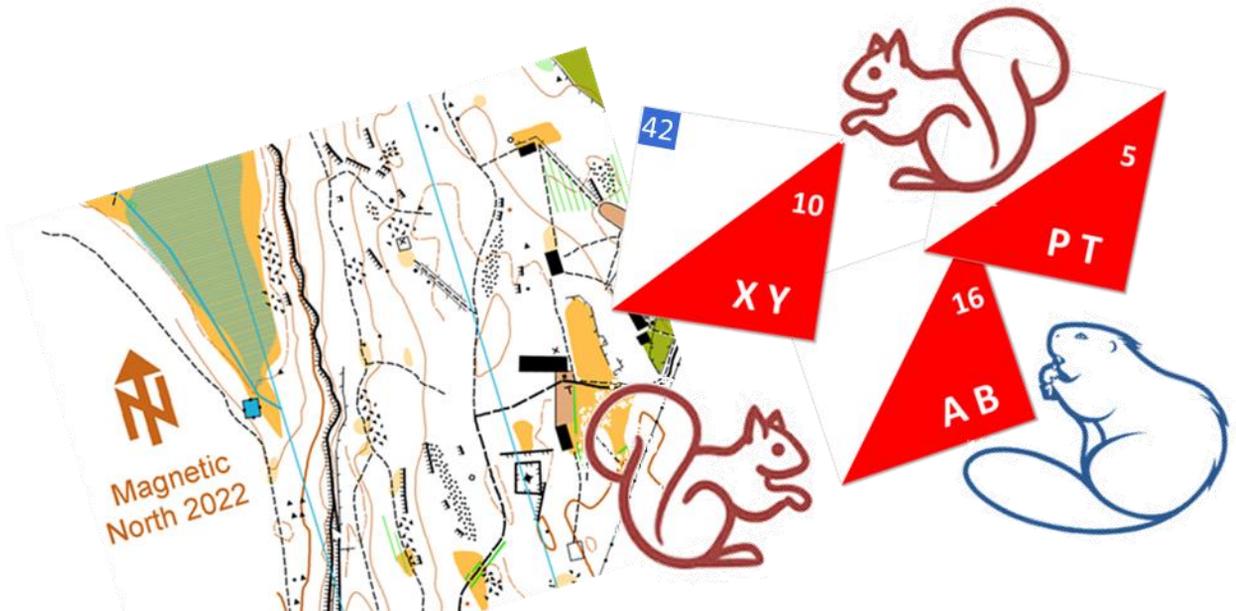




≈ Camping ≈ Lodges ≈ Activities ≈ Adventure ≈

SilverHelme Orienteering Trails



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Orienteering Trails Overview

The **SilverHelme Activity Centre** now has **SIX** challenges suitable to develop different levels of orienteering & map reading skills.

The challenges are:

- 1. Traditional Orienteering Course** – Find the markers in sequence and collect the 2-character codes from each marker.
- 2. Speed Orienteering Course** – Participants can map their own route to visit all the markers in their chosen order and collect the 2-character codes from each marker.
- 3. Bearing Orienteering Course** – Participants go to any marker to start their challenge. Each marker has a blue slicker with a bearing number identifying the direction of the next marker to visit. Participants plot their route as they go.
- 4. Code Orienteering Course** – Using a different map, participants go to any marker to start their challenge. The 2-character code indicates the next marker on the map to visit. Participants plot their route as they go.
- 5. Beaver Orienteering Course** – Participants use the **Beaver Trail** map to navigate the course, finding 20 named Beavers.
- 6. Squirrel Orienteering Course** – The simplest of courses to learn basic map reading skills. Participants use the **Squirrel Trail** map to navigate the course, finding 33 numbered Squirrels.

