http://www.qoa.asn.au/champs)

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## Club News

### **Abominable News** – Ann Scown

It has been a relatively quiet month following the excitement of the Commonwealth Games and Easter.

Unfortunately, Julian has had to withdraw from the WOC team due to injury. We wish him an Abominably speedy recovery although he is apparently a very frustrated patient.



Many Abominables have been seen training between orienteering events. I would just like to remind you of the Abominable motto – it is quality not quantity that counts.

Congratulations to Martin Dent on his winning performance in the Sydney ½ marathon. He chose to miss the Canberra race to concentrate on showing those from the bigger state just how things should be done.

Your correspondent, along with Murray and John travelled to NSW for the May 20/21 weekend to revisit Macquarie Woods and Seldom Seen. Although the Woods were very forgiving, Seldom Seen was as usual very challenging and provided us with some very tired legs.

Keep spiking those controls

## Bush Flyers Bugle – Phil Creaser



This Bugle is even shorter than normal – with key Bushies off overseas and others too busy organising events or off injured, my usual sources of reliable information just haven't been at the

events. Hopefully there will be a more extensive report with the next Newsletter. Until then, may your compass continue to point north as my mate Andrew Calder used to say.

## Parawanga – Sue Garr



Well done to the team for a great score event at Mulligan's Flat. It was an excellent event, appreciated by all who attended. Pat and John were creative in their course setting, allowing for everyone to be challenged in their chosen manner. Many time penalties were dished out to those who were a little over ambitious or forgot the run home was uphill.

Ann, Jan & Frank were as efficient as always in their organisation. Thank you also to all the helpers on the day: the Allen family, Sandra E, Kay, Mike, Liz, Scott, Kate, Tony, Sue, David H & Wal ( and anyone else I've forgotten). Helpers appeared and just got on with the work in true Parawangan style. John did a great job in the kitchen department producing some very welcome sausages (and hot water), with Wal as competent offside. Thanks also to Bob Mouatt, controller of the event, computer expert and producer of results.

A number of committed souls braved the arctic conditions at the SL event at Glendale recently and amassed total club points only 1 point in arrears of Bushflyers. At the risk of being disloyal, I must say that Valerie Barker deserves special double bonus points for continuing to run the cake stall to the bitter end in the most trying of conditions!!

A big "pat on the back" to Wayne Gregson of Red Roos for his innovative CHAOS event held on the Sparrow map. The concept was brilliant; a series of short races starting with a mass start and a handicapping system thereafter, the first six runners scoring points. The courses, although short, were tricky, but with the added pressure of 'the pack', made each race challenging and some very interesting errors were committed! All those who competed had a really enjoyable experience. Thanks Wayne. Group three was taken out by Parawanga with Richard D'Abrera 1<sup>st</sup>, Marg Harrap 2<sup>nd</sup> (a super comeback after race 1!) and Scott Bowen 3<sup>rd</sup>.

## Roos News – Belinda Allison



Firstly, a note from our social secretaries Ann Sawkins and Pam Bleakley:

- Saturday event on 3 June 06 at Farrer Ridge: Could Red Roos please take the time to fill in the provided forms with your

name, address and phone number and or email address and perhaps make suggestions for club activities – and place in the box next to the Red Roos banner. You may like to bring a picnic lunch if the weather is nice and take the opportunity to meet other club members.

- A reminder also for the upcoming Red Roo dinners at the Southern Cross Yacht club at



6:00pm for 6:30pm on Wednesday 7 June 06 and Wednesday 5 July 06.

In other club news, David Shepherd, Jo Allison and Rob Walter have been selected to compete

at the World Championships in Denmark in August 06. We wish them all the best!

Congratulations to Nicki Taws and Anthony Scott on the birth of their second daughter Emily.

### **Weston Emus** – John Suominen (a.k.a. Emu Bob)

New Members – Weston Emus welcome new OACT members for 2006 electing to join our club, Lynn and Luke Fryer.

