

Friday, August 8, 2014

Dear Orienteers,

Welcome to the Orienteering USA convention. It has been three years since we all got together in Rochester, NY and we look forward to seeing everyone again. It is going to be a great day and we are glad you are here!

We thank the Rocky Mountain Orienteering Club, the United States Olympic Training Center and the Colorado Springs Convention & Visitors Bureau for being such gracious hosts and for providing much needed support.

This packet is intended to provide basic information for you including:

- A general agenda
- A breakdown of presentations by rooms
- Frequently asked questions
- A map of the Training Center site

If you have any questions, just stop by the registration desk and we will be happy to help you.

Sincerely,

Orienteering USA

AGENDA

8:30 AM	Registration desk open (Building 1 –Presidents Conference Room) Pick up pre-ordered lunch tickets Purchase additional lunch tickets			
10:00 – 11:00 AM	Presentation session I – see next page for details and locations			
11:30 AM – 12:30 PM	Presentation session II – see next page for details and locations			
	Radio – O (USOTC Grounds)			
12:00 – 3:00 PM	US Classic & Trail O Champs Packet Pick-up (Registration desk)			
12:30 – 1:30 PM	Lunch (Building 9 – Dining Hall)			
1:30 – 2:30 PM	Presentation sessions III – see next page for details and locations			
	Radio – O (USOTC Grounds)			
2:30 PM	Convention concludes			
5:00 – 7:00 PM	OUSA Board of Directors Meeting (Presidents Conference Room)			

Orienteering USA Convention Hosted by the Rocky Mountain Orienteering Club (RMOC)

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Time	Title	Room	Presenter	Short Description	Synopsis
10:00AM -	Strategic Plan	President's Conf.	Peter Goodwin	Discussion and	People have been working on developing a plan for
11:00AM		Room (Building 1)		Input on the Strategic Plan	Orienteering USA to move forward. The intent is to outline where we should invest our energy and money to grow the sport and make the lives of our volunteers easier. The plan will be discussed and participant's input will be solicited so that a final version can be presented to the board for final approval in October. The plan, in its present form, can be seen on the OUSA Web page in advance and copies will be available at the convention.
10:00AM - 11:00AM	Forming a School League	Dirks Room (2C)	Bob Forgrave	How to make it easy on yourself and get results	COC has a successful school league program that encompasses many schools and kids. Getting a program like this is not easy but the rewards can be large. If you know the basic roadmap of how to get a program going, it will make your job easier. Input from the audience is expected.
10:00AM	Getting Local	Honor	Glen	How help your	If your club is looking for
11:00AM	Sponsorships	Room (6)	Schorr	club cultivate sponsorships in your community.	money to help sponsor your junior program? What are the ways that you can use to find these sponsors? The Junior Team was able to find some good sponsors but would have been happy to find more. If you are interested in how to find money for your projects, this might help.
11:15AM - 12:15PM	Maps and Land Use	President's Conf. Room (1)	Peter Goodwin	How to get and keep permission for orienteering	Maps are the lifeblood of orienteering; without them, it is hard to orienteer. Issues related to getting permission to map and then keeping that permission for future use will be discussed. Input will be solicited as to ways that different clubs have dealt with this problem and ways that
					Orienteering USA can help clubs solve the problem.

11:15AM - 12:15PM	How to Help Scouts Get Their Badges	Dirks Room (2C)	Pete Dady	This can help grow the sport but may not be as simple as it looks	Scouts are always interested in getting more badges and orienteering is one that they can earn. In order to really help these kids and perhaps get new kids involved in our sport, you need to be able to teach things efficiently and in a fun way. It is not always easy to do but with proper planning, it will work.
11:15AM - 12:15 P M	Trail-O Demonstration	Honor Room (6)	Clare Durand	A short introduction to Trail-O and then some practice controls	Learn about techniques for trail orienteering and new formats. Whether you are brand new to Trail-O, trying to improve your performance, or just want to know what's new, this workshop will get you up-to-speed. The workshop will include field exercises to practice the techniques discussed.
1:30PM - 2:30PM	Quick Maps for Schoolyard or Park	President's Conf. Room (1)	Peter Goodwin	How small maps can be made quickly using images from the net	Maps can be made for small areas, especially ones with lots of open space, quite easily using resources from the internet. Google Earth and other sources can provide images and other data can provide the contour information. The process can even be done remotely with the person drawing the map never going to the location of the map if there is a cooperative and observant person who is there.
1:30PM - 2:30PM	Swiss Junior Program	Dirks Room (2C)	Sandra Lauenstein Erin Schirm	What the Swiss Juniors are doing and how it compares to the US Juniors	Sandra will be discussing the training of the Swiss Junior Team and Erin Schirm will also be there so the two programs will be represented and can be compared. This workshop will compare and contrast the Swiss program (a small country with a very active orienteering community) to the USA program (a large country with a diffuse community)
1:30PM - 2:30PM	Search and Rescue	Honor Room (6)	Chuck Ferguson	What to do when a person doesn't return	"Who gets lost? How do they react? Why aren't orienteers selected to help in SARs outside orienteering? Key tasks and resources for your orienteering SAR plan." By Chuck and Linda Ferguson, National Parks Service

Rescue (BSAR)."	

