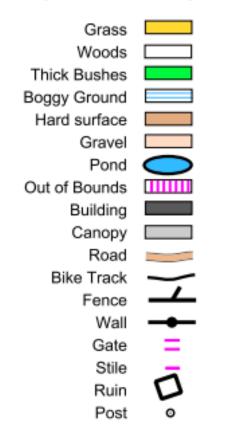




► My instructor will show me what the maps we are using look like.

► I will have time to look at the map and my instructor will explain how to understand it.

#### Key to map symbols



## Orienteering and Map Skills

► My instructor may need to get close to me to explain some things about my map. They might have a big map that we can all look at together.

The map will have lots of information, if I don't understand something, I can ask my instructor.

We will be going outside. If it is cold I will need to wear warm layers.

My instructor will explain where we can go during our orienteering session.





► My instructor will show us what the orienteering markers looks like.

► There is more than one course at White Hall. My instructor will make sure I know what I am looking for.

►I will then use a map to find the markers. This will be as a pair or in a group with my friends.



► When I get to the marker, I might need to use a puncher to make a mark on a piece of paper, or I might need to write something down.

Each puncher has a different pattern, this is so your instructor knows if you've gone to the correct marker.

► My instructor may ask me to find one marker at a time or send me to find a few at once.

There may be other groups using different activities. I might hear and see them while orienteering.

Some of the ground is uneven. I do not need to run.





►I can return to my instructor at any time during my orienteering session.

► When I have found the markers and think I am finished, I will return to my instructor.

► If I hear a bell ringing, this means I need to go back to my instructor.

Once we have finished orienteering, I need to return my map.

It's a great achievement to have been involved in the session

