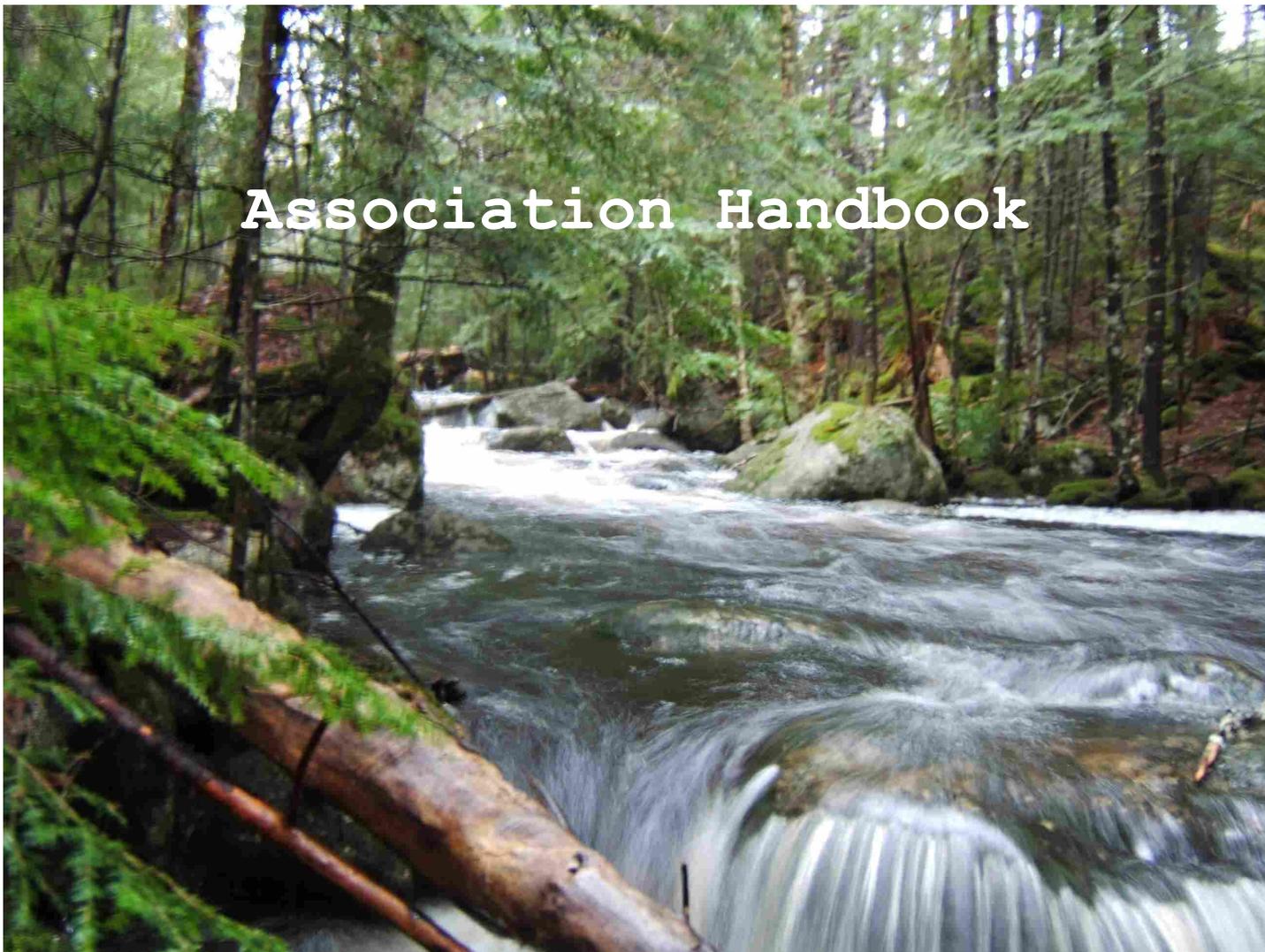


# Association Handbook



## **ORIENTEERING ASSOCIATION OF NOVA SCOTIA**

5516 Spring Garden Road, 4th Floor

Halifax, NS B3J 1G6

Tel: 902.446-2295

Email: [info@orienteeringns.ca](mailto:info@orienteeringns.ca)

Website: <http://orienteeringns.ca>



## **Table of Contents**

---

### Orienteering Association of Nova Scotia

Welcome Message from OANS	3
What is Orienteering?	4
How do I do it?	4
What should I wear, what should I bring?	5
Example of an Orienteering Map	6
What areas of Nova Scotia have maps?	6
How can I obtain maps and what will they cost?	7
Where do I find out what events are coming up?	7
Active Meet Directors	8
Membership Information	8
Event Types	9
List of International Orienteering Symbols	11
Equity and Harassment Policy	12
History	14

## **Welcome Message from OANS**

---

### Orienteering Association of Nova Scotia

Welcome to the Orienteering Association of Nova Scotia. We are a non-profit Provincial Sport Organization dedicated to developing orienteering in the province of Nova Scotia. Whether you are a beginner or advanced orienteer we have courses and events set up around the province to test your ability and/or have some family fun in the outdoors.

