



# wod

World Orienteering Day



MAY 11<sup>TH</sup>  
2016

WOD 3/16



# 30 days to go



## 56 countries so far!!!

### Registration

A big milestone is reached, 56 countries have registered at least one event May 11<sup>th</sup>! We welcome new countries as Iceland, Singapore, Algeria, Malawi, Cyprus and Nepal and we are really happy for their participation! This is beyond our expectation!!!

The website has now been open for registration during a month. So far, we have got almost 450 events registered! It's an amazing start for this global activity. But please keep the registration running. 2000 locations are still a possibility! Keep on! This is amazing! Where will you be at May 11<sup>th</sup>? I hope you will be a great part of WOD!

### #worldorienteeringday is the official hashtag

Share your photos and promotion material with all of us on Instagram. Use the official hashtag #worldorienteeringday, and your picture will be shown on [www.worldorienteeringday.com](http://www.worldorienteeringday.com).



### Training for O-Ringen!

O-Ringen in Sälen is set for a record breaking week of races this summer, and now you can join the biggest training session ever for the big event. On May 11, people all over the world will celebrate the sport of orienteering on the first ever World Orienteering Day. The goal is to set a world record for the highest amount of people practicing orienteering during one day. O-Ringen in Sälen have posted an article on their website, encouraging you to seek out a local World Orienteering Day event and take part. Apart from it being an excellent opportunity to train for the races in Sälen, what could be more exciting than arriving at a record breaking O-Ringen this summer, already a world record holder?



# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



## Photo-Orienteeing

The teacher tries to find both visible and less visible objects in the school yard. A lone tree or a detail of a tree, part of a house, a detail in the form of a drainpipe, a little thing on some play equipment etc. It is only your imagination that limits the creativity.

The advantage of "Photo-O" is that you avoid putting out control markers because the object is already selected as a photo. The exercise can be conducted as a planned activity or as a spontaneous event. The task is to connect each control with the right photo.

### Enbacka School, Gustafs

Control	Letter
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### Photo-O

Scale 1:1500  
Contour interval 2 m

#### Teckenförklaring

- Skog
- Hus, byggnad
- Skärmtak
- Öppen mark, gräsmatta
- Uppväxande vegetation
- Många träd på gräsmatta
- Sandyta
- Öppen mark i skog
- Hårt underlag, asfalt, grus
- Tät skog
- Tomt, rabatter, blommor
- Väg, parkväg
- Stor stig/liten stig
- Staket, opasserbar
- Staket/cykelstall
- Mur, plank, opasserbar
- Dike
- Häck, hög rabatt
- Beståndsgräns
- Vattendike
- Kraftledning
- Fotbollsmål/parkbänk
- Träd; stort och litet
- Särpräglad träd/buske
- Trappa
- Större stolpe, lyktstolpe
- Flaggstäng, liten stolpe
- Sten, betongklump/brunn
- Spiraltrappa/lekställning
- Höjdkurvor/lutningsstreck
- Liten höjd/stock, mur
- OBS! Här får man inte springa!**

Klubb: Säterbygdens OK  
Info: [www.saterbygden.se](http://www.saterbygden.se)  
E-mail: [carina-per@telia.com](mailto:carina-per@telia.com)  
Kontaktperson: Per Sandberg  
Kartan ritad av: Göran Andersson