Looking at the results of past events, it appears that most of the WEmus attend Saturday events only. If time and other commitments allow, you should try some of the technically more demanding Sunday events and come for a quick run on a Wednesday afternoon.

Another type of event well worth considering is Mountain Bike Orienteering. The first event for 2006 at East Stromlo-Green Hills was sampled by two WEmus, Martin Fryer and John Suominen. Both are newcomers to MTBO and arrived at the event with their old 'rattlers', void of any kind of suspension other than that provided by the tyres and the flexing of the tired old frame (both the bike and John).

Nevertheless, both enjoyed the event immensely (even Martin having sampled the grittiness of the local gravel three times), and managed a second and a third place in their respective classes. They are unanimous in their recommendation for all WEmus to try MTBO. You do not need fancy gear to enjoy this type of orienteering.

The last newsletter announced Tom Landon-Smith's participation in the Land-Rover G4 Challenge, starting from Bangkok on 23 April 2006. In fact, Tom had to withdraw at the last moment and his place was allocated to the second Australian qualifier, Alina McMaster - Tom's wife!

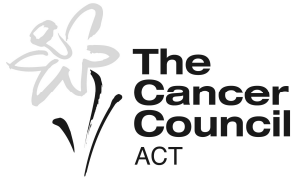
The competition was contested between teams of two, the only all-girl pairing of Alina McMaster (Australia) and Eleonora Audra (Brazil) having started in fine form having the lead on Day 1 until the final element, when Marco Martinuzzi (Italy) and Victor Huang (Taiwan) managed to climb up to the firework faster than the girls. Alina and Eleonora had a well earned win on Day 5 and remained very competitive throughout their 14 day stint together. The only all-girl team was broken up for the South American stage, when less successful contestants were given the opportunity to choose a new partner from the Top Ten, Alina being the only female in that group and Eleonora electing to select a male partner for the rest of the competition.

Congratulations are due to Alina for a very fine sixth place in a male dominated event. You can read day-by-day reports at: **'[www.landroverg4challenge.com](http://www.landroverg4challenge.com)'**.

### **SmokeFree Environment at OACT Events**



OACT receives considerable sponsorship funding from Healthpact, the ACT's health promotion body, and co-sponsor, The Cancer Council ACT. As part of the sponsorship arrangement the OACT adopted a SmokeFree policy in November 2000. Smokers are asked to respect this policy and to not smoke at any activity staged by OACT.



Healthpact

## BE A SUNSMART ORIENTEER

Orienteering ACT has a sponsorship agreement with Healthpact and The Cancer Council ACT. A feature of the agreement is having an effective SunSmart policy. **Be a SunSmart orienteer:**

- **Slip on a shirt**, before and after competition preferably a tight woven long-sleeved shirt with a high collar
- **Slop on sunscreen**, which is SPF 15 or above, broad spectrum and water-resistant. Preferably, this should be applied 20 minutes prior to exposure and re-applied every 2 hours. ACTOA supplies sunscreen at daytime events. Noses lips and ears can be given additional protection with zinc cream
- **Slap on a wide brimmed or legionnaire style hat** that protects your face, neck and ears
- **Wear a pair of sunglasses** (that meet the Australian Standard AS 1067) to protect your eyes from the sun's rays

*Hat wearer of the month*  
*Chris Mill*



### Early detection saves lives

*Did you know 1 out of 2 Australians will develop skin cancer?*

- Ensure you check your skin regularly and also have a full body skin check by your GP.
- Look for: any **new or existing** spots that increase in **size** over weeks or months that are strange in **colour** or are irregular in **shape**. Alarm bells should also start ringing if the spot bleeds easily, or ulcerates and doesn't appear to heal.
- Carefully inspect all your skin, even places "where the sun doesn't shine" as skin cancer can occur in these locations.
- Skin cancer (including melanoma) can be successfully treated in 95% of cases if noticed early.