The Beaver & Squirrel Trails are also used for nature inspired activities for younger children. *Please refer to a separate Activity pack for more information.*



Orienteering Trails Overview

As with any activity, there are **RISKS** that participants need to be aware of and for Leaders to manage. These include:

- **The courses go alongside the cliff areas.** Participants should be aware of the *out of bounds* areas prior to starting the activity.
- **SilverHelme has exposed Limestone and fallen trees.** Participants should be reminded about trip, slip & fall hazards. They should not complete the activity alone and teams should carry a whistle to alert Leaders if they get into trouble.
- **Markers off the formal paths.** There are a number of markers that require participants to navigate off track (e.g. Marker 9). The risk of trips, slips & falls is slightly higher for those markers.

There is an Activity Box available from the Warden. The box contains the following:

- Laminated Maps.
- Laminated answer sheets for Leaders.
- Some Compasses.
- Some 360 degree Protractors.

Groups will need to bring the following:

- Paper & pens to write down the answers.
- Non-permanent felt pens to write on the laminated maps.

SilverHelme Activity Centre thanks Alex Finch and the South Ribble Orienteering Club (SROC) for their kind help mapping the site.



Orienteering Trails

Traditional & Speed Orienteering

Instructions: Using **MAP A**.

For the **Traditional Orienteering** challenge, participants need to find each marker in sequence & write down the unique 2-character alpha code off each marker.

Start at the marker on the corner of Mortimer Lodge near the phone box. The course finishes at the back of the camping area nearest the Wet Weather Shelter.

Teams will need to set off at delayed times.

An alternative is to challenge some teams to complete the course in reverse order, from Marker 25 to Marker 1.

For the **Speed Orienteering** challenge, participants should be given the map and allowed to map their own route around the course. They still need to find each marker (but in any order) & write down the unique 2-character alpha code off each marker.

They can start at any marker and should be told to return to a specified place (e.g. Council Rock or the main camp fire area).

The challenge is to collect all the 2-character alpha codes in the quickest time.



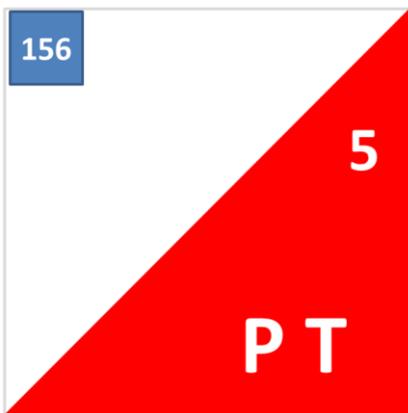
Orienteering Trails

Bearing Orienteering

Instructions: Using **MAP A**.

For the **Bearing Orienteering** challenge, participants need to map their route across the course based on bearing numbers shown on the blue slickers on each orienteering marker.

Leaders should allocate teams different markers to start their mapping.



Using Map A, the teams should draw the specified bearing at each marker and this will show them the next marker to go to.

If done correctly then they should end up back at the marker they started at.

