



INTERNATIONAL ORIENTEERING FEDERATION

IOF WOC CLINIC MANUAL

SEPTEMBER 2025

IOF WOC CLINIC

The IOF WOC Clinic is dedicated to athletes from National Federations which are IOF members but cannot financially support athletes to participate in WOC due to financial limitations. Participants are provided accommodation, transport, meals and coaching and coverage of all the competition fees.

WOC Clinic consists of an arrival day, three full days with trainings on maps, participation in WOC races before departure day. Participants are offered free accommodation, onsite transportation, meals, registration fees for competitions, trainings and coaching from 2-3 experienced coaches.

The IOF WOC Clinic also focuses on development of orienteering skills, adaption to different types of terrains and exchange of knowledge and experience with orienteering development between participating athletes and the Clinic coaches and leaders. It will also provide participants with further knowledge to support in the development of orienteering in their home countries.

National Federations can nominate a maximum 1 female and 1 male athlete. Candidates should be promising athletes and nomination of athletes younger than 30 years is especially encouraged. All nominations are considered and assessed by the IOF.

WOC Clinic Manager: Gerardo Garcia

Admin Support IOF Office:

- Sondre Gullord, IOF Secretary General
- Aron Less, WOC Project Manager

RESPONSIBILITY OF WOC ORGANISER

1. Provide free **accommodation** for 20 persons (18 athletes and 2 coaches). Accommodation must be in a suitable facility for athletes with proper single beds for all where separation between coaches, women and men is possible, enough showers and toilets and air-condition. Dormitories with modern facilities and standard can be used. Accommodation must be within reasonable distance to competition and training areas. It is possible to have accommodation at two different places; one in the beginning close to trainings and the second one closer to competition venues.
2. Provide a **dedicated person** with good English-speaking skills responsible for supporting the WOC Clinic Manager in preparations and through the delivery of the clinic, latest in September the year prior to WOC. It is preferred that this person has an orienteering background and a flexible mindset.
3. **Prepared dinners and groceries** available for preparing breakfasts and lunches. Meals must have a standard enabling athletes to recover well from trainings and races (enough food and quality of food, fast food sporadically ok, hot meals are always preferred). Coaches and participants in WOC Clinic shall not spend time shopping and cooking hot meals.

4. **Transportation** for WOC Clinic participants between accommodation, trainings, competitions and ceremonies. In addition, transportation between airport/railway station and accommodation if accommodation is difficult to reach with public transportation. In case public transportation is practical, the WOC Organiser will pay for this.

The coaches can drive vehicles to be used during the Clinic.

5. **Six orienteering trainings** including WOC model event trainings – two for each training day. Trainings should be relevant for WOC races and with control flags or other markings in the terrains.
6. Possibility to **participate in spectator races**, for example on days when athletes do not qualify for WOC finals.
7. **Start fees** at WOC for WOC Clinic athletes and accreditation fees for clinic leaders.

RESPONSIBILITY OF IOF

1. Provide a **WOC Clinic Manager** to lead the preparations and delivery of the clinic. The WOC Clinic Manager is the main point of contact for applicants and participants in the clinic and towards the WOC Organiser.
2. Provide **one additional leader** with coaching competence in addition to the WOC Clinic Manager for the clinic
3. Cover **traveling expenses** to and from WOC Clinic for the WOC Clinic Manager and the coach.
4. Develop **invitation and application form** together with WOC organizers latest in October the year prior to WOC.
5. **Promote** WOC Clinic through IOF's communication channels and towards IOF's Member Federations.
6. Manage **application and selection process including interviews**
7. **Communication with applicants and selected participants**
8. Prepare **program, information letters to participants etc.**
9. Ensure that all selected **athletes are properly registered** by their national orienteering federations for the WOC races.
10. **Lead the delivery of the clinic** and provide coaching, preparation sessions, evaluations and lectures.

RESPONSIBILITY OF NATIONAL FEDERATIONS AND APPLICANTS/PARTICIPANTS

1. Follow all information and instructions provided in the official invitation to the WOC Clinic.
2. Meet all requirements and deadlines, especially regarding the ability to communicate in English.
3. Immediately after being selected for participation, send a confirmation of participation to the WOC Clinic Manager within the required timeframe.
4. Apply for a visa (if required) immediately after receiving confirmation of selection. Visa applications must be submitted early so that, in case of refusal, the IOF can offer the place to another suitable candidate from the waiting list.
5. If a National Federation has additional runners participating in the same WOC outside of the Clinic, the Federation must guarantee that the WOC Clinic participant has priority in taking part in events.



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