We run different types of events which can include Point to Point, Score Orienteering, Rogaine (at least 4 hours in duration), and night Orienteering. Bike-Orienteering, Ski/Snow Shoe Orienteering events are also held occasionally in the province allowing different types of active transportation to be involved with the sport.

Our board of directors is available to put on school clinics around the province, teach mapping skills to youth and adults, and provide assistance to beginners at all events. Orienteering is a sport that allows individuals of different abilities to compete at the same time in the same area, something that many sports have difficulty doing.

Physical Education teachers and their students can then be taught the basics of orienteering (by one of our committed volunteers) so they can practice during physical education class or even after school hours.

We hope that the following information will inspire you to get involved with our sport and provide you with a fun outdoor experience that you can share with the whole family.

## **What is orienteering?**

Orienteering Association of Nova Scotia

Orienteering is a sport in which orienteers use an accurate, detailed map and a compass to find points in the landscape. It can be enjoyed as a walk in the woods or as a competitive sport.

A standard orienteering course consists of a start, a map with a series of control sites that are marked by circles, connected by lines and numbered in the order they are to be visited, and a finish. The control site circles are centered on the feature that is to be found; this feature is also defined by control descriptions (sometimes called clues). On the ground, a control flag marks the location that the orienteer must visit.

## **How do I do it?**

Orienteering Association of Nova Scotia

To verify a visit, the orienteer uses a punch hanging next to the flag to mark his or her control card. Different punches make different patterns of holes in the paper.

The route between "controls" (refers to the flag or the site) is not specified, and is entirely up to the orienteer; this element of route choice and the ability to navigate through the forest are the essence of orienteering.

Most orienteering events use staggered starts to ensure that each orienteer has a chance to do his or her own navigating. Mass starts are used when the orienteer must find as many controls as possible in a specified time, but not find them in any particular order.

*<http://orienteeringns.ca/whatis/index.php>*

## **What should I wear, what should I bring?**

---

### Orienteering Association of Nova Scotia

In general, you should dress as if you were going for a hike in the woods: wear sunscreen, a hat, and layers to account for variable weather conditions.

You might also want to bring a CamelBak or a water bottle, and some snacks.

One key item to wear on the Intermediate and Advanced courses is: long pants or gaitors.

Some people wear ankle-length gaitors to keep gravel and debris out of their shoes while running.

Others wear knee-length gaitors (or pants) to protect their shins from being scratched by brush. Keep in mind that you'll likely be traveling off-trail -- and possibly through thick brush -- if you're on one of the Intermediate or Advanced courses

