

Orienteering and Map Skills























Orienteering and Map Skills

- 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

| | |
|---------------|---|
| Grass |  |
| Woods |  |
| Thick Bushes |  |
| Boggy Ground |  |
| Hard surface |  |
| Gravel |  |
| Pond |  |
| Out of Bounds |  |
| Building |  |
| Canopy |  |
| Road |  |
| Bike Track |  |
| Fence |  |
| Wall |  |
| Gate |  |
| Stile |  |
| Ruin |  |
| Post |  |

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► 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.

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► 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.





Orienteering and Map Skills

- My instructor will show us what the orienteering markers look 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.

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► 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.

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- 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.





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- ▶ 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.

Orienteering and Map Skills

- Once we have finished orienteering, I need to return my map.
- It's a great achievement to have been involved in the session