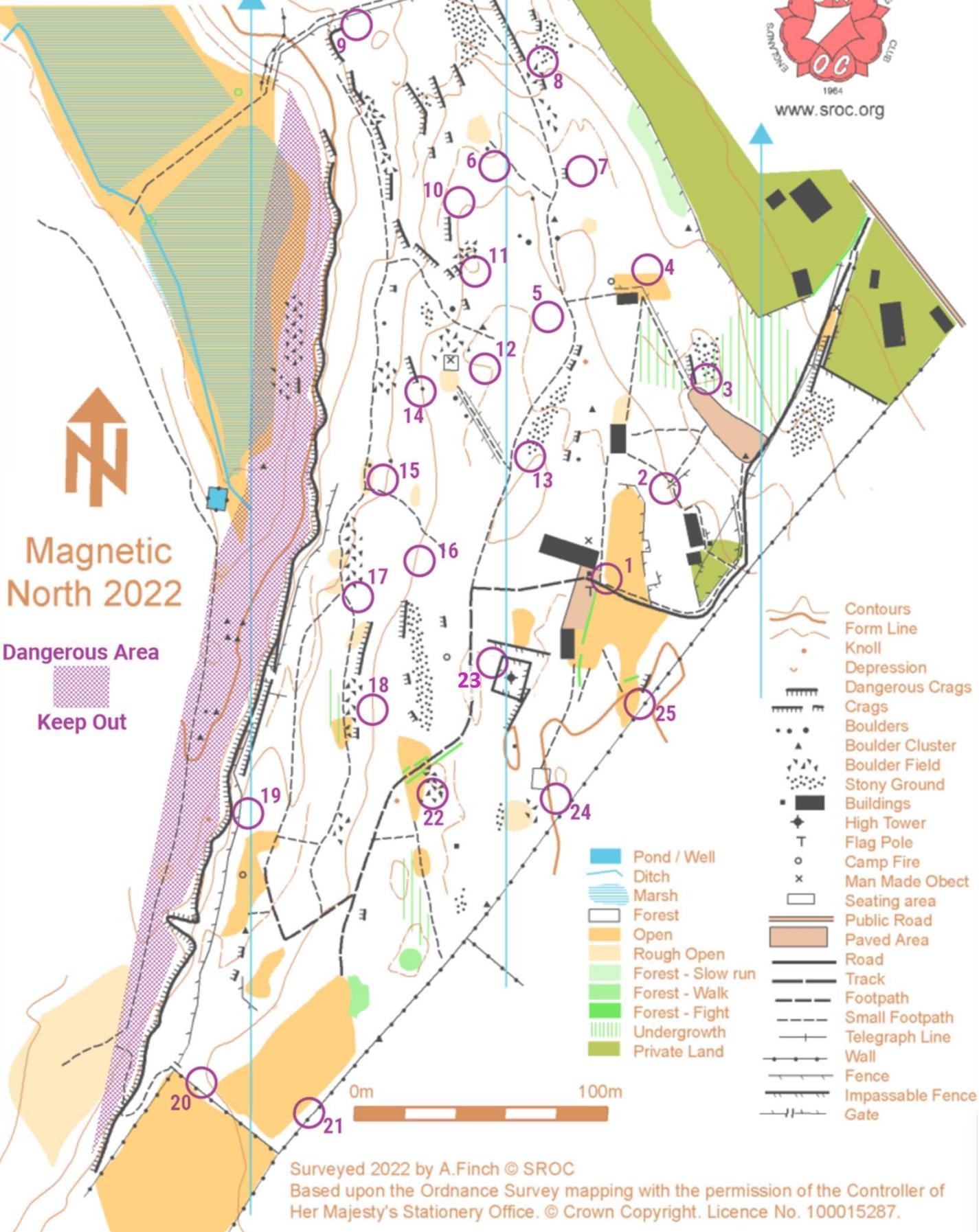
Teams will require either a compass with bearing markers or a 360 degree protractor (*there are 10 in the activity box available from the Warden*).

NOTE: To complete the course, participants will need to visit every marker. If they miss a Marker then the bearing on the next Marker may not put them back on track.

SilverHelme

Map A

Scale: 1:2000
Contours: 5m



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Orienteering Trails

Code Orienteering

Instructions: Using **MAP B**.

For the **Code Orienteering** challenge, participants need to map their route across the course based on the codes on each marker. The code on the first marker will link to the next marker on the map.

For example: Marker 1 has the 2-character code “LH”. Look on Map B and find the location for code “LH” – that is the next marker they need to find.

Leaders should allocate teams different markers to start their mapping.

If done correctly then they should end up back at the marker they started at.

NOTE: To complete the course, participants will need to visit every marker. If they miss a Marker then the code on the next Marker may not put them back on track.

