

## ORIENTEERING – BASIC INFORMATION & INSTRUCTIONS



### General

There are 5 courses (maps 3–7) established throughout the Rowallan Camp, consisting of 4 forest courses and 1 (simple) course around the Headquarters Camp. All the courses are based on the over all control map no. 2.

If a supervisor wishes to create a different course then they can use the overall control map no. 2 as the basis for the new course.

### Aim of Orienteering

- a) To be able to visualise the landscape from the map.
- b) To practice relating the visual terrain to the map.
- c) To be able to move safely through the bush without a compass.
- d) To be able to estimate distances from a scale map.  
To be able to find the safest route, which may not be the shortest.
- e) To have fun while learning navigation skills.
- f) To increase ones level of fitness.
- g) To enjoy and respect our native bush.
- h) To promote good sportsmanship and respect for others.
- i) To develop individual skills, self-esteem and self-confidence.

### Equipment – available

- a) 39 Plasticised coloured maps of each course, for each participant to use and to be returned at completion.
- b) Black & White copies of the course maps for each participant to record course controls, to be signed & kept as a souvenir.
- c) Orange & White metal controls are fixed to trees.
- d) There is one plasticised master sheet showing all control numbers and letters.

### Equipment – not available

- a) Compasses, punches, pencils, whistles, string, scissors, pens, tape, clipboards and watches.

### Basic Instruction (for supervisors)

- a) Supervisors should have an understanding of the requirements and risks of Orienteering.
- b) Understand the course, have walked it, and know its timing
- c) Be able to clearly instruct the participants in map reading, safety and fitness.
- d) Inform participants not to follow other participants, but to get their own results.
- e) Create a control schedule to record all names, start & finish times.
- f) Ensure that all participants are fit and have had appropriate training, including being able to return to the start if "lost", and to have a safety whistle.
- g) Ensure that a vehicle is available for any emergency, to have a list of emergency contact phone numbers and a good 1<sup>st</sup> Aid kit.
- h) Ensure that the ratio of supervisor to participant is not too great and preferably not more than 1:10.