

GO: Guidance on the String Course.

1. Site Recce

- a. 3-4 weeks before the event you or the event organiser should visit the area and select a site near registration but away from roads and other dangers. It should be interesting, viewed from a height of 2-3 feet, with hillocks, fallen trees, etc.
- b. Taking the map with you, set your course. It should be around 750m, depending on terrain. Aim for a time of about 12 mins.
- a. Take some gardening tools to remove brambles and other hazards. If necessary make the route more interesting by adding a few logs, a hide, etc.

2. At Home

- a. Decide on a theme. If you do not have children visit the BBC Children's website where you can download images of the hot favourites. Alternatively, borrow a library book and scan enough images to have one for each control. Your market is aged 18 months to 7 years.
- b. Make a combined map/punching card which should include the child's name, age, club, start, finish and time taken. The child will want to keep this. The boxes should be labelled with the same picture used to identify the controls.
- c. Make the map by enlarging the appropriate part of the master map. The bigger the better. Pre-print the course as on an adult map, using the same symbols, eg red triangle for start. Print 20-30 maps
- d. Make a sheet to record the same details for publication with the event results.
- e. Control labels should be A4 size, waterproofed and stuck to boards.

3. On the Day

- a. Allow 1-2 man hours to set up. You will have to unwind 750m of string, put out the controls, punches, control boards and sign the way to the course.
- b. Timing is done to the nearest second. Children will want to run the course several times so decide on a policy for which run counts. I suggest first run for older children but second for smaller children who may not realise what is going on the first time around.
- c. I commend making the area a fun place for children to pass the time while waiting for a parent to run their course. Setting up other orienteering games, such as the Cup Game, is really popular.
- d. Once home, e-mail the results to the event organiser.

4. Kit List

String, controls & punches & boards
Signs & tape
Maps, biros & record sheets, timer
Table, chairs, thermos, vallium

Janet Phillips 22/11/04