



**HERTFORDSHIRE
ORIENTEERING CLUB**



Junior Training Sessions

**PHASELS WOOD, Wednesday 18th February,
10am - 2.30pm**

Techniques - Activities will cover compass work, bearings, route choice and attack points. The day will be suitable for those who usually run yellow and orange courses.

What to bring - Wear clothes and shoes suitable for running in. Bring a change of shoes and socks, a waterproof and extra clothes if it is a cold day.

You will need a packed lunch and drinks (water & squash will be available). Soup may be a good idea if cold.

Please bring a medical/consent form, spares will be available.

All necessary equipment will be provided.

Cost - Attendance is free to HH juniors.

Booking - Please book with Helen Errington 01727 842883 or helennerrington@britishorienteering.org.uk

Parents - Any parent who wants to join in is welcome, please let Helen know in advance.

Where - Please meet at the Office at Phasels Wood Scout Camp, Kings Langley. Access by car is from the A41 from the M25 junction towards Hemel Hempstead, or from Rucklers Lane. The office is in the car park off Rucklers Lane. See www.phaselswood.org.uk

**All competitors take part at their own risk
and are responsible for their own safety.**

www.happyherts.org.uk