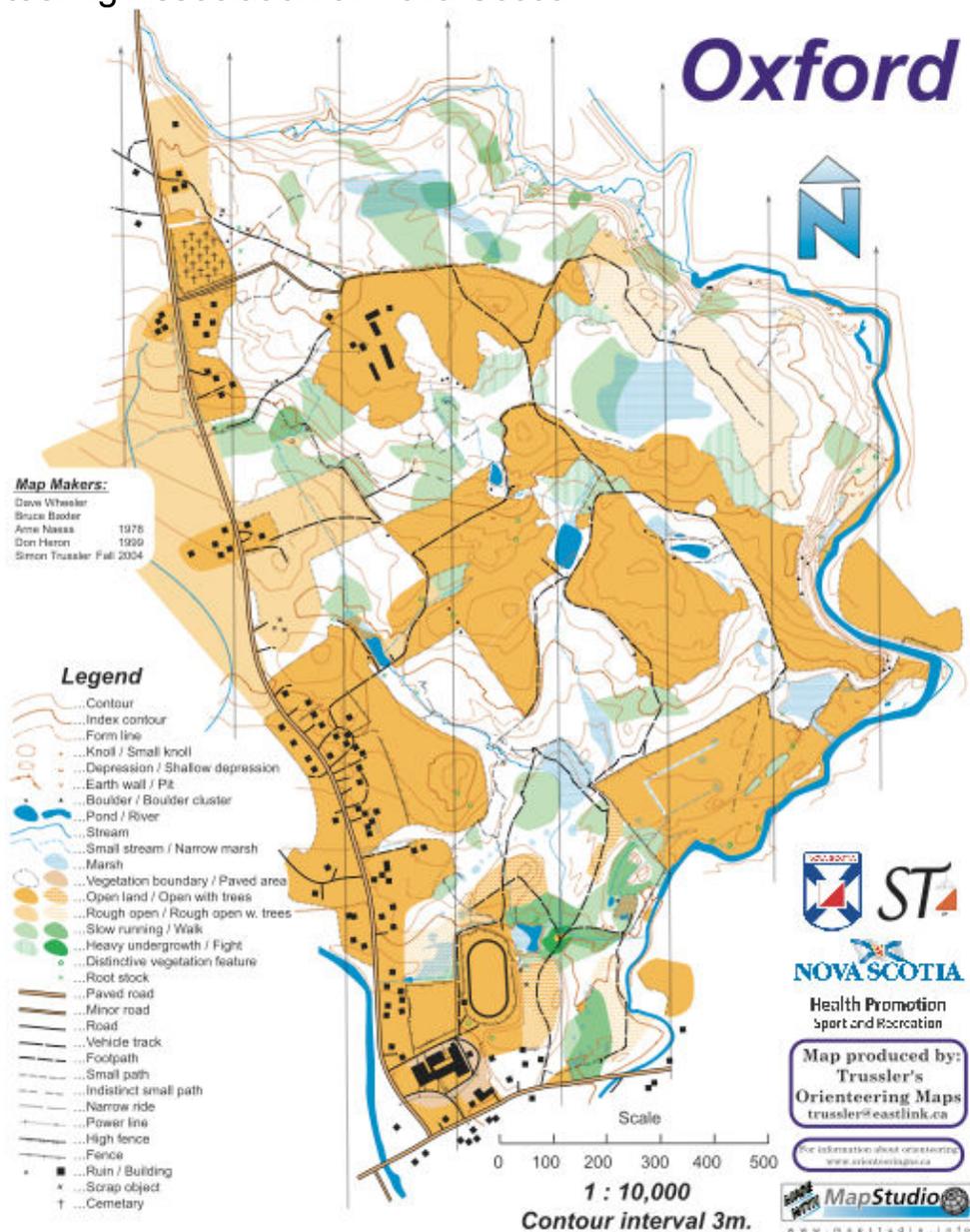
*<http://www.rmoc.org/content/view/85/25/>*

Bring a compass, if you have one. An inexpensive (base plate) compass is suitable. If you don't have one, we may have rentals available. Bring a whistle, if you have one or we have them for sale. Dress yourself comfortably, as you would for a hike or a run. Keep in mind that, at some events, you may get a little (or even a lot) muddy. As your navigation skills increase, you may start to make route choices that lead you through bushy areas where long and snag resistant pants and sleeves would be an asset.

*<http://www.ottawaoc.ca/faq.shtml#6>*

## Example of an orienteering map

Orienteering Association of Nova Scotia



## What areas of Nova Scotia have maps?

Orienteering Association of Nova Scotia

A complete listing of OANS maps can be found at:

<http://orienteeringns.ca/about-maps.php>

We are always on the lookout for places to map so if there's nowhere near you and you think there is a suitable location close by please let us know.

## **How can I obtain maps and what will they cost?**

Please refer to the mapping policy on the OANS website ([www.orienteingns.ca](http://www.orienteingns.ca)) or call us at 902-446-2295.

## **Where do I find out what events are coming up?**

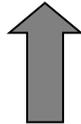
Orienteering Association of Nova Scotia

Just go to our web site at: <http://orienteingns.ca>

## **Orienteering Association of Nova Scotia**



[Home](#) • [About](#) • [News](#) • [Events](#) • [Articles](#) • [Clubs](#) • [Join](#) • [Files](#) • [Links](#) • [SiteMap](#) • [Contact](#)



Click on events to see what's coming up. We have a fairly busy spring and fall schedule with occasional events during the remainder of the year.

## **Active Meet Directors**

---

### ***Nova Scotia Level 1 Meet Directors***

Maria Jacobs, Jim Blanchard, Ian Folkins, Alice Power, Dale Ellis, Mike Moyles, Michael Price, Ian Clark, Cheryl Smith

### ***Nova Scotia Level 2 Meet Directors***

Ashley Harding, Art Harding, Greg Nix

## **Membership Information**

---

Orienteering Association of Nova Scotia

Am I a member?

- If you've taken part at an OANS (Orienteering Association of Nova Scotia) orienteering event and provided enough information to be eligible for NSOS (Nova Scotia Orienteering Series) points, then you are a member of the organization. (This information is a Full Name, Gender, and Year of Birth).