## Photos from the school "Enbacka"

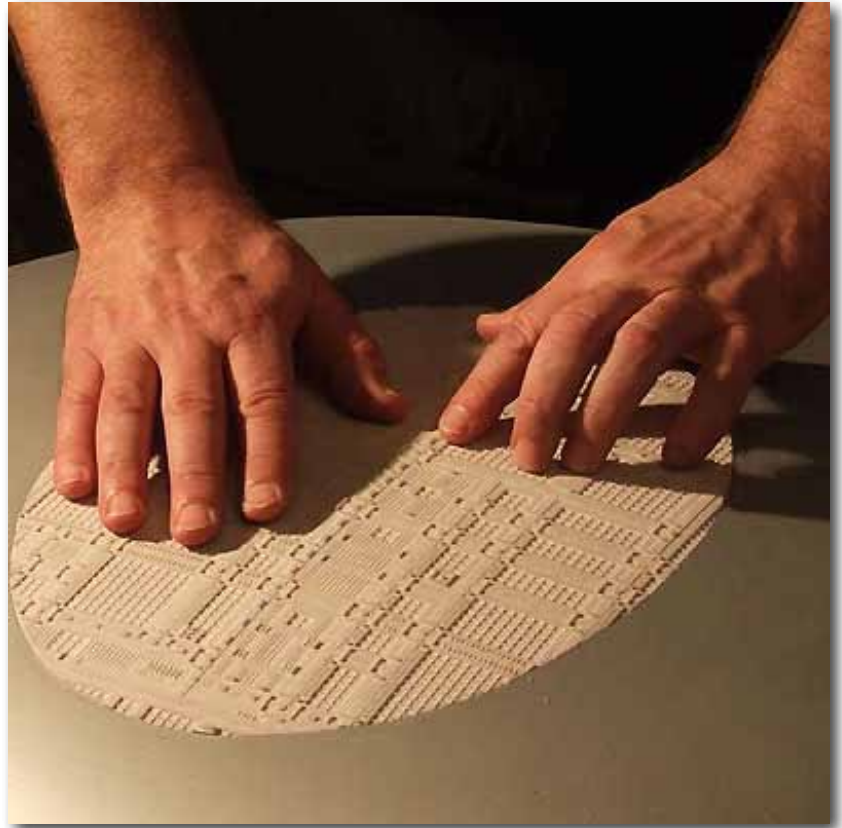


# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



## Challenge 1 in Turkey: Tactile map for blind

This is an event is organised by Ekrem Deniz from Cankaya Orienteering Club together with Gazi University, Ari Colleges and other schools for disabled children in Ankara. The primary goal is to increase the inclusiveness of orienteering sport among younger generation. There are a lot of details to be ironed out - but at this stage we're considering to create special maps for blind kids that will be readable through touch. Kids will be able to read the map and for each checkpoint they will be required to make a decision for the next shortest route among multiple route options. They will have a partner assisting them along the way. Once they pick a route, they will run towards the next checkpoint with their partner.



## Challenge 2: Night Orienteering in pairs

After we have completed a sprint orienteering around the "skate park" in Avesta (Sweden) we will end the day with night orienteering. Students will run in pairs, and they may borrow flashlight or headlamp. For members of the club this is the last night training for 10-mila.



# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



## An Orienteering lesson in Mathematics

Using the map below, and mathematical formulas, answer a number of questions regarding:

