



Swansea Bay Orienteering Club Coaching Weekend

Swansea Bay Orienteering Club is holding a coaching weekend at Teifi Pools on the 30th & 31st May 2026.

Organisation and planning – Kerina Lake

Coaching Day Info

Saturday 30th May

Location – Teifi Pools North

Parking at Tynddol Lane, see [Google maps](#) nearest postcode SY25 6BT, What Three Words - <https://w3w.co/rested.sharpened.searches>

Timing: 11:00 – 16:00

Activities: Various training exercises to build skills and confidence in compass work, contour reading, use of beacons and attack points and relocation.

There are no facilities. Please bring sufficient food, drink and clothing for a day out on the hills. A tent will be set up to leave belongings and to provide shelter between exercises. All individuals should bring their own orienteering equipment (compass etc.), suitable clothing for the weather.

Sunday 31st May

Location – Teifi Pools South

Parking at Frongoch Cottage, see [Google maps](#), nearest postcode SY25 6ET, What Three Words - <https://w3w.co/scorch.dote.spelling>

Timing: 11:00 – 15:00

Activities: Middle-Distance and Long-Distance event simulation.

There are no facilities. Please bring sufficient food, drink and clothing for a day out on the hills. A tent will be set up each day to leave belongings and to provide shelter between exercises. All individuals should bring their own orienteering equipment (compass etc.), suitable clothing for the weather.

Saturday night accommodation Info - Max of 25 people in the hall for overnight accommodation

Location: Pontrhydfendigaid Village Hall

Parking at the Village Hall, [Google maps](#) nearest postcode SY25 6BB, What Three Words - <https://w3w.co/tomb.pouch.frail>

Floor space only - You will need to bring a sleeping mat, bedding and pillow

Toilets available. Showers TBC

Dinner: Pasta with tomato and vegetable sauce, followed by various cakes. Plenty of tea, coffee and squash available.

Please advise of any dietary requirements

Cost – The coaching day is open to all ages and abilities

- **Coaching Cost** - £10 per individual participant (free for SBOC juniors – a code is available upon request).
- **Overnight accommodation & Dinner** - £10 per person (**Please note you will need to bring something for breakfast and lunch on Sunday**)

First aid and safety – Kerina is a qualified first aider and will have the first aid kit.

A risk assessment will be produced and the weekend is registered with British Orienteering.

Registration – Individual participants MUST register in advance and fill in a consent form which will be emailed out after the registration closing date.

Bookings - via Pre-Entries - <https://pre-entries.co.uk/dl/events/s/b75f6b/r/gX2dc8Xweo19J7V623ht>

Payment will be taken when registering.

Closing date for registrations: Sunday 24th May. Note: you cannot just turn up on the day, you must pre-register.

There may be a limit on numbers of individual participants, to preserve a quality coaching experience, and there is limited floor space in the hall on Saturday night. First come, first served.

Cancellations – If the coaching day has to be cancelled for whatever reason (e.g. severe weather), those who have booked and paid will be offered refunds, or the option of keeping a place on a rescheduled coaching day. Swansea Bay Orienteering Club cannot accept liability for any other costs incurred by participants in the event of cancellation (e.g. accommodation)

Refunds – No refunds will be given, but if a participant has to withdraw, their fee minus £2 admin charge will be refunded if the place is subsequently filled by another paying participant.

Copyright and permissions - The map files provided to group leaders are copyright Swansea Bay Orienteering Club, and must only be used in conjunction with this coaching day, and deleted afterwards. Moreover, access to the area is sensitive, and permission for Orienteering is only granted on the coaching day itself - groups and individuals must not attempt to use the area at any other time for Orienteering purposes, without first seeking permission via LOC.