- 12:30 PM 1:30 PM **Lunch (Building 9 Dining Hall)**
- 11:30 12:30 and 1:30 2:30. Cell Phone O Teams of two will run courses. One person has the map and uses the phone to direct the other person. Then roles switch with the total time recorded. The event will be held on the Olympic Center Campus. This will be a Junior Fund raising event. Come have fun and support the juniors. (Make sure your cell phone is charged......)

FREQUENTLY ASKED QUESTIONS

What is the United States Olympic Training Center Address?

The training center is at 1750 Boulder St., Colorado Springs, 80909

What gate do I use and where do I park?

Use the Boulder St. gate and tell the guard that you are with the Orienteering USA convention. Proceed to the Visitors lot located on the map. Parking is free.

Where is the registration desk?

The registration desk will be in the Visitors Center near the President's Conference Room. At the desk you can:

- Ask general questions
- Pick up pre-ordered lunch tickets or purchase more tickets
- Pick up your race packet (from noon to 3:00 pm only)
- Get a welcome bag from, and information on, Colorado Springs

Where do I get my lunch tickets? Can I get more? How do I pay?

You can pick up your pre-paid lunch tickets at the registration desk. A limited number of additional tickets will be for sale at the registration desk. The cost is \$10.00 per ticket, <u>cash only please</u>.

I'm hungry, when's lunch?

Lunch will be served in the USOTC Dining Hall (Building 9) from 12:30 - 1:30 pm. The USOC staff asks that we wait until that time so the Olympic athletes can eat first. You will need a ticket to get your lunch. It's all you can eat.

I'm thirsty, can I get something to drink?

Complementary coffee, tea and water will be available throughout the day at the registration desk.

I need my meet packet

The RMOC will make meet packets available on Friday from noon to 3:00 pm at the registration desk

Can I get copies of the presentations?

Presentations will be uploaded to the OUSA website after the convention.

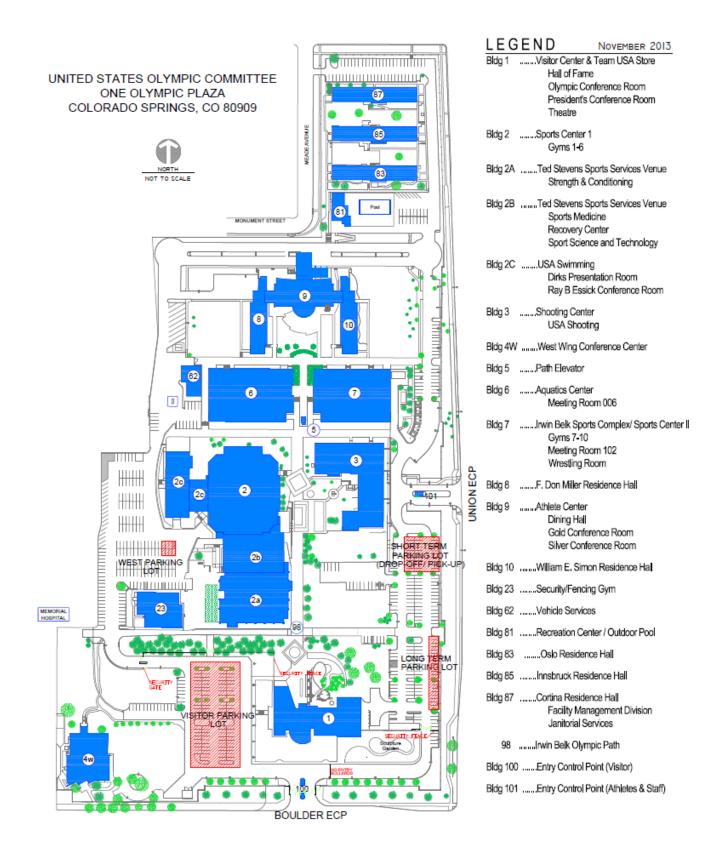
What is there to do after 2:30 on Friday?