- Area
- Perimeter
- Volume
- Mass
- Scale
- Percent

### Checkpoint 1

**1a** What is the sandbox area of the football field area in percentage?

**1b** If the height of sand in the sandbox is 15 cm, how much is the weight of the sand?

### Checkpoint 2

**2a** What is the sandbox area? How many times larger is this area compared to the sandbox in Question 1a?

**2b** If the height of sand in the sandbox is 15 cm, how much is the weight of the sand?

### Checkpoint 3

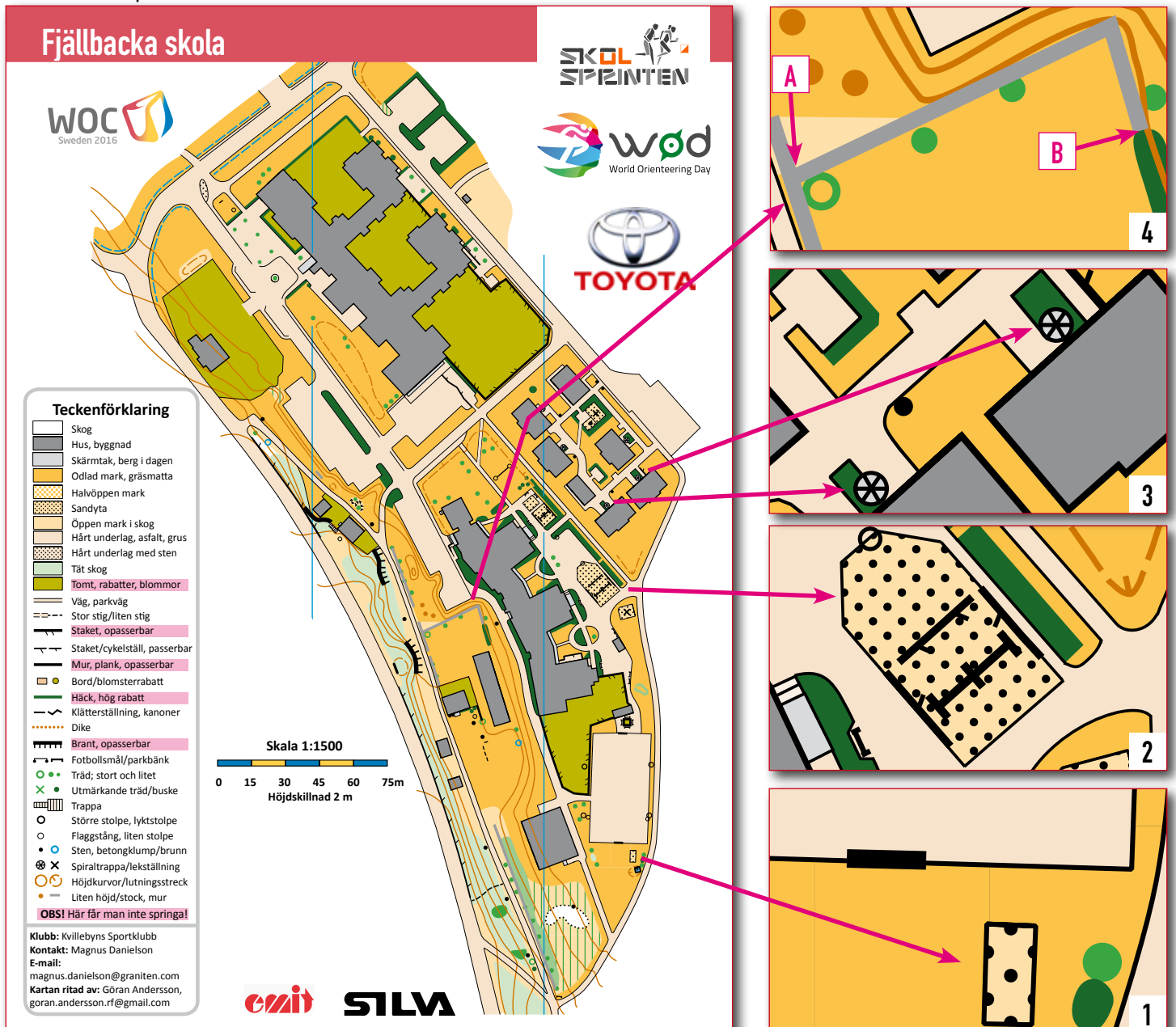
**3a** If the spiral staircase were a cylinder, how large would the volume in each cylinder be, and what would the total volume be of all the cylinders in the area?"

