



Orienteering

Scouter's Edition

The Crean Award:

Discovery:

Troop Activity

Terra Nova:

Patrol Involvement
Patrol/ Troop Activity

Endurance:

Planning
Patrol/Troop Activity

Polar:

Plan Event
Patrol/Troop Activity

SPICES

Physical
Intellectual

Special Interest Badges

Physical

The Activity:

Objective:

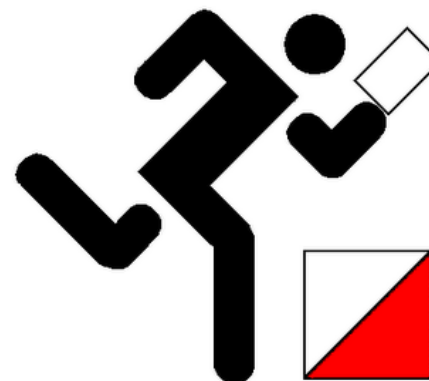
To participate in an orienteering event

Activity Type:

Troop/Group Activity

Roles:

Activity Leaders





Plan: Orienteering

What is Orienteering?

Orienteering is a sport that involves navigation using a map and compass. You find the control points that are indicated on orienteering maps. You are usually timed when orienteering so part of the challenge is to complete the course in a quick a time as possible.

Programme

- Orienteering is an excellent activity to complete as a Special Interest Badge.
- It is a good patrol activity.
- It is a great way to practice navigation.

Resources:

Check out the Orienteering Skills Cards:

<http://scoutteam.org/tag/orienteering/>

Video resources from the Irish Orienteering Association:

<http://www.orienteering.ie/video>

Permanent Orienteering Courses in Ireland:

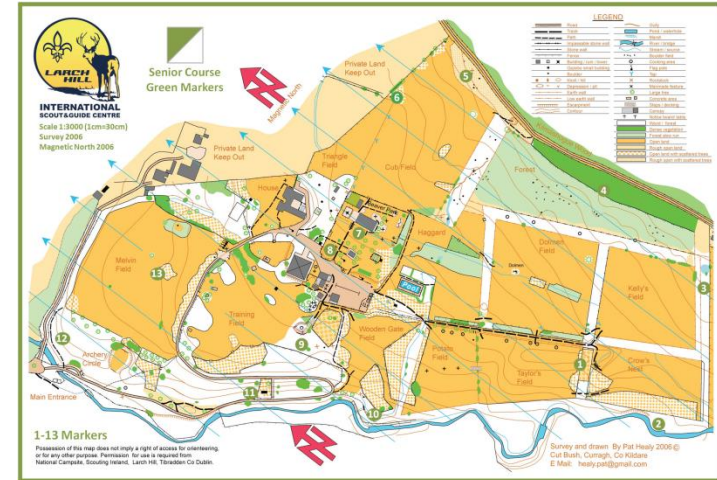
<http://www.orienteering.ie/about-us/permanent-orienteering-courses>



Do: Orienteering

Control Kite and Punch

Each control is marked by a 3-dimensional flag, or “kite” and attached to it a control punch. They should use the punch to mark the appropriate box on the Control Card appropriate to the clue on the Clue Card.



Orienteering Maps

The Orienteering maps are of a much greater scale than ordnance survey maps (typically between 1:5000 and 1:15000) the symbols are more numerous and of more significance.



Do: Orienteering

Control Cards

The standard orienteering event is a point-to-point race; controls are numbered on the map and connected in the order the scout is to visit them. Upon reaching each control, the orienteer punches a pattern in the corresponding numbered box on the control card. This allows the event organisers to verify that the correct controls were visited.

Intermediate		Length	5.2 Km	Climb	156M
1	FG	Base of cliff			
2	CD	In shallow depression			
3	GT	South East side of rootstock			
4	HY	North side of boulder			
5	MN	Track , stream junction			
6	LO	Lower part of tree			
7	GV	Inside cave entrance			

Clues Cards

The clue cards gives a clue as to what to look for when you approach the area marked on the map. Is the control kite at a boulder ?, behind a tree ? or at a track, river junction ?..



Do: Orienteering

Attending an Orienteering Event:

Bring:

- Suitable clothing, avoid shorts & jeans
- Clear bag and safety pins – to safely store paper items and fasten to your sleeve
- Red pen
- Compass
- Whistle

At your time to go the controller will mark your start time on the control card and you will be permitted to approach the Master map area. Carefully transcribe these details to your map, remember an error could have you confused in the forest for a time so it is worth spending a fraction of the potential lost time correctly marking your map.

Scouts may need supervision when completing maps for the first time

You will find a map with the course laid out like that in the diagram. The purple (or red) markings indicate the route.



If attending public orienteering events, it may be advisable to remind the scouts that they are not on a usual scout activity.





Do: Orienteering

Starting

For most orienteering events, starts are staggered so that no two people on the same course start at the same time.

During the event

Run around the course in order and at the control points you will find the orienteering marker. But it is up to you to decide on your own route, use your navigation and map-reading skills to plan the most effective route. Pay particular attention to the type of vegetation, contours and paths/trails. Also, remember that the scale is different to standard maps. **Remind them to not just follow the person in front of you, they might be wrong!**

Check the clue card to ensure that the code written on the marker is the correct one and then stamp the appropriate box on the control card with the control punch. Quickly move on to the next control. Continue from control to control until you reach the finish.

Finishing

When you reach the end point indicated by the double circles approach the controller to get your control card marked with the exact finish time.

Make sure all the scouts do check in when they return!





Review "SPICES"

Social

- Relationships
- Communication Skills
- Other Cultures
- Community Involvement
- Promise & Law

Physical

- Eat Well
- Personal Hygiene
- Balanced Lifestyle
- How Body works
- Physical Limitations
- Health Choices
- Access Help

Intellectual

- Achieving Goals
- New Ideas/Creativity
- Learn from Decisions
- Team Member

Character

- Promise & Law
- Friends & Friendships
- Plan before do
- Ensuring Fairness
- Respect
- Differences & Views
- Following Dreams
- Live the Scouting Spirit

Emotional

- Aware of feelings
- Asking/Giving Help
- Responsibility for Emotions
- Controlling Emotions
- Going Further
- Beliefs & Values
- Developing Talents

Spiritual

- Promise & Law
- Impact on Environment
- Reflection
- Changing Beliefs





Review

Orienteering

How did you progress your orienteering skills?

Patrol Review

What can we do next?





Scouter Notes

Orienteering would make a great Special Interest Badge for the Physical area. It is a challenging sport with opportunities to participate in recreational or competitive events across Ireland. If it is taken on as a Special Interest Badge have the Scout think through how they plan to develop their skills. Also, suggest that some of the Scouts run an orienteering event for another section or other patrols.

Orienteering is a good patrol activity, especially for patrols beginning their own programme. Scouts can complete permanent courses at campsites or other locations and they can participate in public events.

From the **SPICES**, one of the **Physical** Learning Objectives is important. Orienteering is a very active sport and would make a good part of a balanced lifestyle. Perhaps suggest scouts think about the role sports play as part of ensuring you have a healthy balance in your life.

Learning Objectives from the **Intellectual** area are also important. Due to the navigation and decision-making skills required in Orienteering it is a good way to think about how we achieve goals and how we can learn from our decisions. Get scouts to review their route and times. Why did they decide on that route? How could they improve? How could you plan your course to improve your time?

