

# **Orienteering**

**The Activity:**

*To participate in an orienteering event*

**Activity Type:**

Patrol Activity  
Troop Activity

**Roles:**

Activity Leaders  
Fire person  
Song leaders

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**The Crean Award:**

**Discovery:**

Patrol Activity  
Skills

**Terra Nova:**

Task/Role in Patrol  
Patrol Activity  
Skills

**Endurance:**

Planning

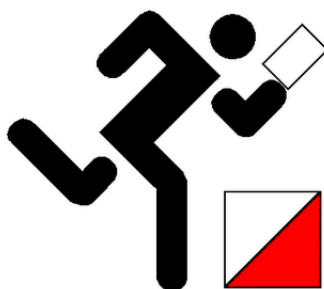
**Polar:**

Patrol Activity

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**SPICES**

Physical  
Intellectual



## Plan

### 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

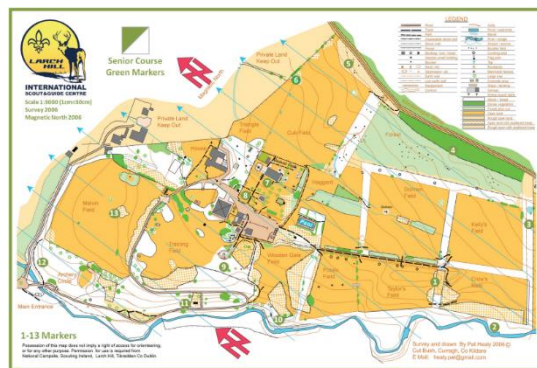
### Control Kite and Punch

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 ordinance survey maps (typically between 1:5000 and 1:15000) the symbols are more numerous and of more significance.



### 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.

	Course	<input type="text"/>	Class	<input type="text"/>	Group	<input type="text"/>	Number	<input type="text"/>		
	Name	<input type="text"/>								
	Start	Minute	<input type="text"/>	Second	<input type="text"/>					
Finish	Minute	<input type="text"/>	Second	<input type="text"/>						
	21	22	23	24	25	26	27	28	29	30
	11	12	13	14	15	16	17	18	19	20
	1	2	3	4	5	6	7	8	9	10

### 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 ?..

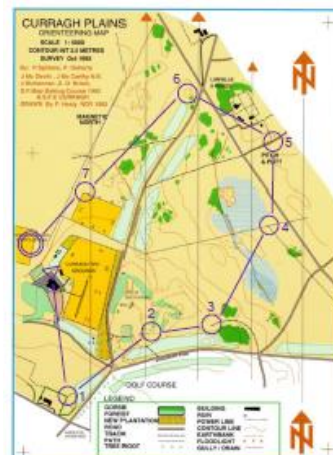
Intermediate	Length	5.2 Km	Climb	156M
1	FG	Base of cliff		
2	CD	In shallow depression		
3	GT	South East side of rootstock		
4	HY	North side of boulder		
5	MN	Track , stream junction		
6	LO	Lower part of tree		
7	GV	Inside cave entrance		

## 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

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



### *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.

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.

## Patrol Review

How did you progress your orienteering skills?

Can you set up orienteering courses of different levels for the rest of the troop?

Can you advance further?

Where else can you apply your new map and navigation skills?

What SPICES are relevant?  
Check them off on the next page

# Review SPICES

**Social**

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

**Physical**

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

**Intellectual**

- Achieving Goals
- New Ideas
- Develop Creativity
- Learn from Discussions
- Team Member

**Character**

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

**Emotional**

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

**Spiritual**

- Promise and Law
- Impact on the Environment
- Reflection
- Changing Beliefs