There are a lot of great things to do...take a tour of the Olympic Training Center (they have a great gift shop, cash and Visa only)....visit the local attractions of Colorado Springs including Pikes Peak, the United States Air Force Academy or Garden of the Gods. There will be information regarding local attractions....you can also work your way up into the Rockies to run the Model course and prepare for the weekend's championships.

I am a presenter and I am having AV trouble, who do I call?

Contact the registration desk and we will get AV support for you

COLORADO SPRINGS OLYMPIC TRAINING CENTER



IMPORTANT PHONE NUMBERS

Security: 719-866-4570 Sports Med: 719-866-4554 **Dining:** 719-866-5100

Front desk: 719-866-4444; Fax: 719-866-4645

Team USA Shop: 719-866-4792

Tours: 719-866-2538

Note: From all internal phones, dial only the last 4 digits of the number.

EMERGENCY INFORMATION

Evacuation procedures

When alarm sounds:

- · Close Dorm Room Doors
- · Exit Building
- · On your way out of the building, knock on doors to alert other tenants
- Report to safe zone (see other side of map) In inclement weather: Go to Sports Center II

How to use a fire extinguisher:

- · Start at a safe distance away
- · Move closer as fire is extinguished

P.A.S.S.

PULL to release trigger AIM at the BASE of the fire **S**QUEEZE the handle SWEEP back and forth

Wheelchair users:

In the event of an evacuation, please do the following:

- · If immediate Exit is available, Exit Building
- · Report to Safe Zone (on other side of map)
- If immediate Exit is unavailable, move to Designated Safe Areas
- Stairwell platforms/landings: Doors are fire resistant for 1.5 hours
- · Please back into the corner opposite of the door and out of the direct exit path
- · Wait on platform
 - Remain until Fire Dept. Personnel arrive

Automated External Defibrilator access:

AEDs are located in each dorm building and Sports Center on complex.

OPERATIONS INFORMATION

Clearance Cards:

Please keep your card with you at all times-should you lose it, please ask the Registration Desk for a replacement. All room changes must be authorized by the program coach/coordinator and OTC Operations.

Checking Out:

Check-out time is at 9:00am on your designated departure day. All luggage must be cleared from the room, but you may retain your clearance card until you have finished lunch. Luggage storage is available across from the Registration Desk.

Transportation:

Shuttles are scheduled between 4:30am and 10:30pm, please arrive 10 minutes early for your shuttle; check the daily schedule posted at the Registration Desk on the day prior to your departure. Shuttles must be scheduled 48 hours in advance. Saturday, Sunday and Monday shuttles must be scheduled by 12:00pm on Friday. A sign-up sheet is located at the Registration Desk.

Sports Medicine:

Open Monday-Friday 8am-6pm, Saturday 12pm-2pm, Closed Sunday.

Ice is available after-hours in the Athlete Center, near the Silver Room at the top of the stairs. Please ask the Registration Desk if you have any questions.

Weight Room:

Closed Sunday. Cardio equipment is available Monday-Friday 6am-7pm, Saturday 8am-12pm.

COLORADO SPRINGS OLYMPIC TRAINING CENTER

WELCOME/EMERGENCY **POCKET GUIDE**

This guide is brought to you by BP



Weights are available Monday-Friday 6am-7am, 12pm-3pm; Saturday 10am-12pm. You may also take advantage of the cardio equipment in Bldg. 81 if the Weight Room is closed. Open 6am-8pm.

Housekeeping/Facilities:

Fresh towels will be provided on Tues., Thurs. and Saturday. Any concerns related to the condition of your room should be reported to the Registration Desk. If you need to report a room or facility repair, please contact the registration desk.

Team USA Shop:

Monday-Saturday 9am-5pm, Sunday 11am-5pm

Security:

Available 24 hours a day, 7 days a week (x4570)

Dining Hall:

Monday-Saturday Sunday

Continental Breakfast: 7am-9:45am Breakfast: 7am-10:45am

Lunch: 11am-3:45pm Brunch: 10am-2:30pm Dinner: 4pm-8:30pm Dinner: 4pm-7pm

You may ask for a take out box from the Dining Staff. All guests must be dressed in proper clothing, including shoes. Guests, media and guests under 12 years of age must be given prior clearance through their NGB, OTC Operations and Dining Hall staff.

Registration Desk:

Hours of Operation: 7am-11pm (x4444)

GPS Address: Address: 1 Olympic Plaza 1750 F. Boulder

Colorado Springs, CO 80909 Colorado Springs, CO 80909

Alcohol and the use of illegal drugs are prohibited on the OTC Complex. Thank you for your cooperation!