How to run a successful Orienteering Program

Orienteering is about having fun using maps!
So let's make it fun.
Let's get your resources together and then use some of the proven 'set ups' to make your sessions great fun, adrenalin-pumping and a true skills learning experience.

Resources

- Black and white (or colour) MAP.
  Showing the boundaries, fences, buildings, tracks and paths, large trees and vegetation, and ALL the other small features (posts, poles, bins, seats, tables etc)

- Orienteering equipment:
  coded punches,
  Coded control markers (flags or discs)

- Control Cards:
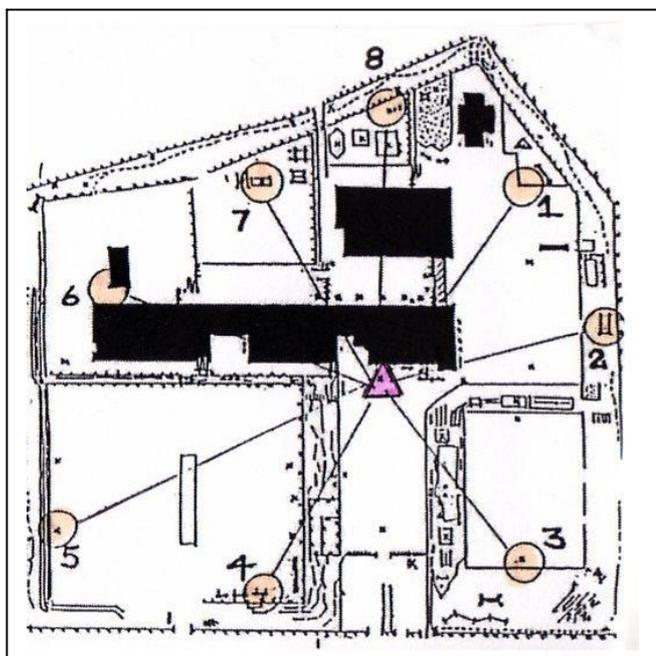 on which to record the coded answers

Interesting 'set ups'.

Try these three 'set ups' and you will have a great program.
Remember it's very important to have MAXIMUM activity time in each session.
By using these 'set ups' your students will be fully occupied!

STAR RELAY

Place 8 controls out
Mark map as shown. Number 1 has code #1

START: at the triangle.
Students are in pairs, both have a map and share a control card. Student A navigates to #1, punches the card and returns to Start, hands card to Student B who then navigates to #2, and so until all controls have been visited.

To avoid overcrowding at #1 control, have different students start at different numbers, and then continue in a clockwise direction until all controls have been visited.

Extension Activity: Map memory
Tape one map onto the table (at the Start) students have to memorise where to go, they do not take the map with them.

CLOVERLEAF COURSES

Three courses are set up A, B and C.
Approximately 5 – 8 controls per course.
Mark up maps with one course per map.

Students work individually or in pairs
(one map for every student!). Start at Triangle.
Students start at intervals (all 3 courses are open).
Must visit controls in set order. Once one course
is completed, students move onto second and third
courses. Fast students will complete 3 courses in
a session. Slower students may do one or two.

Extension Activity: Map memory
Have students memorise a whole course!
Work individually. Set off students without a map,
punch the card at each control. Time students

SCORE COURSE
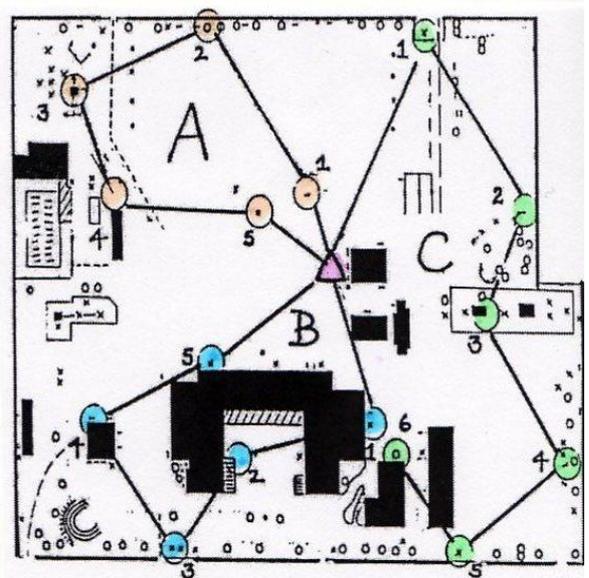
Set out 14 – 20 controls on different features.
Allocate points value to each control (5,10, 20)

Aim to gain the maximum 'score' in the time.
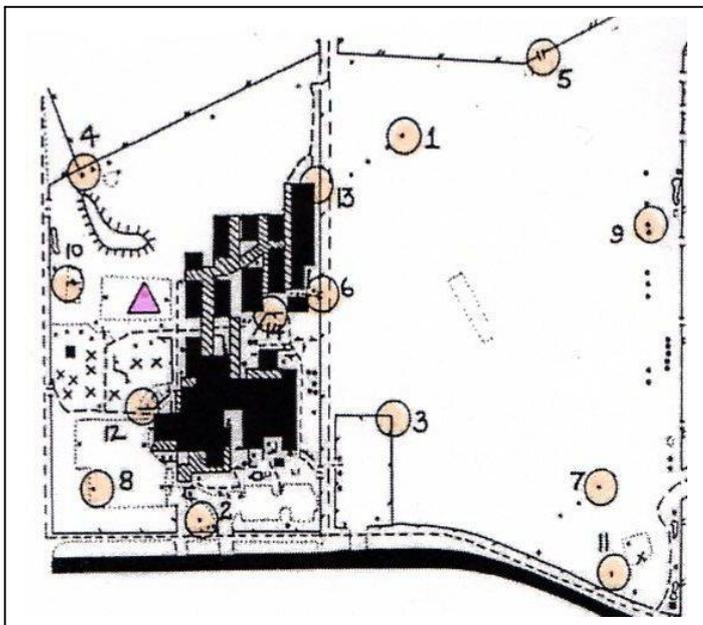Visit controls in random order.

Students all start at the same time.
Impose a time limit eg 15 or 20 minutes.
(have a horn/siren to blow 2 mins before time
is up to warn students!).

Lose points for coming in late eg 10 pts per
minute!

Orienteering skills to be developed

- Orientate the map
- Identify and recognize the features
- Make decisions, which way to go.
- Use handrails (line features - fences,
  sides of buildings) to lead you towards
  the control.
- Use attack points (identifiable feature
  close to the control) to lead you to the
  control.
- Know how to punch the card correctly.