

ORIENTEERING KIT

This pack contains two sets ("A" and "B") of 18 orienteering markers. The markers are numbered, have the answer to a trivia question, and 13 in each set have one of the letters of the alphabet. This means we can do lots of different things with them, and activities can be varied depending on how much time is available- it can be more complex on camp for instance than in a normal evening meeting.

1) MAKE AND FOLLOW AN ORIENTEERING COURSE.

Check what time is available. Allow 10 minutes at the end for packing away and finishing off and divide the rest into three equal parts. In the first part, two groups make their own orienteering courses. In the second, a larger number of smaller groups- depending on how many maps are available- will try and follow the course they didn't make. In the third, they have to go and retrieve the markers- we can't just leave them there.

MAKING THE COURSE

Split the YP into two groups as evenly matched in ability as possible. The simplest way of doing this is to line them up by age or height and split them alternately into the two groups and then make any adjustments if you're aware of particularly skilled ones.

Give each group;

- 1) Set of orienteering markers- just the first 13 of each since we're using letters
- 2) Ball of string
- 3) Something to cut the string
- 4) Site map, as many per group as possible
- 5) Pen that works on the laminated map
- 6) Compass

Make sure each group has a wristwatch and a whistle between them. Tell them what time they have to be back and tell them their task is to make an orienteering course by fastening markers to objects and marking the position (with the marker number) on the map. It's more important to be back on time than it is to use all the markers. Make sure each member of each group knows whether they're placing set "A" or "B" because they'll need to know later.

Point out that the position has to be marked accurately! There's no point placing a marker if they don't know where they are, since nobody else will find it either- and they have to collect the markers at the end!

Also point out that everyone in the team should be taking part- if one person does the work and that one person makes a mistake then it goes wrong. If everyone's figuring out where they are on the map, they've a much better chance of getting it right- and those who are not yet skilled at map reading can learn from those that are and get better at it. Also, more than one map should be made so more than one team can then follow the route.

Go through the risk assessment with them, and make sure they're all paying attention. If any seem not to be, ask them questions about what you've just said. Tell them they're not to tamper with other people's markers, and then send them off in different directions so they don't start in the same place.

FOLLOWING A COURSE

When the YP return, tell them to swap maps and then split them into smaller groups with a map per group. Make sure each group again has a watch and whistle between them, and make sure each group has at least one YP who seems able to read a map. Don't let them make their own groups, because they tend to use their friendship groups, so some groups will have older and experienced YPs and others will be made up of ones who've only just joined the section and are clueless! It's more important to make sure the groups are safe and have a chance of following the course than it is to make sure there's a group for every map.

Tell them again what time they have to be back, and tell them their task now is to follow the course and write down the letter on the marker. Tell them to make sure they have the right marker! There will probably be other orienteering markers around the site that are nothing to do with us, but ours are recognisable and are marked with whether they're set "A" or "B". To stop all the small groups merging back into two big ones, give them different, widely separated, starting points on the map and tell them to go there before starting to follow the course. Starting points don't necessarily have to be orienteering markers- you can choose landmarks that are easier to locate, such as buildings or forks in the path. As well as being easier to locate, a group looking for set "A" and a group looking for set "B" can start from the same marker- this makes it a little less likely that they'll go straight for the first marker as soon as they're out of sight! For fairness, start them all either from landmarks or from orienteering markers.

When they come back, their maps should have the numbered control points marked and some or all should have letters by them. See how many of the letters correctly match up with the numbers using the control point table and give each team a score.

RETRIEVAL

For the final part of the activity, form the original groups back together. They now have to go and retrieve their own markers. For speed, suggest that they again form smaller groups that can each go after particular markers- for instance they could split into two groups, one to collect all the markers from the north half of the site and one to collect the markers from the south. Check that each group gives back the complete set of 18 markers.

RISK ASSESSMENT; ORIENTEERING, SILVERHELME

| Risk | Control measures |
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| Getting lost | YP told not to leave site- not to cross any fences or go through any gates. If they hear a whistle blowing, go to it. Keep an eye on the time, and be sure to come back at the right time. |
| Falling and general injuries- the ground is in places rocky and uneven, and there are dangerous drops. | <p>YP told to proceed with care when the ground is rocky since it's easy for a foot to slip into a gap and break a leg if running. Don't climb up rocks if hands are needed, be aware that there are steep drops and be careful not to fall over them and do not approach the cliff edge which is marked "dangerous area" on the map- although fenced off, the area where climbing takes place may not be and they must not go in there.</p> <p>At the meeting point there'll be a first aider with first aid kit. If anyone's injured to the point of needing it, the whole group should come to that point.</p> |
| CP | Site is private so there should not be an issue of strangers on site. However there should be no single YP- there shouldn't be less than two people together and groups should stay together. If there's an accident and someone's unable to walk, everyone should stay there and start blowing a whistle to get attention (and then help.) |
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