

INFORMATION station:

This will be people's first stop. It can be just displays or be manned.

- Welcome and help people 'orientate' themselves
give out LAOC web and USOF info etc
- Have runners read the important DISPLAYS
 - CS notes
 - MD notes
 - (etiquette, time limit, correct course)
- Safety and Time limits
 - Safety bearing
 - Course Closure = controls are removed
 - 3 hours limit = be back
 - ALWAYS Check in before leaving
- Target shooters, Poison oak, animals, cliffs etc
- Sell T-shirts
- Point out different areas.
 - Registration (next stop)
 - Beg clinic
 - Safety Check/ Map distribution
 - Start
 - Finish
- Be prepared to discuss Skill Levels (but Beginners will get this at Clinic)

What's in a color etc **Length is not = difficulty**

Groups and Newcomers wanting to do ADVANCED courses should be vetted for suitability . Sometimes they just want a long run. Explain advanced courses are challenging navigation ; we want them to be safe and have a successful run.

LAOC permits Groups and Newcomers on Advanced courses in most circumstances.

Advise those with limited navigational skills to do Orange or if they want a long run Yellow +Orange , Orange+Brown or Brown+Green **not** Red or Blue!

see MD notes: ADVICE on Course Choice

refer all questions to MD or other experienced club official.