

Priory Park Orienteering Instructions

Equipment needed: maps (ones with letters), pencils, clip board, scoring sheet, answers.

Object:

To find the red and white markers. Use the maps with letters. Ask the group to find and record the black and white letters on a scoring sheet.

Easy

1-6

Start at the triangle in front of the pavilion. You can see the whole group from here.

Ask the group to go out in groups. You can send different groups out to different markers, so they are not following each other. Ask them to come back after collecting each number if you want to keep control of the group.

Collect the numbers or black and white letters.

Difficult

7-11

Start at to south of the rose garden. You can keep an eye on the whole group here.

Ask the group to go out in groups. You can send different groups out to different markers, so they are not following each other. Ask them to collect 2 answers at a time if want to keep control of the group.

Collect the numbers or black and white letters.

Other ideas:

Odds and Evens are similar distances if you wanted teams to have a race.

Hide things at the points that they have to find. (Glow sticks work well).

There are numbers and letters to find, so you can do same activity again with different answers.

Health and Safety

Have a 1st Aid point with staff (usual start point).

Count numbers in and out.

Work in groups of 3 or more.

Use control methods if concerned about your group.

Use staff volunteers and around the park.

Basic Orienteering Instruction

I. **Map Familiarization:** Take 15 minutes or so to just look at the map and discuss colors and symbols:

A. **6 Colors:** Each color represents a different class of features:

- Blue: Water
- Green: impassable woodland or garden
- Yellow: open land
- Black: Manmade features (fences, walls, buildings)
- White: Open woodland
- Black and red: out of Bounds

B. **Map Symbols:** Use map legend and symbols to locate various features on the maps. Can also relate surrounding features to symbols shown on the map.

II. **Map Handling Techniques:**

A. Orient the Map: To keep all the features on the map matched to the terrain.

1. Using the terrain: Turn the map until what is in front of you in the terrain is also in front of you on the map.

C. **Thumbing:** To always know exactly where you are without searching around

1. Place your thumb on the map near your location
2. As you move along, move your thumb to a new location on the map.

III. **Navigation Techniques:**

A. Questions to ask *before* you start moving:

1. Where am I right now? (Use map handling techniques)
2. Where am I going? (What is the control feature that I'm trying to find?)
3. What will lead me to that feature? **Route Choice:** What's the best route from here to there?

▪ Should we follow a trail or the most direct route? Which one is better, or shorter? Does the longer trail route get to a better attach point? Is the trail faster than through woods and brush? Does it avoid steep climbs?

For more information visit British Orienteering Federation. They have lots of games that can be done on the school to build up orienteering skills.

https://www.britishorienteering.org.uk/school_games