

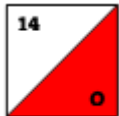
# ORIENTEERING ACTIVITY GUIDE

## WHAT IS ORIENTEERING?

Orienteering can be a competitive or non-competitive recreational activity, similar to a treasure hunt, in which participants use map and compass skills to navigate between checkpoints/markers along an unfamiliar course. To win participants must correctly identify the letter on each marker as quickly as possible.

Orienteering is about more than just navigating to a single point quickly. You also have to pick sensible routes between different markers. Effective orienteering requires you to choose the best route; the map shows you what the terrain will be like so you can plan ahead along with different symbols to represent barriers and areas that are difficult to move through. Care must be taken NOT to go through camps, activity areas, over fences or out of bound areas. Please ensure everyone understands this before starting.

## MARKERS



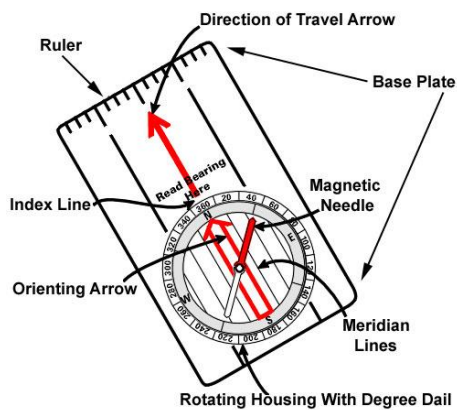
They have a number to identify them on the top left hand corner and a letter answer in the bottom right hand corner. Using the map to find the markers, fill in your sheet matching the correct numbers and letters.

## HOW TO SET A MAP TO NORTH USING THE MAP



1. Stand outside with your back to the orienteering marker.
2. Hold you map in your hands with the N arrows at the top pointing away from you.
3. Look around and identify features and which direction/area of the map they are located.

## HOW TO SET A MAP TO NORTH IF USING A COMPASS



1. Turn the dial until the letter N (North) lines up with the red arrow at the top of the compass.
2. Now turn the compass until the black arrow/needle lines up with the letter N and the red arrow at the top of the compass.
3. Place on map with the arrows all in line sitting in line with the North arrows on the map.

## ORIENTEERING GAMES

### ODDS & EVENS RACE

Split the group in half, giving one half the even numbers to complete and the other half the odd numbers. The first group to correctly complete their numbers are the winners.

### CROSS-COUNTRY ROUTES

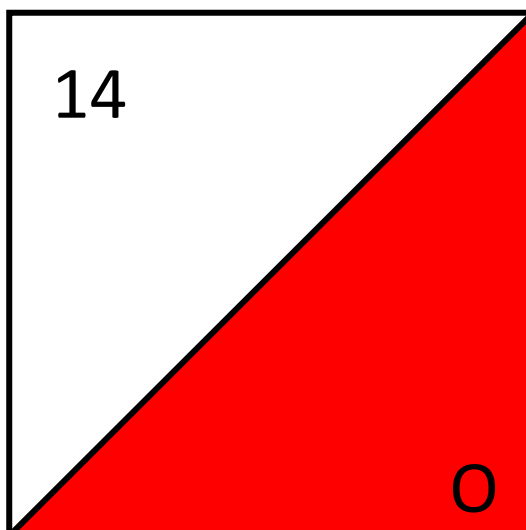
Everyone completes the same sequence of markers in order against the clock.

### RELAY RACE

Split the group into smaller teams, one member at a time must go to collect their markers. Once the first team member is back the next one can go.

### RETRIEVAL

Assign each member of the group (or pairs) a marker to find, they must bring it back as quickly as possible.



### REMEMBER

The markers you are searching for look like this