Don't forget to look for a **change** in: *Size or Colour or Shape*

# Search & Rescue Procedures: Orienteering ACT Events

By Ian Booth (March 2006)

## *Background*

The broad thrust of the **Orienteering ACT Risk Management Policy** (adopted by OACT Council in November 2005) is to ensure that participants' physical safety is considered by those responsible for an event during both the planning and operational stages of the event. Event organisers are to ensure procedures are in place which will minimise risk, particularly for inexperienced participants, and that if emergency procedures are required they can be implemented efficiently.

This policy recognises that by its very nature orienteering involves some personal risk. Most likely risks are injuries (ankle, leg, cuts and abrasions), stress from dehydration, overheating, hypothermia and disorientation. The emphasis in orienteering must be on primary safety - ensuring participants minimise risk.

However, provision must be made for emergencies and this policy outlines the steps that should be taken at OACT-affiliated events. Very occasionally a competitor, either lost or injured, fails to return to the finish by course closure time. The policy requires organisers to obtain from all

participants sufficient registration information to ensure emergency procedures can be executed. At each event all participants are therefore asked to ensure they fill out registration/control card details fully and legibly before issuing maps.

The policy also encourages competitors to become aware of what they should do if, during an event, they are injured or come across and need to assist a fellow competitor who is injured.

Organisers should also ensure that a copy of this policy is kept handy at the event. A copy is to be placed in all current event kits. This Policy should be widely disseminated to OACT's membership and to its sponsors and insurers.

Also, to cover any risk that OACT or its directors may become liable to a land owner or manager or to third parties on their land, the OACT is insured for up to \$10 million for public and professional risks. This cover does not extend to OACT members, a fact that is advised to them together with the disclaimer, now appearing on the Coming Events schedule, that -

*In entering an orienteering event, you should recognise that the sport of orienteering has certain inherent risks due to its conduct in the natural environment. Included in those risks are injury due to rough terrain and obstacles and effects of heat, cold and exhaustion. You should also be aware that there is no personal accident insurance on your participation in the sport and that you participate at your own risk.*

## *Scope of Safety Policy*

The Safety Policy of OACT is intended to cover the *sporting*-related risks of managing and competing in orienteering events which OACT is presenting (ie, those on its official events list). It does not, for example, cover the need for anti-sun cancer measures or morally inappropriate conduct towards minors. These important issues are covered in other ways.

This policy is in three parts:

- (1) safety considerations to be taken into account in the organisation of an event;
- (2) procedures to be undertaken in event of the need for search and rescue; and
- (3) responsibilities of competitors for their own safety and to assist others in distress.

**The first and third parts were outlined in the Newsletter of April/May 06. This article is to explain the second part of the Safety Policy, namely the Search & Rescue procedures.**

## 2. Search and Rescue Procedures

### Determine the Need to Search

- Be certain the participant has not returned, and a search is warranted, by:
  - Double check of SI records or control card stubs
  - Compare Registration Form details with licence plate numbers of vehicles remaining
  - Ring participant's mobile phone number or home number.
- If participant has not returned within thirty minutes of course closure, consider the following points before commencing search:

*Participant details - gain as much information as possible*

- Age
- Fitness level
- Experience and competence
- Any known/perceived medical conditions
- Clothing the participant is wearing
- Equipment - watch, whistle, other

*Course and conditions*

- Prevailing and likely weather
  - Course distance / terrain / hazard features
  - Course estimated winning time/compared to actual completion times
  - Estimated completion time for participant
  - Daylight remaining.
- If, after considering the factors above, a search is warranted, the decision to begin a search is made by the Event Safety Coordinator.

There are two levels of search. The Event Safety Coordinator may decide to initiate a comprehensive, higher level, search immediately if conditions warrant. However,

it would be normal practice to initiate a lower level search first.