Why would I want to be a Member?

- It entitles you to attend the AGM and be eligible to become a board member. You also become a member of Orienteering Canada, which allows you to enter national and international events.

## **Event Types**

---

### Orienteering Association of Nova Scotia

**Classic or Point-to-Point:** Each control (point that you must visit) must be visited in a specific order. The goal is to get to all of the controls and finish in the fastest time.

**Score “O”:** Each control is assigned a point value and can be visited in any order. The goal is to get the highest score in the allotted time. If more than one team visits all of the controls, the faster time wins.

**Night “O”:** This can be a Point-to-Point or Score-O course that is done at night. Flashlights are a requirement!

**Sprint “O”:** A sprint orienteering event is usually conducted over a relatively short course with open legs allowing the competitors to sprint for an exceptionally short time.

**Billy Goat:** A Point-to-Point event with a mass start. Each competitor skips one control of their choice, from their course.

**Norwegian:** A Point-to-Point event where each competitor is either given a blank map or a map with their first control on it. At each subsequent control there will be a fixed map (not to be removed) showing the location of the current control as well as the next control on the course.

**Dog Bone:** A Dog Bone event is a modified Score-O. Controls are organized in pairs and when you do one control, you have to do its “pair” before continuing on with the other controls.

**Rogaine:** This is a Score O event that covers a large amount of area. Suggested times for Rogaine Events are 8, 12, and 24 hours long. These events are always done in teams of at least 2 people.

**Mini Rogaine:** This is a Score O event that is held over a 4 hour period. For this type of event participants sometimes compete alone, although it is recommended that everyone have at least one partner.

**Bike “O”:** Orienteering done on a mountain bike. The event can either be a “Score O” or a “Point-to-Point”

**Ski “O”:** Orienteering done on skis. The event can either be a “Score O” or a “Point-to-Point”

**Canoe/Kayak “O”:** Orienteering done in a Canoe or Kayak. The event can either be a “Score O” or a “Point-to-Point”

**“A” meet:** These meets are organized by local orienteering clubs/associations but are sanctioned by Orienteering Canada. These meets are usually held over 1-3 days depending on the competition and are open to everyone.

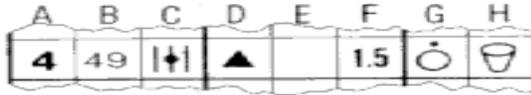
**“B” meet:** These meets are organized by local orienteering clubs and are open to anyone in the province. These are not nationally sanctioned meets, but are used for Nova Scotia provincial rankings.

Note: **“O”** stands for Orienteering

# List of International Orienteering Symbols

## Orienteering Association of Nova Scotia

([http://www.williams.edu/Biology/Faculty\\_Staff/hwilliams/Orienteering/clues.html](http://www.williams.edu/Biology/Faculty_Staff/hwilliams/Orienteering/clues.html))



**column a:** The control number (in this case, the fourth control)

**column b:** The control code appearing at or near the flag (49)

**column c:** Which of several similar features (the middle one)

**column d:** The feature (the boulder)

**column e:** Details of feature's appearance

**column f:** Dimensions of the feature (1.5 m high)

**column g:** Location of the control marker (the north side)

**column h:** Other information (drinks available)

### column c

	northern
	southwestern
	upper
	lower
	middle
	between

### column f

2.5	height in meters
10*4	length/width in meters

### column g

	northern side
	northwest edge
	east corner (inside)
	southwest corner
	southern tip
	western part
	upper part
	lower part
	on the top
	southern foot
	at the foot (orientation not specified)

### column h

	drinks
	radio control
	manned control

### column d

	earth bank		open land
	quarry		rough open land
	earth wall, dam		forest corner
	terrace		clearing
	spur		thicket
	rib		logged area
	re-entrant		vegetation boundary
	erosion gully		tree cluster
	dry ditch		road
	hill or knoll		trail
	small knoll		tree cut
	saddle		wall
	depression		fence
	small depression		bridge
	pit		building
	cliff		ruin
	bare rock		hunter's stand
	cave opening		tower
	boulder		feed rack
	boulder field		rock pillar
	boulder cluster		single tree
	stony ground		salt lick
	lake		rootstock
	pond		trig. marker
	waterhole		rock pile
	stream		charcoal burning platform
	wet ditch		anthill
	marsh		broken ground
	small marsh		special feature*
	firm ground in marsh		special feature*
	well		

\*to be defined by organizer

### column e

	shallow
	deep
	overgrown
	open
	rocky
	marshy
	sandy
	evergreen
	deciduous
	end (eastern)
	bend
	junction
	crossing

### last control to the finish

	350m		marked route to the finish 350 meters
	350m		marked funnel to the finish 350 meters
	350m		no markings to the finish 350 meters

## **Equity and Harassment Policy**

---

### Orienteering Association of Nova Scotia

The Orienteering Association of Nova Scotia is committed to providing an environment in which all individuals are treated with dignity and respect. We are committed to this premise both in our working environment, and on Nova Scotia's Trail Network. Sexual Harassment is illegal in Nova Scotia, is unacceptable in any form, and will not be countenanced.

