



Swansea Bay Orienteering Club Coaching Day

Supported by The Orienteering Foundation



Swansea Bay Orienteering Club is holding a coaching day at Merthyr Mawr Warren on Saturday 8th November 2025, in a similar format to ones held in recent years in the Lake District and supported by The Orienteering Foundation.

We are particularly keen to promote coaching of adult orienteers, who are often under-served, but also welcome groups including juniors.

Put the date in your diaries, and either sign up as an individual, or think about encouraging your club or squad to attend as a group!

Any athlete wishing to (or person closely connected to someone who wishes to) take part at the British University Orienteering Championships (BUCS) in 2026 should not take part in any activity on Merthyr Mawr, and any athletes doing so will not be considered as 'competitive' at the championships, or with regards to selections for the World University Orienteering Championships in 2026.

Date - Saturday 8th November 2025

Location - Merthyr Mawr Warren (as used for Day 1 of Croeso 2024). Parking at Candleston Car Park - see [Google maps](https://www.google.com/maps), nearest postcode CF32 0LF, What Three Words - <https://w3w.co/recap.blushed.yummy>

Car Park is ANPR controlled, pay parking fee at machine before you leave. Credit Card only.

Organisation and planning – Kerina Lake

Timing Morning Session: 9:30 – 11:30

Lunch Break/Social Time: 11:30 – 12:30

Afternoon Session: 12:30 – 14:30

Dig Dipper Race: Mass start 15:00

Controls collected from: 15:00

To make the most of the area, there are two hubs where activities will be available. You will be allocated to a different hub for the morning and afternoon sessions.

Cost - The coaching day is open to the following participants:

- **Individuals** – Cost £13 per individual participant. This covers access fees, planned training exercises, hung controls, printed maps, and expert coaching from experienced coaches. Any standard from TD4 (Light Green) up to full TD5 can be catered for. All individual participants must be 18+ years of age.
- **Groups** – For example clubs, schools, or junior squads. Cost £7 per group participant. This covers access fees, and supply of electronic map (OCAD) and course files (Purple Pen) to group leaders. Groups **MUST** supply their own coach(es), who are suitably qualified, sufficient in number, and responsible for the safety of their group. Groups will need to print their own maps, and may either use the planned courses, or modify / design their own using the same controls (please do not hang additional controls in the area, unless by prior agreement with Kerina). Group participants may be of any age that their coaches are happy to supervise.

Facilities – Toilets in the Car Park.

Refreshment tent with hot drinks and snacks will be set up in the Car Park, with all donations going to the Swansea Bay Junior Squad.

A shelter tent will be set up at each hub – though groups are welcome to bring their own.

All individual and group participants should bring their own orienteering equipment (compass etc.), suitable clothing for the weather, lunch / snacks and drinks.

First aid and safety – Kerina is a qualified first aider, and a number of helpers will be first aid trained too. Each hub and the refreshment tent will have a first aid kit.

Groups should also ensure they have a qualified first aider.

Kerina will prepare the risk assessment for individual coaching, and also provide a copy for group leaders to adapt to create a risk assessment for their own group.

Registration – Individual participants, and group leaders with provisional numbers of participants, MUST register in advance and fill in a consent form.

Individual bookings - via Pre-Entries - <https://pre-entries.co.uk/dl/events>.

Group bookings – via Kerina Lake - kerinalake@gmail.com

Payment for individuals will be taken when registering. Payment details for groups will be provided on registration.

Closing date for registrations: 25th October. Note: you cannot just turn up on the day, you must pre-register.

There may be a limit on numbers of individual and group participants, to preserve a quality coaching experience. 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 / groups 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.

Why not make a Weekend of it?

Swansea Bay Orienteering Club are holding three supporting events alongside the Coaching Day to give you plenty of opportunity to put what you have learned into practice:

Friday 7th November – Night Sprint at Baglan Burrows

Saturday 8th November – Western Night League at Briton Ferry Woods

Sunday 9th November – 2025 Welsh League at Kenfig Burrows

Full details are on the Club Website – www.sbec.org.uk/events

Entries via - <https://pre-entries.co.uk/dl/events>