**3b** If these "cylinders" were filled with water, how much would these cylinders weigh altogether?

### Checkpoint 4

**4a** If the stone wall were one meter high, how much would the whole stone wall weigh from A to B?

**4b** How long would you draw this piece of stone if you draw a map with the scale of 1:500 and 1:2 500?

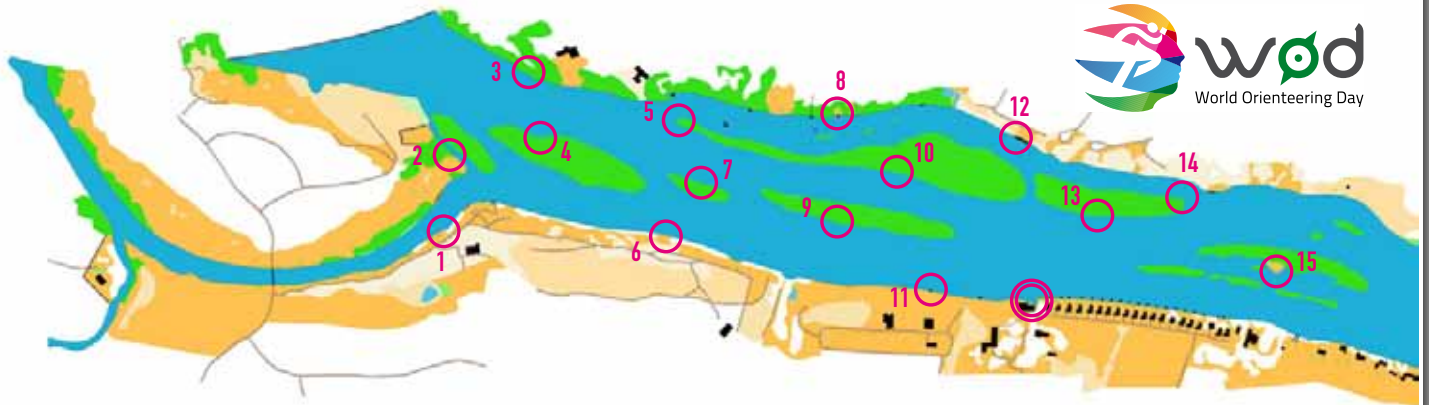


# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



## Paddle Orienteering

## Vaal River, Parys, South Africa



### Paddle Orienteering in South Africa

In the late afternoon, Lisa de Speville, has a Paddle Orienteering (Canoe-O) activity planned. She is busy mapping a section of the Vaal River with its islands upstream of our canoe club, where she paddles every week. It's a great section with many interesting places for her to hang controls. All flags will be accessible from the water. They have got a good bunch of young paddlers as well as enthusiastic adults, who see this as having great scope for alternative training sessions - something different from their normal sessions. She is still undecided as to whether to do a regular point-to-point course or whether to make it a control-picking, point-score course.



On the morning of 11 May as well she is doing a school orienteering activity at the primary school in town (it's the only one). Throughout the school day, the groups of children for the regular 30-minute physical activity sessions will be diverted to her for an orienteering activity. She is planning on a simple format where the children will be required to find say 10 of the 15 controls out there.

# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



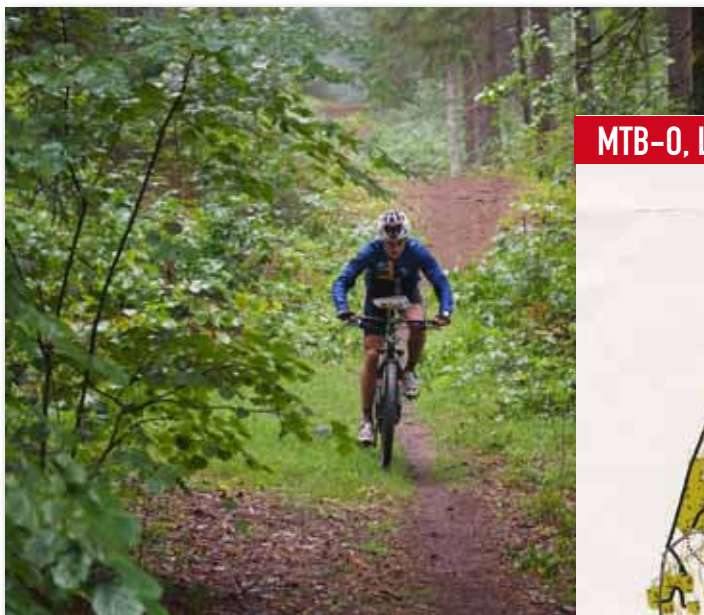
## MTB-O

Mountain bike orienteering (MTB-O) is an endurance sport attracting both orienteering and mountain bike enthusiasts. The most important orienteering skills needed are route choice and map memory.

