

O100 Officials Exam with Multiple Choice, True/False and Short/Long Answer questions.

Total Value: 50 marks Marks obtained:

Name: _____ **Date:** _____

Exam is open book. Answers may be written in point form or in sentences.

1. Provide a written answer.

In a weekday evening or weekend C event the roles of the Event Director (ED) and Course Planner (CP) are often combined into one position (ED/CP). List the responsibilities of the ED/CP, identifying in your answer **Before, During** and **After (B, D, A)** the event. Identify 12 that you consider to be the most important. There is a long list to choose from in the manual.

Value: 12 marks.

B
B
B
B
B
D
D
D
D
A
A
A

2. True or False: What precautions should the ED/CP take to ensure that the event is **fair** for all participants?
(Value: 8 marks)

- a. _____ Avoid doglegs that may unfairly give away the control location by a runner exiting the control.
- b. _____ Avoid BINGO controls that rely on luck rather than orienteering skill to find them.

- c. ____ Avoid using legs that encourage cheating by crossing out of bounds areas.
- d. ____ It is not necessary to check the map for accuracy at all control sites, in the vicinity of start and finish, and along the most obvious route choices.
- e. ____ Some flags can be slightly hidden in thicker brush to make the course more challenging.
- f. ____ The centre of the control circle on the map does not have to indicate the flag location precisely.
- g. ____ Only use control sites that are clearly defined features, accurately represented on the map, and distinguishable from similar features in the terrain that may or may not be mapped.
- h. ____ Ensure that the start official provides an appropriate interval (usually 1-2 minutes) between participants, depending upon the location of the first control in the courses.

3. True or False: What precautions should the ED/CP take to ensure that the event is **safe** for all participants?
(Value: 8 marks)

- a. ____ It is not necessary to always have a first aid kit at the event.
- b. ____ The ED/CP must know how to contact emergency services including fire, ambulance and police.
- c. ____ Inform participants of potential hazards only if there are dangerous insects.
- d. ____ Be prepared to cancel or postpone the event if hazardous conditions arise, e.g., snow, flooding, electrical storms, high winds.
- e. ____ Do not place controls in dangerous areas, e.g., cliff banks, deep pits, railways.
- f. ____ Ensure that participants are aware of course closing time only if a participant starts an hour later than the first start.
- g. ____ Keep a list of all participants and volunteers only if youth are taking part in the event.
- h. ____ The Event Director must remain at the event site until all competitors have reported back to the finish.

4. Written answer. The course closing time at a July weekday evening park event is 20:00 hours. It is now 20:30 and a first-time orienteer has not returned. You are the **Event Director**. What do you do? Which **four** of the guidelines mentioned in the manual do you consider the most important?

(Value: 4 marks)

5. Multiple Choice: Indicate the best answer.

(Value: 1 mark)

Identify which statement below **does not** apply to good course planning.

- a. Plan courses that are enjoyable, challenging and fair to all participants.
- b. Plan courses that reward skill and technique.
- c. Use areas that are accurately mapped and utilize the best terrain on the map, i.e., rich trail network, intricate contours, many features, variety of vegetation.
- d. Include some control sites based on vague point features.

6. Multiple Choice: Indicate the best answer.

(Value: 1 mark)

Identify the statement below that **does not** conform to one of the Long Term Athlete Development (LTAD) pathway goals.

- a. We will grow orienteering by attracting people from track and field.
- b. Develop orienteering in a positive manner, taking into consideration the Canadian context.
- c. Obtain continuously better results at international championship events.
- d. Increase the number of people participating in orienteering.

7. Multiple Choice: Indicate the best answer.

(Value: 1 mark)

Which of the following statements **does not** advance the LTAD goals.

- a. Understand the LTAD principles by educating yourself about the stages of athlete development.
- b. Provide an appropriate weight training program for juniors prior to their growth spurt.
- c. Understand goals for participants at various levels as described in the nine stages of development.
- d. Provide appropriate courses at each event.

8. Multiple Choice: Indicate the best answer.**(Value: 1 mark)**

Choose the answer that **is not** a benefit of a C Event.

- a. They offer all orienteers opportunities for socializing and physical activity.
- b. They provide opportunities to acquire and maintain orienteering skills on technically sound courses.
- c. They provide opportunities for orienteers to compete with others in their age categories.
- d. They provide novice officials with positive learning opportunities.

9. Multiple Choice: Indicate the best answer.**(Value: 1 mark)**

Which of the following statements **does not** apply to officials at a C event?

- a. The Event Director often is also the Course Planner.
- b. The Controller must be at least an O200 Official.
- c. Start and Finish volunteers must have completed the O100 Officials Course.
- d. An experienced orienteer can provide instruction for novices.

10. Multiple Choice: Indicate the best answer.**(Value: 1 mark)**

Which of the following statements **is inconsistent** with good course planning concepts.

- a. Obtain any version of the map for the event.
- b. Select the orienteering format to be used for the event.
- c. Plan the course using good course planning principles.
- d. Review the courses with the controller and make appropriate changes.

11. Multiple Choice: Indicate the best answer.**(Value: 1 mark)**

Indicate the item below which **does not** form part of C Event site set-up.

- a. Place signs directing participants to parking and registration.
- b. Set up the registration area, either outside or inside, depending upon weather or requirements.
- c. Set up the start and finish, ensuring that volunteers have timing devices and all necessary materials.
- d. Do not set out directional road signs, since C events are local.

12. Multiple Choice: Indicate the best answer.**(Value: 1 mark)**Which of the following **is not** a planning error.

- a. dogleg
- b. an unpleasant control site
- c. catching feature
- d. routes which encourage cheating

13. Written answer.

According to the O100 Manual, how are your main objectives in planning courses to Beginner and Intermediate standards reflected in the design of these courses? Use the table below to highlight the differences between Beginner and Intermediate standards. Consider the design features such as physical demand (course length, distance between controls, elevation change), navigation (handrails, attack points, catching features), route choice, and types/location of control sites.

(Value: 10 marks)

	Beginner Standards	Intermediate Standards
Main Objective (2 marks)		
Course design (8 marks)		
Physical demand		
Navigation		
Route Choice		
Control Sites		

Bonus: (2 marks)

Number, in sequence, the nine course planning steps below.

- Choose the map
- Revise
- Revise
- Make a site visit to check the map and control locations
- Choose the type of course to plan

- Plan the beginner course first
- Choose the Start / Finish / parking locations
- Plan the other courses
- Consult with the controller