

WHAT IS COMMUNITY ORIENTEERING?

'Community Orienteering' or 'Community O' provides weekly training and activities from a fixed location that will allow for skill development at a social and motivating level for people of all ages and abilities. Community O also includes local events and competitions that can provide a stepping stone into mainstream orienteering events. Community O aims to attract a broad range of participants from a wide demographic. The activities are accessible to all but are particularly popular with family groups. We are also fortunate that orienteering is taught in 60% of schools and Community O provides a perfect environment to progress from school orienteering to events.



Over 50% of English clubs are now engaged in the 'Community O' programme and are providing more local, accessible orienteering opportunities in community settings such as parks and school grounds.



For further information about Community Orienteering please contact your Regional Participation Manager or visit www.britishorienteering.org.uk

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Community O needs local partner support and expertise to grow and succeed. British Orienteering encourages potential partners to get in touch with their Regional Participation Manager.

www.britishorienteering.org.uk



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WHY DEVELOP COMMUNITY ORIENTEERING?

Community O aims to increase participation through recruiting newcomers into the sport and through increasing the frequency of participation of current orienteers.

HOW CAN PEOPLE GET INVOLVED?

Weekly Training

Weekly training is aimed at developing people's orienteering skills in a motivating and social environment.

These sessions enable newcomers to learn and develop the skills of orienteering from a qualified coach whilst in a familiar and accessible environment. Club members can also benefit by further developing their own skills.

Local Events

These are simple and easy to organise events that provide fun competition for both newcomers and existing club members within close [5 miles] proximity to the Community O base.

Community O venues can be found at

www.britishorienteering.org.uk/page/community_o



"I really enjoy the orienteering club and I can now teach my mum and dad about map reading."

"Community Orienteering is an ideal opportunity to give children a pathway from school activities into mainstream orienteering. It allows them to progress their skills in an interesting and less traditional sport, it helps them to develop socially and gives them different experiences."

"Orienteering which combines outdoor adventure and fun, is ideal for people of all ages, shapes and sizes and is brilliant for families. It's perfect for children who can run around in a fun, safe, controlled environment and also excellent for adults wanting to shape up, try something new and meet new friends."

"The coaching resources like the 'Year in a Box' and 'Club Activity Guide' have really helped me develop Community O in my area."

HOW TO START COMMUNITY ORIENTEERING?

In order to achieve sustainable 'Community Orienteering' there are 3 key requirements to meet:

Establishing a base:

A school site has been the most popular choice by clubs due to low hire costs, ease of access and friendly atmosphere. In addition to this, schools often have playing fields and recreation areas to use that are safe and none intimidating. Advice and support is given to clubs in selecting a venue in order to speak to the correct people and negotiate a deal that benefits both the school, club and local community.

Publicity:

The initial success of Community O is dependent on a wide reaching publicity campaign within the local community. British Orienteering has their own Print Portal enabling clubs to produce professional posters, flyers and postcards. School Sports Partnerships, County Sports Partnerships and Local Authorities are asked to support clubs in distributing publicity material effectively and to inform the public about what orienteering can offer.

Coaches and Volunteers:

Community O cannot run effectively without coaches and volunteers. British Orienteering is working hard to recruit and train more of these individuals and engage with potential partners to support the Community O initiative. British Orienteering are able to pay coaches in some circumstances to lead the Community O activities, but a focus of their role is to support, develop and mentor new volunteer coaches so that Community O eventually becomes self sufficient. Other Community O projects are volunteer led where the expertise exists.

BRITISH ORIENTEERING PARTICIPATION MANAGERS WILL SUPPORT THE CLUBS IN ACHIEVING THE ABOVE AND WILL REGULARLY COMMUNICATE WITH PARTNERS FOR SUPPORT.