

# SBOC CLUB MEET



## C.A.T.S

ALL WELCOME  
11AM - 3PM





## Saturday 20th April


**Location:** Broughton Burrows, Gower, SA3 1JP  
W3W:///hoped.prep.videos

**Parking:** In the car park by Broughton Farm Caravan Park. Fee for parking £5

**Post Session Social:** Picnick in the burrows if nice, Kings Head Inn, Llangennith if wet.


 Coaching and Training Sessions are a great way to improve your orienteering skills in a social way without the pressure of competition. Sessions are for all orienteers, no matter your age or level. Everyone is welcome!


 Assembly and briefing is at 11.00am sharp. Arrive by 10.45am so everyone is ready to go at 11.00am. Sessions will end at 3.00pm


 Make sure to bring a packed lunch, something to drink to keep your energy levels up.


 There are no toilet facilities available. Please go before you arrive.


[www.s boc.org.uk](http://www.s boc.org.uk)


 Groups will be organised into people with the same level of technical ability:


 Technical Difficulty (TD) 1 and 2 (White and Yellow) Easy courses with all controls mostly on linear features such as paths, walls and streams. Suitable for primary school children and adult newcomers who want a gentle introduction to orienteering.


 TD 3 (Orange) Courses use basic use of a compass and route choice. Ideal for novice orienteers or young juniors with experience.


 TD4 and 5 (Lt Green, Green, Blue and Brown) Challenging navigation with route choice and using more contour and point features suitable for experienced juniors and adults.

 Juniors should carry a whistle. Bring a compass if you use and have one. Some base plate and thumb compasses will be available to borrow and try out. Dibbers are not required.

 Juniors under the age of 16, must be accompanied by a parent or guardian.

 C.A.T.S are free for members of SBOC and the WJOS. Non-members are also welcome to attend any of our activities and events but there is a £3 fee for this activity. Interested in joining SBOC and enjoying the membership benefits? Membership is only £6.20 for juniors, £11.20 for young adults, £18 for seniors and £41 for families in your first year. Find out more at [www.s boc.org.uk/membership](http://www.s boc.org.uk/membership)

 Full body cover is mandatory. If the weather is cold or wet – a waterproof jacket will be mandatory. As well as times of exercise there will be periods of the session when you will be stationary, so layer up – bring along a hat and gloves to keep comfortable. There will be a tent for shelter and to leave bags. NOTE: the session leader is not responsible for the safe keeping of the kit, it is dropped off at your own risk, so please leave any valuables in the car.

 You must register in advance if you wish to attend by emailing either [SBOCFunDays@gmail.com](mailto:SBOCFunDays@gmail.com) and complete a registration form – <https://forms.gle/F5pEH2kMBY74L7nW6>