



Knox Street Orienteering Walkers

Guidelines & Rules

Aim: An orienteering walk to have fun and exercise your brain as well as your body.

Guidelines

- Days:** 1st & 3rd Fridays of the month. (These days may change to the 2nd, 4th or 5th Friday according to availability, public holidays or cancellations.)
- Start / Finish Location:** We meet at the Start Location at the time shown below. The location is different each month and is shown on our website. It is recommended to download the Start/Finish Locations list to your phone. Touch or click on the Map Logo to open a map of the exact Start location. Touch or click on the Cafe Logo to open a map at the café's location.
- Times:** Team Registration: 10.15am, Walk: 10.30am – 11.30am, Cuppa: 12 noon.
- Everyone is welcome. \$2 donation per person per walk.
- Please register for each walk** by sending the Walk Organiser a text message or email the day before the walk. (Contact details below.) If you are coming for the first time, please arrive at 10am for a quick training session. You must fill-in and sign the **Knox SOW Walker Registration** form before your first walk.
- Safety:** You accept sole responsibility for all risks and liabilities that may arise from your participation in the SOW. For your own safety please do not walk alone.
- Weather:** On hot sunny days, wear a hat, apply sunscreen and carry a bottle of water. If the forecast maximum temperature is 35°C or above, the walk will be cancelled. If the forecast is for rain during the walk, the walk may be cancelled. The Walk Organiser will contact all registered walkers by phone or text message to confirm cancellations. Cancelled walks may be rescheduled for the following Friday.
- Upon arrival please sign alongside your name in the Registration Book. Please turn your mobile phone ON. Each team must have a mobile phone.
- Collect a Map Sheet and a pencil. Join a team of 2 to 5 people. (If you arrive late, Map Sheets will be available under the rear windscreen wiper of the Walk Organiser's car.)
- As a team, plan your route to answer as many clues as possible in one hour. Depart at 10.30am and write your answers on the Map Sheet. Walk as slow or fast as you like. Enjoy the challenge and the scenery.
- Hints:** The clue symbol on the map indicates the location of the clue. For Bus Stop ID clues check the side of the road as there may be another bus stop nearby on the other side. The Street Name and Letterbox symbols may not be at the exact location of the name or box.

Mark your route on the map as you go so you don't get lost or walk down the same street twice! Turning your map in the direction you are walking is also helpful.

Fire hydrant locations are often marked with a white arrow on the road, a blue reflector on the road and/or a blue square on a nearby pole. In-ground hydrant covers may be round or square and some may also be marked with a white post. (Examples are in our website's Gallery.)
- Aim to return by 11.30am. You may have to miss some of the clues to get back on time. The Walk Organiser will tick off your name in the Registration Book confirming that you have returned. He will then let your team know the correct answers.
- If you have an accident or need to abandon the walk, please phone the Walk Organiser. (The emergency phone number is at the bottom of the Map Sheet.) You may also leave a note on your Map Sheet under the windscreen wiper of the Walk Organiser's car.
- If you are going to be late back (by more than 15 minutes), please phone the Walk Organiser. If you have not returned by 11.45am the Walk Organiser will phone your mobile number. If there is no answer a search party will be organised.
- Once everyone has returned we go to a nearby café for a cuppa and a chat. The café or a direction to its location is usually marked on the Map Sheet. Joining the Group at the café is optional. (Sometimes we may enjoy a picnic in a park instead.)
- If you would like to suggest an area to walk or help plan and collect the clues, please contact the Walk Organiser.
- Any suggestions to improve the Group walk are welcome.

Rules

- You do not have to walk right up to a clue. If you can see it at a distance with the naked eye and work out the answer, that is OK.
- The following are not in the spirit of orienteering:
 - Sending one member of the team to find the answer while the others remain nearby.
 - Use of mobile phones or computers to find the answers to the clues.
 - Use of binoculars or phone camera's zoom function to read signs at a distance.
 - Splitting the team to individually find the answers then combining them onto one sheet.
 - Sharing the answers with another team en-route.

Walk Organiser: David 0419 337 311 david@knoxow.fun

www.knoxow.fun