### Essential Preparations for Search

- Locate a base station where all searchers will report
- Appoint search coordinator, who should remain at base station
- Identify, as much as possible regarding participant: age, physical condition, shoe style and size, and type of clothing and equipment carried.
- Narrow the search area by asking if anyone has seen the participant while they were competing
- Develop maps showing participants course, and likely points of error/hazards
- Estimate distance travelled and prepare a perimeter map identifying bordering roadways and rights of way
- Transcribe those details onto master maps to be carried by searchers
- Issue torches to searchers if appropriate
- Ensure that due regard is given for the safety of searchers who are OACT member volunteers.

### Lower Level Search

- Place observers and/or vehicles on major roads and trails
- Assign teams of two or more to walk/jog the lost person(s) course. One team should do the course in reverse order, one in correct order.

Additional teams could be sent to particular hazard spots.

- Brief search party members including:
  - to protect scent articles (do not touch or relocate possible scent articles, wait for search dog handler to collect them in the event that dogs are used)
  - 
  - instruct teams to pause frequently, looking ahead, back and side to side while using voice or single whistle blasts
  - instruct teams on whistle signals to use during search and in event of finding participant and requiring further assistance -
  - each team to carry water, and emergency first aid kit - at least a compression bandage – and preferably a two-way radio for communicating with HQ.
  -
- If participant is found and cannot be moved, one member to stay with participant, and one to return to search HQ
- 10 short blasts of a car horn at 1 to 2 minute intervals to signal searchers to return to base

- All searchers to return to HQ by predetermined time (normally in time to allow any higher level–search to commence well before sunset).

### Higher Level Search

- Event Safety Coordinator shall take the following into consideration when determining when to contact the proper authority
  - daylight remaining
  - amount of time search has taken so far
  - if the participant has been found and is injured
- If the Event Safety Coordinator decides to take this step, (s)he shall:
  - notify proper authorities that a search is required;
  - notify home contact from the 'registration form';
  - transfer all other relevant information to the search coordinator; and
  - support the search as required by the responsible authority.

In the event of any search and rescue operation, or injury requiring medical attention, a written report from the Event Safety Coordinator is to be submitted to the event controller and to the OACT Office. This report should detail decisions and actions, as well as nature and extent of search/rescue/injury.



## ORIENTEERING ACT

PO Box 402, Jamison Centre ACT 2614 Phone: (02) 6251 3885; Email: [actoa@iimetro.com.au](mailto:actoa@iimetro.com.au)

### Orienteering ACT Board of Directors

President	Bill Jones	0428 255 210
Secretary	Shannon Jones	6230 4094 (ah)
Treasurer	Ann Scown	6292 5012 (ah)
Director	Ian Booth	6248 0133 (ah)
Director and OA Councillor	Julian Dent	
Director	David Shepherd	0410 525 370
Executive Director	Bob Allison	6281 4529 (ah); mob 0408 407 141

[All landline numbers have the (02) prefix]

### Paid Officials (in addition to the Executive Director)

Manager Media & Marketing; and Manager Officiating & Accreditation	Bob Mouatt	6231 2463 (ah); mob 0412 312 376
Manager Administration	John Suominen	6251 3885 (bh) 6291 7010 (ah) Email: <a href="mailto:actoa@iimetro.com.au">actoa@iimetro.com.au</a>
Head Coach, ACTAS Squad Coach and Manager Canberra Cockatoos	Grant Bluett	6207 3723 (bh); mob 0437 272335
ACTAS Development Squad Coordinator and Anti Doping Officer	Neville Bleakley	6281 0335 (ah)
Schools Development Officer	Felicity Brown	6251 3885 (bh)

