

Guidelines & Rules

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

Guidelines

1. **Day & Times:** 1st & 3rd Fridays of the month. We meet at the Start / Finish Location, which is different each month and is shown on our website. It is recommended to download the Locations list to your phone. Touch or click on the Map Logo to open a map of the exact Start location. Team Registration: 10.15am, Walk: 10.30am – 11.30am, Cuppa: 12 noon.
2. Everyone is welcome. \$1 donation per person per walk. Please wear a name tag. Please contact the Walk Organiser if you are coming for the first time. (Contact details below.) You must fill-in and sign the **Knox SOW Walker Registration** form before your first walk.
3. Please register upon arrival. Sign alongside your name in the Registration Book. Please turn your mobile phone ON. Each team must have a mobile phone.
4. **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. On hot sunny days, wear a hat, apply sunscreen and carry a bottle of water. If the forecast maximum temperature at 9am is 35°C or above, the walk will be cancelled. Contact the Walk Organiser by phone or text message to confirm.**
5. Collect a Map Sheet and write your name at the bottom of the page. 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.)
6. 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.
7. **Hints:** 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.
8. **Return no later than 11.30am.** 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.
9. 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.
10. If you are going to be late back (by more than 10 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.
11. Once everyone has returned we will go to the café for a cuppa and a chat. The café 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.)
12. Any suggestions to improve the Group walk are welcome.
13. If you would like to plan a walk yourself, please contact the Walk Organiser.

Rules

1. 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.
2. 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.

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www.knoxsow.org.au