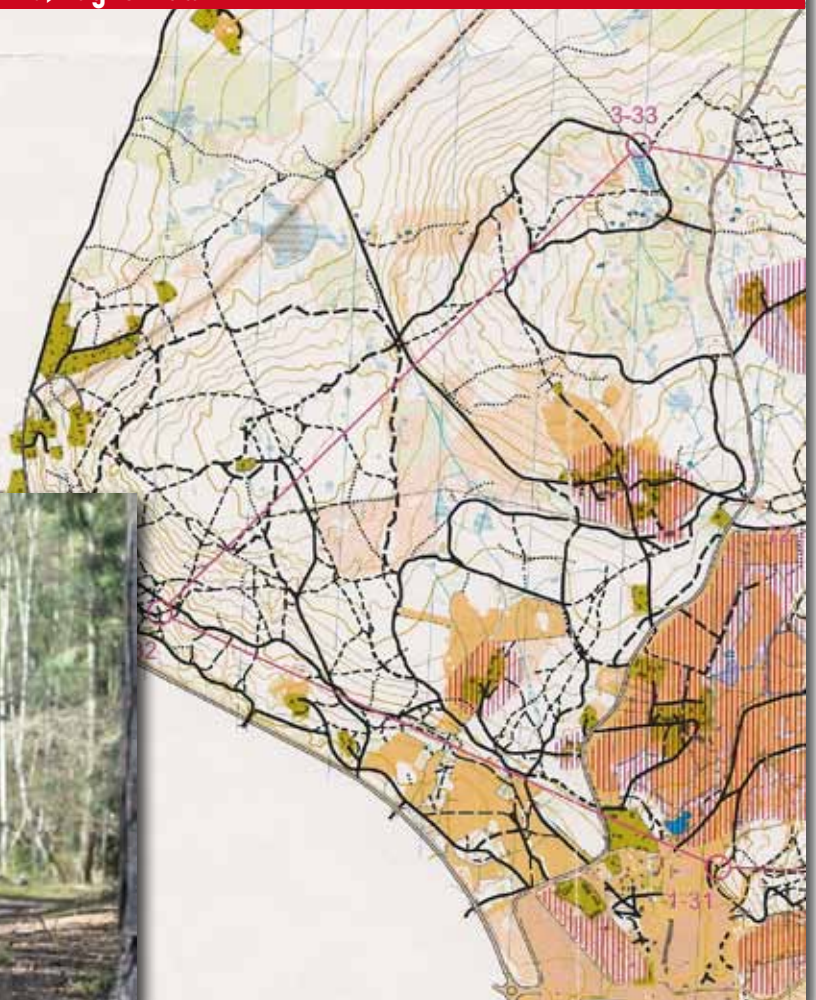
Extremely good bike handling and ability to cope with steep slopes both up and down is an absolute must for a top level athlete. As an environmental safeguard, competitors may not normally leave paths and tracks though it can exceptionally be permitted in some countries.

MTB-O is one of the newer of the orienteering disciplines administered by the International Orienteering Federation. It started in the late 1980s at club level in countries where mountain biking was a popular outdoor sport.

You can do MTB-O almost everywhere and therefore this is a cool and awesome activity for WOD May 11<sup>th</sup>.



