



## Frequently Asked Questions (for website)

- **Who can attend?**

All guides from 5 to 100 years can participate. There are multiple courses available and there will be one to suit everyone.

- **What do I need to bring?**

Day pack with - Sunscreen, insect repellent, water bottle, snack, **whistle**, small hike first aid kit

- **What do I wear?**

Long pants, good quality footwear, Guide shirt, Guide hat

- **Is it hard to orienteer?**

There will be a course to suit everyone.

Five courses of varying length and difficulty are available on the day.

Course grading will cover very easy, easy, medium, hard and very hard. Course length will vary up to 4km for the very hard course.

The very easy course will travel around a large flat open oval.

Depending on how quickly you complete the courses you may be able to complete more than one course.

- **How many Leaders/Adults need to attend?**

Leaders must provide adults to meet the minimum adult to child ratio for their age group and the number of girls attending the event.

The ideal group size is four participants. Therefore, leaders should ideally provide enough leaders/adults to place youth into groups of four accompanied by an adult. Where this is not possible it will be necessary to make groups larger.

Adults attending with groups must be female.

### Adult to youth member ratio – Adventure-based activities

<b>Ages 5 – 9 years</b>	<b>1:6</b> Minimum 2 adults including 1 qualified Leader
<b>Ages 9 – 14 years</b>	<b>1:8</b> Minimum 2 adults including 1 qualified Leader
<b>Ages 14 – 17 years</b>	<b>1:10</b> Minimum 2 adults including 1 qualified Leader