



INFO SHEET FOR KIDS & PARENTS

Date of Event: _____

Location: _____

All of us at SOGO Adventure Running are looking forward to meeting you.

SOGO Adventure Running Objectives:

- Have fun outside in nature
- Enjoy learning about the sport of orienteering
- Learn about map-reading - including what different symbols on a map means
- Time yourself through an orienteering course by reading a map and finding checkpoint in the terrain
- Be proud of what you accomplished and learned

What to Bring:

SOGO@School is an outdoor program involving moving through natural terrain. Students, teachers and parent volunteers should be dressed for physical activity in the outdoors (rain, snow or shine). Warm kids learn, warm adults enjoy the experience!

- Running or trail shoes with a good tread. NO rain boots as they will slip and are cold.
- Water bottle labeled with name; snack if needed
- Long pants to protect from prickles.
- Watch if possible.
- Synthetic top, wind jacket, fleece warm layer. The main idea is to dress in layers. Here is a short SOGO video showing how to layer:
www.facebook.com/sogoadventurerunning/videos/1598867443510491
- Toque, buff, gloves for cold days
- Volunteers dress warmer as not all jobs are active

On rainy days (and sometimes non-rainy days), the kids will get muddy. If you are concerned about it being messy, please bring the following:

- Full change of clothes
- Plastic bags; for muddy shoes/ socks and clothes
- Towels to make a layer between muddy kids and car seats/school seats

SOGO Adventure Running (www.sogo.run) is a program of the Foothills Wanderers Orienteering Club. SOGO Adventure Running offers weekly programs for kids 2-17 in Calgary, Bragg Creek and Cochrane parks, summer camps and customized programs for schools and groups.

The SOGO Values are at the heart of everything we do at SOGO:

Going for it | Keeping it fun | Playing fair | Staying Healthy | Respecting others | Respecting nature
Being inclusive | Giving back | Getting muddy