MTB-O, Lugnet Falun



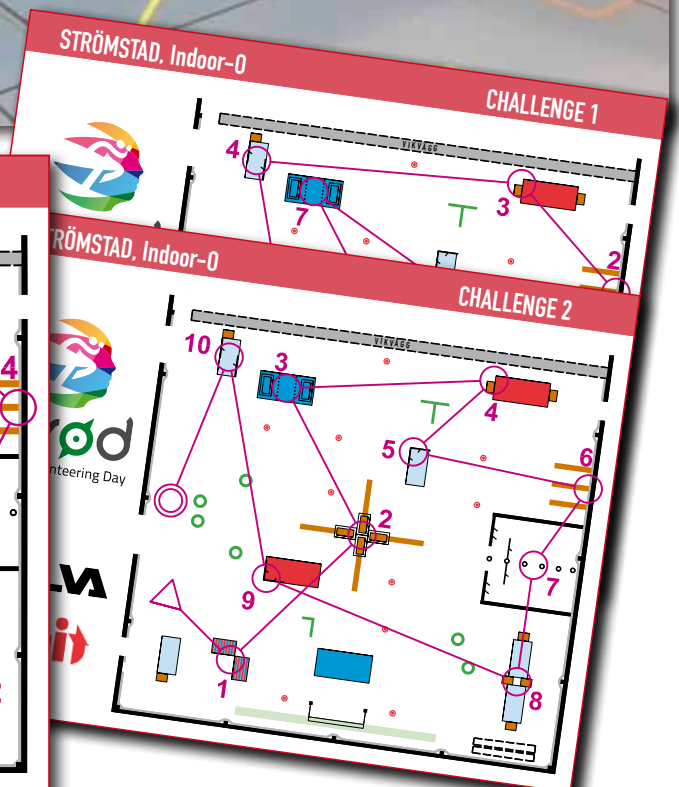
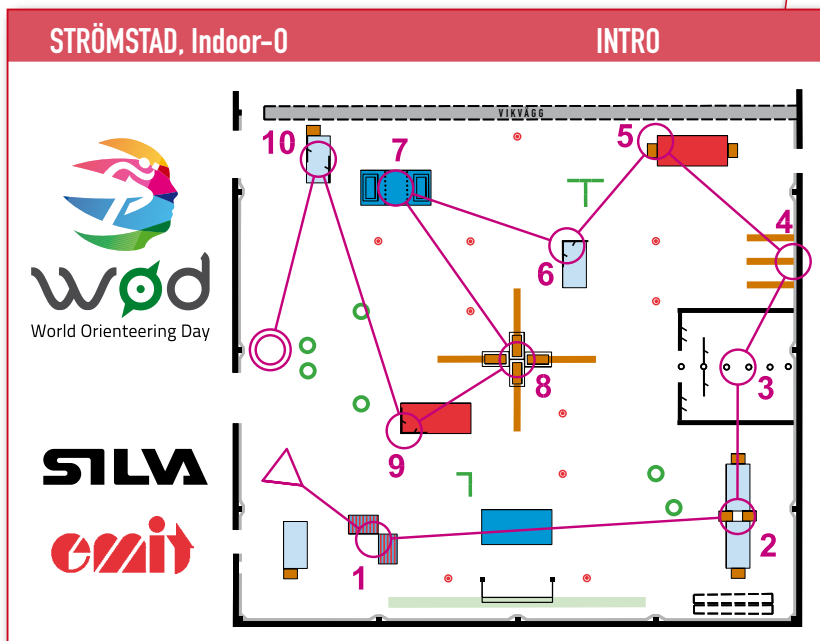
# HOW TO HOST WOD ON MAY 11<sup>TH</sup>!



## Indoor orienteering

Michael Chui at Sing Yin Secondary School Orienteering Club in Hong Kong will organise campus orienteering on the 4<sup>th</sup> floor of their school. The activity area and the course are divided into 2 parts, the outdoor basketball court and the indoor classroom area. For the outdoor part, they will use ropes to construct different shapes (it's called O-show) and students will play grid orienteering in the indoor area for the second-half of the course. As most of the students in their school have never tried orienteering before, they hope that they will have more than 100 students participating in this event.

