

ORIENTEERING

Version: 1	Approved by: Russ Jacobi
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OBJECTIVES

- For each participant to enjoy a well-run orienteering activity
- Learn and improve map reading skills
- To work cooperatively in small groups

INSTRUCTORS MUST

- Carry a first aid kit and cell phone
- Set up a system to minimise group separation (participants are in groups of 2-3)
- Inform senior management of missing participants within 10 minutes of know group separation

TIME

1.5-2 hours

INSTRUCTOR REQUIREMENTS

Sign off in Orienteering

CLIENTS REQUIREMENTS

- Follow instruction given by YMCA Staff
- Wearing closed toed shoes
- Dressed appropriately for the conditions

LOCATION

YMCA Camp Kaitoke grounds

Off-site Orienteering needs OEPM approval

REQUIRED EQUIPMENT

Instructor must carry the following equipment

- 1st aid kit
- Cell phone

Activity equipment

- Orienteering maps
- Pencils
- Answer sheets
- Recall whistle
- A watch

PRE ACTIVITY CHECKS

Basic lesson plans with alternate activities for different skill levels are included; think about your group and what they can gain from the activity.

All equipment needs to be checked before the activity starts

BRIEF

The brief is important to set the scene for the activity, this should include:

Safety brief:

- Groups are to stay together at all times.
- If the group gets lost they need to back track toward buildings and sounds of other people. (“If you go for more than 5 minutes in the bush you have gone too far, turn around”)
- If one of your group members is injured come straight back to your instructor
- When you hear whistle you have 5 minutes to get back or you will be penalized

How orienteering works:

- What is orienteering?
- Navigation and how methods have changed Include natural methods (stars, sun, moss), man-made methods (compasses, GPS systems)
- The plan, **map work, practice, competition**

BEGINNING

- Discuss with participants the features of the map, this should include **open land, lakes and streams, fences, manmade features, tracks, controls** and **out of bounds areas**
- How to orientate the map and why
- Explore how to find current location
- How to find a control/ what a control looks like
- Finding first control as a group
- Split into small teams (2-3)
- Find first control as a small team
- Only use the red course with participants who have demonstrated map reading competency on blue course.

MAIN CONTENT (ORIENTEERING EVENT)

- Change maps
- Explain that controls are over a larger area
- Disclose any additional information, **steep banks, electric fences**
- Explain how the competition will work, include **time, staying together, route choice, time penalty for being late recall signal**
- Planning time
- Event starts
- Instructor should be assisting participants who are struggling, returning to the meeting point regularly.
- 5 minutes before time is up use the recall signal to inform participants how much time is remaining
- Make sure all participants have returned

DEBRIEFING

Debriefing is important part of the activity at YMCA Camp Kaitoke, it is important to involve and listen to all participants; some options of discussions are below

- What one thing that they have learnt that helped them the most
- What did they enjoy most about the activity
- What bit of advice would they give to someone about to start the activity

FINISH

- Fill in incident report forms for all incidents and near misses
- Return all of the orienteering equipment to the stores making sure all rubbish and old answer sheets are disposed of ready for the next instructor.

EXTENTION ACTIVITIES

Each team can design a short course, this can be drawn on the map using a wax based pencil the teams will set a time on their course and then swap courses with another team and try to beat their score.

For participants who really enjoy it, or have a solid grip on orienteering, or are older, or just want some extension, try these ideas:

- Find a map of the area and work out which direction their school is, which direction Nelson is, etc
- Make compasses (see below)
- Grab a couple of different maps and talk about the differences. Grab a bus timetable with map!

HOW TO MAKE YOUR OWN COMPASS

To create your own compass, you will need the following materials:

- A needle or some other wire-like piece of steel (a straightened paper clip, for example)
- Something small that floats such as a piece of cork, the bottom of a Styrofoam coffee cup, a piece of plastic or the cap from a milk jug
- A dish, preferably a pie plate, 9 to 12 inches (23 - 30 cm) in diameter, with about an inch (2.5 cm) of water in it
- A magnet. Magnets can be found in all sorts of household objects like can openers and wallets

1. Stroke the magnet along the needle 10 or 20 times
2. Place your float in the middle of your dish of water. Place your magnetic needle on the centre or the float. It very slowly will point toward north. You have created a compass!

Document History and Version Control			
Version	Date Approved	Approved by	Description
1.1	30 May 2017	Russ Jacobi	New history and version control table Minor changes throughout