### Other Office Holders

Junior League (Saturday) Coordinator	Matthew Purcell	0421 447 500
Blue Lightning Squad Manager & Coach	Valerie Barker & Anthony Scott	6251 5459 (ah Valerie)
Mountain Bike Orienteering Coordinator	Belinda Allison	6251 0955 (ah)
ACTAS Orienteering Program Liaison	David Shepherd	0410 525 370
Public Officer	John Sutton	6295 1297 (ah)
Equipment Manager	Tim Pulford	6281 1035 (ah)
Mapping Coordinator: Technical & Admin.	Bob Allison and Ian Booth( respectively)	6281 4529 Bob (ah) & 6248 0133 Ian (ah)
IT Systems	Bill Jones	0428 255 210
Website	Mark Gregson	Email: <a href="mailto:mgregson@tpg.com.au">mgregson@tpg.com.au</a>
Newsletter Editor	Philip Purcell	6231 2121 (ah & bh) Email: <a href="mailto:philippurc@hotmail.com">philippurc@hotmail.com</a>
<b>Clubs</b> Abominable O-Men (AO-A) Bush Flyers (BS-A) Parawanga (PO-A) Red Roos (RR-A) Weston Emus (WE-A)	Ann Scown Phil Creaser Sue Garr Belinda Allison John Suominen	

### NEWSLETTER PUBLICATION / CONTRIBUTOR CALENDAR

Issue (* with the Australian Orienteer)	Comments	Coming Events Coverage	All contributions to Editor by Monday pm	Newsletter Mail Out Wednesday am
<b>#365 of July / August 06</b>		19 Jul – 13 Sept 06	10 July 06	19 July 06
<b>#366 of September 06</b> [*AO with Oct issue]	Summer Twilight program 2006/07	<del>31 Aug – 15 Nov 06</del> 30 Aug - 29 Oct 06	21 August 06	30 August 06
<b>#367 of October/November 06</b>	[Aus Champs reports with Dec issue]	<del>1 Nov – 13 Dec 06</del> 11 Oct – 20 Dec 06	<del>23 October 06</del> 2 October 06	<del>1 November 06</del> 11 October 06
<b>#368 of December 06*</b>	Awards reports	6 Dec 06–15 Feb 07	27 November 06	6 December 06
<b>#369 January / February 07</b> with AGM papers	2007 program; X-mas 5 Days reports; mem'ship renewal	31 Jan – 14 Mar 07	22 January 07	31 January 07
<b>#370 of March 07*</b>	AGM report	28 Feb – 16 May 07	19 February 07	28 February 07
<b>#371 of April / May 07</b>	'Easter' Australian 3 Days reports	2 May – 13 Jun 07	20 April 07 [Friday]	27 April 07 [Friday]
<b>#372 of June 07*</b>		30 May – 1 Aug 07	21 May 07	30 May 07

**Note:** Publication of the September 06 AO will be delayed such that it will be distributed in October with the OACT Newsletter.



Take advantage of great opportunities and enjoy the Club's excellent facilities.



**Waterfront Restaurant  
Lotus Bay, Yarralumla**

Open 7 days for lunch and dinner.  
A-la-carte restaurant.  
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Dinner 6:00pm ~ 9:00pm

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(02) 6273 1784  
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[www.csc.com.au](http://www.csc.com.au)



**76 Dundas Court Phillip ACT**

The Runners Shop provides a discount to ACT orienteers and a small percentage of all sales to orienteers are credited to the Orienteering ACT Inc.

Be watchful for bargains at advertised sales in January and June.

Orienteering ACT recommends that orienteers buy all their running needs from the Runners Shop.

*Paddy Pallin*

**11 Lonsdale Street  
Braddon ACT**

Paddy Pallin stocks a wide range of items of interest to orienteers and matches discounts offered by other stores. Visit the shop and look for a bargain.

**The Great Outdoors Centre  
18-24 Townshend St  
Philip ACT**

The Great Outdoor Centre stocks tents, camping equipment and a range of other items of interest to orienteers.

Discounts are available to orienteers.

Visit the shop and snap up a bargain.