

**Organised by the Orienteering Association of Hong Kong (OAHK)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Orienteering**  
**Prospectus**

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Easy Sport (Joint Schools) Training Programme
			Non-School Team Training	School Team Training	
Target Participants	Primary and secondary school students	Primary school students and secondary school students of Form 3 or below	Students of Primary Three or above and secondary school students		Primary and secondary school students (aged between 6 and 14)
Outline	Content covers: <ul style="list-style-type: none"> <li>– Video show on orienteering</li> <li>– Introduction to basic knowledge and equipment of orienteering</li> <li>– Play-in session for students</li> </ul>	Content covers: <ul style="list-style-type: none"> <li>– Introduction to orienteering and the use of marker and punch</li> <li>– Main types of competition (cross-country event /score event)</li> <li>– Basic technique of map setting</li> <li>– Competition gear</li> <li>– Team competition on punching (Control Picking Exercise)</li> <li>– Map walk</li> <li>– Try out of the cross-country event and score event</li> </ul>	Theory: <ul style="list-style-type: none"> <li>– Introduction to orienteering</li> <li>– Orienteering activities in Hong Kong</li> <li>– Understanding and reading of orienteering maps</li> <li>– Introduction to basic skills of orienteering</li> <li>– Safety rules of orienteering</li> </ul> Outdoor Practice: <ul style="list-style-type: none"> <li>– Practice of the basic orienteering skills</li> <li>– Familiarisation of legend and map setting skill</li> <li>– A come and try a cross-country competition</li> <li>– Experience sharing and evaluation after the competition</li> </ul> Certificate and badge  (School must arrange at least 1 teacher to assist in the activity)	<u>On-campus training</u> <ul style="list-style-type: none"> <li>– Lesson on orienteering theories (covering the history, equipment, forms, rules, map reading, basic techniques, etc.)</li> <li>– Obstacle run (leg lifting, striding, jumping, etc.), other fitness training</li> <li>– Understanding punchers and use of compasses (for training in locating dots) 100m- orienteering (hall maze)</li> <li>– Legend pairing training (relay)</li> <li>– Group drawing training (paper-based)</li> <li>– Elementary route design (paper-based) and evaluation</li> </ul> <u>Off-campus training</u> <ul style="list-style-type: none"> <li>– Field training I (demonstrations, group competitions)</li> <li>– Field training II (individual and group relay)</li> </ul>	Content covers: <ul style="list-style-type: none"> <li>– Course will be implemented in small groups</li> <li>– Introduction to orienteering and the use of marker and punch</li> <li>– Main types of competition (cross-country event /score event)</li> <li>– Basic technique of map setting</li> <li>– Practice of set map</li> <li>– Competition gear</li> <li>– Team competition on punching (Control Picking Exercise)</li> <li>– Map walk training</li> <li>– Try out of the cross-country event and score event</li> </ul>

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Easy Sport (Joint Schools) Training Programme
			Non-School Team Training	School Team Training	
				competitions)	
Venue	<p>Theory: School hall, lecture room or covered playground</p> <p>Outdoor Practice: School playground and buildings or nearby leisure sites arranged by school</p>	<p>Sha Tin Park/ Tai Po Waterfront Park/North District Park/ Tin Shui Wai Park/ Hong Kong Velodrome Park / Lai Chi Kok Park/ Hong Kong Park / Kowloon Park/ Quarry Bay Park (School can have their own preference of the above venue arranged by LCSD)</p>	<p>Theory: Classroom</p> <p>Outdoor Practice: Tsing Yi Nature Trails (near Cheung Wang Estate)/ Aberdeen Country Park (School can have their own preference of the above venue arranged by LCSD)</p>	<p>School basketball courts, halls, covered playgrounds and the parks under the LCSD</p>	<p>Parks under LCSD</p>
Fee	\$700 per session	\$1,820 per course	\$1,820 per course	\$5,500 per course	\$86 per person
Equipment to be provided by the school	<ul style="list-style-type: none"> <li>- Computer and projector</li> <li>- School floor plan or construction plan (please contact the coach for details)</li> <li>- Mapping and site visiting in schools will be required by the coach prior to the activity</li> <li>- Colour maps will be given by the coach to schools for photocopying on their own</li> </ul>	Not applicable	Theory: Computer and projector		Not applicable
Sports Equipment	<p>Orienteering maps, orienteering markers and punches (to be provided by the OAHK)</p>	Not Applicable			
Duration	2 hours per session	3 hours per course (Including theory and outdoor practice)	6 hours per course (Theory: 2 hours, Outdoor Practice: 4 hours)	20 hours per course (On-campus training: 14 hours, 2 hours per session; Field training: 6	3 hours per course (Including theory and Outdoor

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Easy Sport (Joint Schools) Training Programme (practice)
			Non-School Team Training	School Team Training	
				hours, 3 hours per session)	
Estimated No. of Participants per Session/ Course	40		18		20
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm				April to August
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)	Easy Sport Programme Enrolment Form (P.200)	Outreach Coaching Programme Enrolment Form (P.203-204)		Easy Sport (Joint Schools) Training Programme Enrolment Form (Please refer to the respective prospectus)
How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.				The respective prospectus will be sent to schools by the LCSD in due course.
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities and assist the coach and take care of the participants. The coach of NSA will contact the person-in-charge and brief him/her on the scope of assistance prior to the event.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. The school shall arrange for its own transportation to and from the venue.</li> <li>4. Participant who has an attendance rate of 100% in the Outreach Coaching Programme may obtain a certificate and a cloth badge of Level I (\$30 for one set) from the OAHK at their own cost. If the participant is interested in continuous training to Level II, he/she can contact the NSA directly.</li> <li>5. Schools have participated in the orienteering training course under Easy Sport (Joint Schools) Training Programme in 2023 may take part in the “Easy Sport Competition – Park Orienteering Competition” under the School Sports Programme in August 2023. Details will be announced later.</li> <li>6. Participants must meet the age requirement of the activity as on the event date. If any participant whose age is found under the specified age, the LCSD will disqualify his/her participation and the enrolment fee will not be refunded.</li> <li>7. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$291 per Sport Demonstration; \$388 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</li> <li>8. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>9. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>				
Enquiry Phone No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>				