

## Coaching day in the Lakes

The Orienteering Foundation is pleased to announce that we have arranged a coaching day on Saturday 10 February 2018. The day will be held in the South Lakes (exact venue TBC) and will run from 10:00 to 15:00. Participants can be of any standard other than absolute beginners.

As well as the individual coaching (which will be restricted to participants age 18+), Clubs may also organise their own coaching (which can include juniors) using the controls set out, provided they take full responsibility for their groups and use appropriately qualified coaches.

You can make it a weekend of orienteering and practise what you've learned by participating in the LOC orienteering event at Black Beck (TBC) on Sunday 11 February.

Don't delay in getting your place as numbers are limited for safety and to ensure a good in-forest experience.

Full details and how to register are on the Orienteering Foundation website at <https://www.orienteeringfoundation.org.uk/orienteering-foundation-coaching-day>

Neil Cameron  
Chair, Orienteering Foundation