

Welcome

We hope you enjoy your membership of Leicestershire Orienteering Club (LEI). The sport has a lot of jargon, so we hope this information sheet is helpful. If you have any questions, please ask. Please read this leaflet in conjunction with British Orienteering's (BOF) 'Orienteering Adventure Sport For All' leaflet.

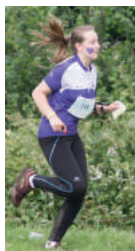
Parents and Juniors please read the "Welcome to Leicestershire Junior Orienteers" leaflet.

Events/ Races

Events are intended to be races, but you do not have to run. You can choose to take part at a level that suits your fitness. Events range from small local events (Level D), to large national events (Level A).

About 30 of LEI's events are Level D and these form the Winter and Summer Leagues. The format of these leagues is usually 3 courses of different lengths and standards, suitable for novices and those with more experience. The club organises several Level C events and combined with other East Midlands Clubs Level C's, they form the East Midlands Orienteering Association (EMOA) League. At these events there is a range of 8 courses to cater for all abilities. There is an Urban League too with 7 age group courses.

Level C & D events are usually entry on the day (EOD), whereas B & A's are normally pre-entry.



Social

A local inn is chosen for food and refreshments after Level D events. The Summer League presentation is preceded by a free buffet. The annual club dinner and awards evening is a more formal affair and is usually held at Kirby Muxloe Golf Club.

Team Competitions

LEI enters two interclub competitions each year, the CompassSport Cup (CSC) and the Yvette Baker Trophy (YBT). The clubs that do the best in these competitions are ones with large teams, so every member of LEI is encouraged to enter, whatever their experience. The CSC regional heats are held in February followed by an Autumn final. The YBT is a junior competition in which LEI have been in the top 5 nationally since 2012.

Volunteers

Large events require the assistance of many volunteers. The key personnel are the **Organiser**, the **Planner** (who designs the courses) and the **Controller** (whose job it is to ensure that the competition is fair). There is also an ongoing task of creating and updating maps. Don't be surprised if you are asked if you can help at an event. There are many different jobs to do and you will join an experienced team who will explain what needs to be done.

Awards



LEI operate the British Schools Explorers Award, rewarding navigating success at any event. Most other orienteering awards are based on results in Level C events.

All Orienteers qualify for the BOF Navigation and Racing Challenge. These reward skills and speed. Competitive Colour Coded awards are made to those obtaining three qualifying standards.

LEI's Club champions are decided at the annual club championships normally held in the Autumn. Trophies are presented by the Chairman at the post-event buffet.

Juniors

Each January we nominate Juniors to join the East Midlands Junior squad (**EMJOS**). They need to be at secondary school and of good orange to light green standard. The squad usually has four weekends away in challenging terrain, as well as training in the East Midlands.



Junior members are prepared for attending the British Schools Championships in October and November.

The best Juniors should be aiming for selection to a Regional Squad training camp and the England team.

Equipment

You need a Sport Ident (SI) Dibber for timing in most events. This can be hired, but as a LEI member, we offer a discount collectors card for purchasing your first dibber.

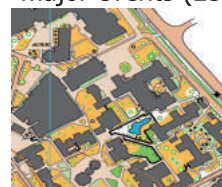


Compasses come in two main types (thumb and baseplate), you can borrow each style from a club coach before you purchase one. Orienteering equipment can be bought online or at some of the larger events.

Club clothing can be bought from the Club Captain.

Major Events

With its central location LEI has hosted several major events (Level A's): 2013 British Sprint



Championships
2014, Day 3 of the JK International Festival of Orienteering in South Wales
2016 British Night Championships
2016 British Schools Score Championships.

Coaches

Members are supported in achieving coaching awards. There is a one day Community Orienteering Leader award for those just assisting and three days for the formally assessed UKCC Level 1 and 2 Coaching Qualifications.

If you might be interested, contact the Coaching Coordinator.

Coaches have First Aid training and for overnight events are child safeguarded checked.



Committees and AGM

The executive committee, events and development committees and their sub-committees run your club. The AGM is in October and concludes with a buffet.

Finances

A combined annual subscription for the Club, EMOA and British Orienteering is payable at the end of each calendar year.

Entry Fees to events cover the levies to BOF and EMOA, expenses of officials, hire of facilities, land access charges, map printing and timing equipment, plus a contribution to the costs of running the club. As a Community Amateur Sports Club (CASC), we welcome Gift Aided donations. We pay car mileage allowances to races more than 2 hours away.

Rules

Orienteering Rules provide for fair and safe competitions. Details are on the British Orienteering website.

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Improving Your performance

You are welcome to attend the term time club nights at Ashby, Glenfield or Groby to improve your skills and fitness. Contact the Club Night Leader for details.

Costs
Adults £3
Children £1.50
Families £5



Permanent Courses



Permanent Orienteering Courses allow you to practise in your own time. In the summer some control sites may be overgrown and with over a thousand plaques some may be damaged. You may need to make allowance for this.

The club is grateful to a number of landowners who have paid for the installation of the courses or for permitting us to install the courses at the club's expenses. Several local authorities sell maps, but many are downloadable free from the club website. The courses on the maps for sale differ from those on the club website.

Staying in Touch

LEI News is posted to members three times a year and ideally you should collect your copy at an event. The East Midlands Orienteering Association EMEWS is published five times a year, your copy being sent to your BOF registered email address, so please keep it up-to-date. British Orienteering's Focus magazine is posted to you three times a year and our email system updates you regularly on events and activities.

Welcome to Leicestershire Orienteering Club



Host for

British Night Championship - February 2016
Peter Palmer (National Junior Relays) - September 2016
British Schools Score Championship - October 2016