### ***Definition***

Sexual Harassment is defined as:

1. a course of vexatious sexual conduct or comment that is known or ought reasonably to be known as unwelcome;
2. a sexual solicitation or advance made to an individual by another individual where the other individual is in a position to confer a benefit on, or deny a benefit to, the individual to whom the solicitation or advance is made, where the individual who makes the solicitation or advance knows or ought reasonably to know that it is unwelcome, or;
3. a reprisal or threat of reprisal against an individual for rejecting a sexual solicitation or advance.

Examples of prohibited behavior include but are not limited to:

- sexist jokes causing embarrassment or offense;
- unwelcome remarks or enquiries about a persons sex life;
- leering; unwanted contact or attention after a consensual relationship has ended;
- unwanted physical contact including touching, petting, or pinching;
- verbal abuse or threats, and;
- sexual assault.

Sexual Harassment is prohibited in the working environment, related social functions, training, conferences, and work related travel.

***Procedures***

Procedures for dealing with sexual harassment include the following:

1. Informal Resolutions:
  - Advises alleged harasser that his/her conduct is unwelcome
2. Formal Complaint: Reports the matter to the Executive Director or the Secretary of the Board of Directors.
3. Confidentiality: The Orienteering Association of Nova Scotia recognizes the reluctance of individuals to come forward with complaints and need for as much confidentiality as possible. They maintain confidentiality throughout the investigation to the extent practicable and appropriate in the circumstances.
4. Investigation: The board will ensure all formal complaints are thoroughly investigated without undue delay by a committee of the board and will immediately advise appropriate agencies and authorities

## **History**

---

### **Orienteering Association of Nova Scotia**

In 1969, Dick James was a board member of the Nova Scotia Hostelling Association where one day he picked up a magazine and read about the sport of orienteering. It immediately struck his interest so he shared it with his fellow board members. After a lengthy discussion Dick gained approval to apply for a grant from what is now known as Nova Scotia Department of Health and Wellness. Before applying for this grant Dick travelled to Quebec and met with their board of directors who offered to send over a professional mapper to make a course in Nova Scotia. With this opportunity at their disposal Dick and his friends from the Hostelling Association were successful in obtaining the grant and had Point Pleasant Park in Halifax mapped. That same year OANS hosted its first event at Point Pleasant Park which turned out to be a great success.

The association formed in 1969 and at the first board meeting in Truro, Ron Day from Onslow was elected President. The following year 9 events were held at Point Pleasant Park and it rained at all but two of them. People still came out seemingly unbothered by the weather and the Association began to grow.

After a few years had passed a man named Arne Naess moved to Nova Scotia from Norway and began mapping areas for orienteering all over the province. Arne did this for approximately 8 years giving OANS a large variety of locations to hold events which allowed them to grow the sport in Halifax and the rural areas of the province.

During the 1970's Nova Scotia formed a team that competed in the United States (New York State) and all across Canada at major competitions. The board of directors in 1976 got this team to wear on the back of their jerseys "Follow us to Nova Scotia" at the National Championships to signify that they were hosting the event the following year. In 1977 Nova Scotia went ahead with the championship and ended up crowning their first national champion. A young girl named Pam James (daughter of Dick and Margie James) competing at one of her first events, won the junior category. Pam then went on over her career to win 26 National Championships, and amazingly competed on Canada's National Team until 2007. Pam's best World Championship finish was 20th (she attended 10 world championships over her career), marking one of the greatest feats by a Canadian Orienteer. What makes Pam's feat even more incredible is the amount of travel she had to undertake in order to find high level competition.

Bob Kaill joined the association in the mid-1970's as the Executive Director and was instrumental in organizing the 1977 Canadian Championships. He later continued on as a volunteer of OANS up until 1982 when a volunteer of the year award was implemented with his name being honored on the plaque. This award has been given out since that time in recognition of his services to OANS.

Currently the board of directors is made up of up to 15 committed volunteers that are working together to ensure that orienteering is kept alive in this province for many years to come.