This photos and maps are from an Indoor event in Sweden.





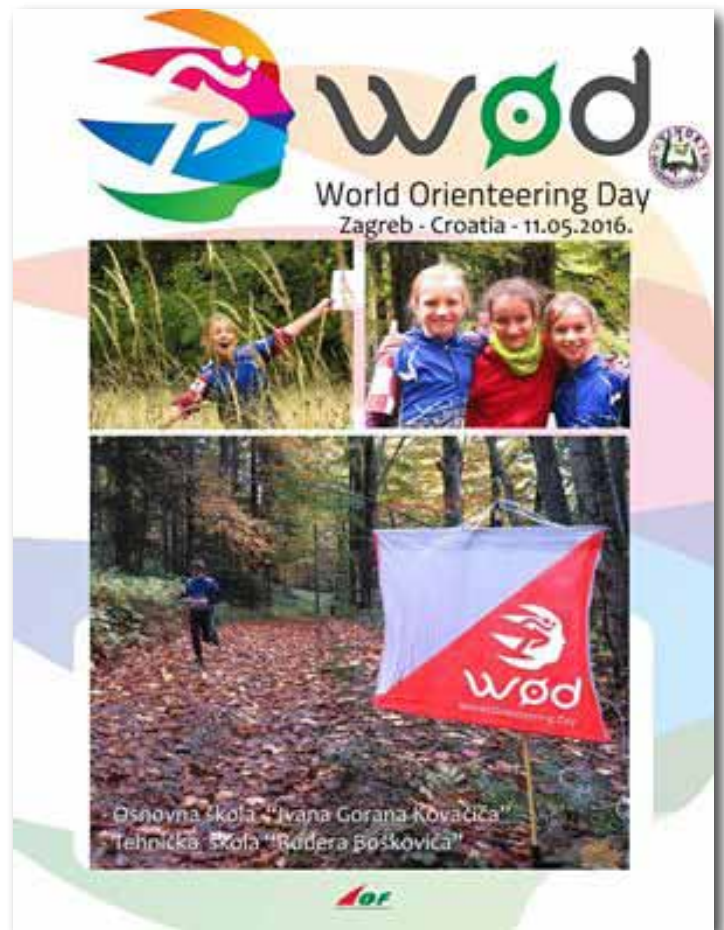
# ADVERTISING IN SOME COUNTRIES



Poster from Brazil



Flyers from Croatia



British Orienteering: The countdown is now on!

## SPECIAL OFFER FROM SILVA

### Silva Begin Wrist Compass

The functions of "66 OMC Spectra" and "Metro" have been merged into the new school compass "Begin". This wrist compass is the perfect beginner's compass for interested young people and school orienteering. The compact size, with rubberised compass house, make it ideal for a small hands and tough challenges. The strap fits securely in the hand so the user can focus on map reading and running direction.

Normal prize is 15 Euros.  
 Your price is **10 Euros** for the purchase of at least 20 pc.  
 Latest day to order: April 30  
 Send your order to [goran.andersson.rf@gmail.com](mailto:goran.andersson.rf@gmail.com)

Currently "Begin" is available only for the northern hemisphere



# GUINNESS WORLD RECORD?



## Guinness World Record will be "Official IOF Record"

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In order to get the Guinness World Record approved, the IOF and all National Federations would have to pay a lot of money. The cost for having a "judge" in each participating country would be £4500 per country, as well as costs for the legal procedures to check participation.

At the moment we can't agree with Guinness' demands, and therefore we have decided not to go forward with our application for a Guinness World Record.

Instead, we will aim to establish an "Official IOF Record" for the participation in the World Orienteering Day.

If the Guinness World Record process for projects such as ours becomes easier and clearer in the future, we might reconsider the possibility of submitting an application.



## Contact WOD 2016

To get more information regarding World Orienteering Day, please contact:

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# SILVA