SilverHelme

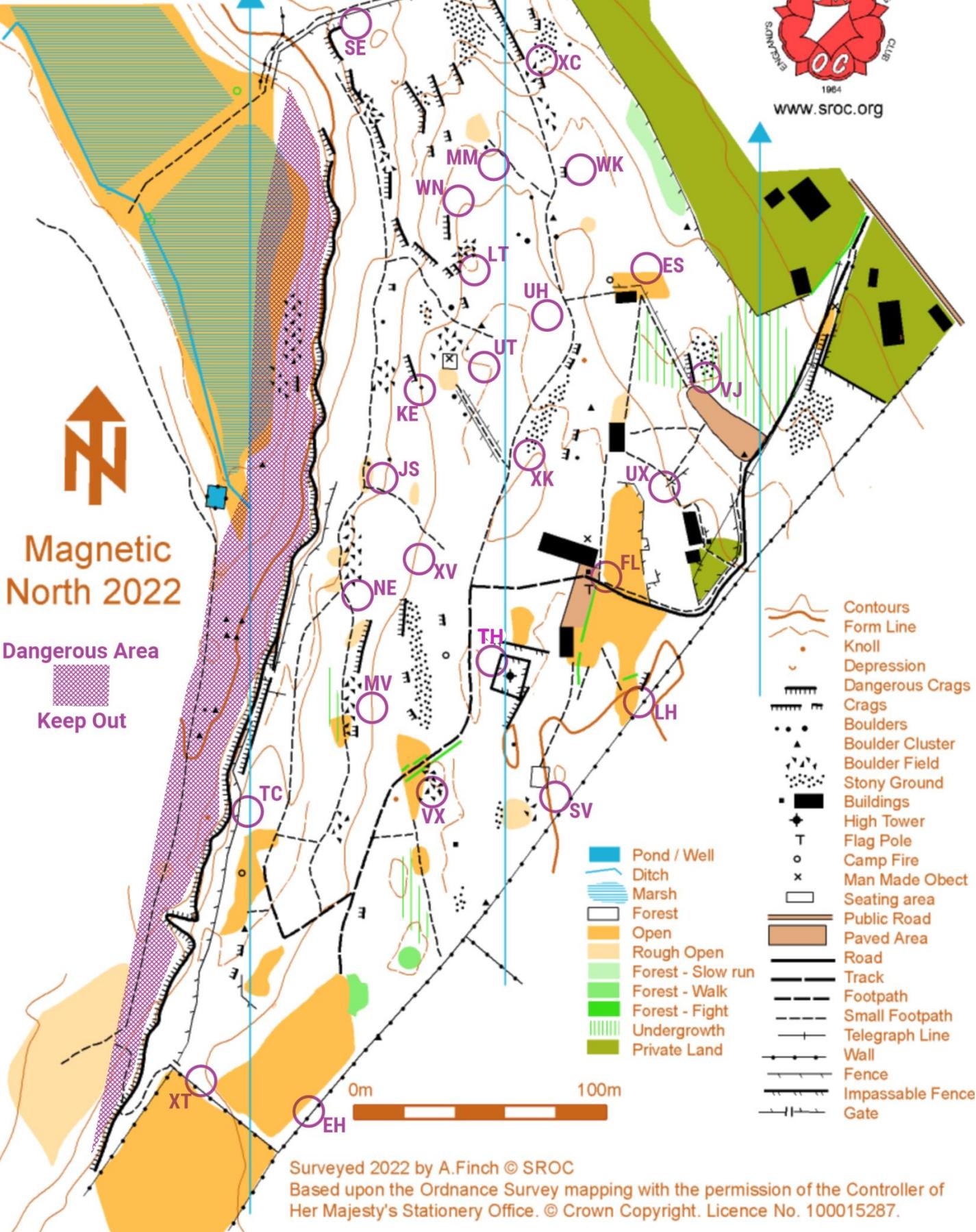
Map B

Scale: 1:2000

Contours: 5m



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Orienteering Trails

Beaver Orienteering

Instructions: Using **MAP C**

For the **Beaver Orienteering** challenge, participants need to follow the route marked on the map and find the 20 Beavers along the course. They should write down the names of the Beavers they find.

Start at the Beaver on the driveway near the Warden's area. The course finishes at the main camp fire area at the back of the Wet Weather Shelter.

Teams will need to set off at delayed times.

An alternative is to challenge some teams to complete the course backwards.

NOTE: Some Beavers are brightly coloured and others are more camouflaged. The Beavers nose points in the direction you should go (*unless you are doing the course backwards!*)

Map C

20 Beavers to find


Magnetic
North 2022

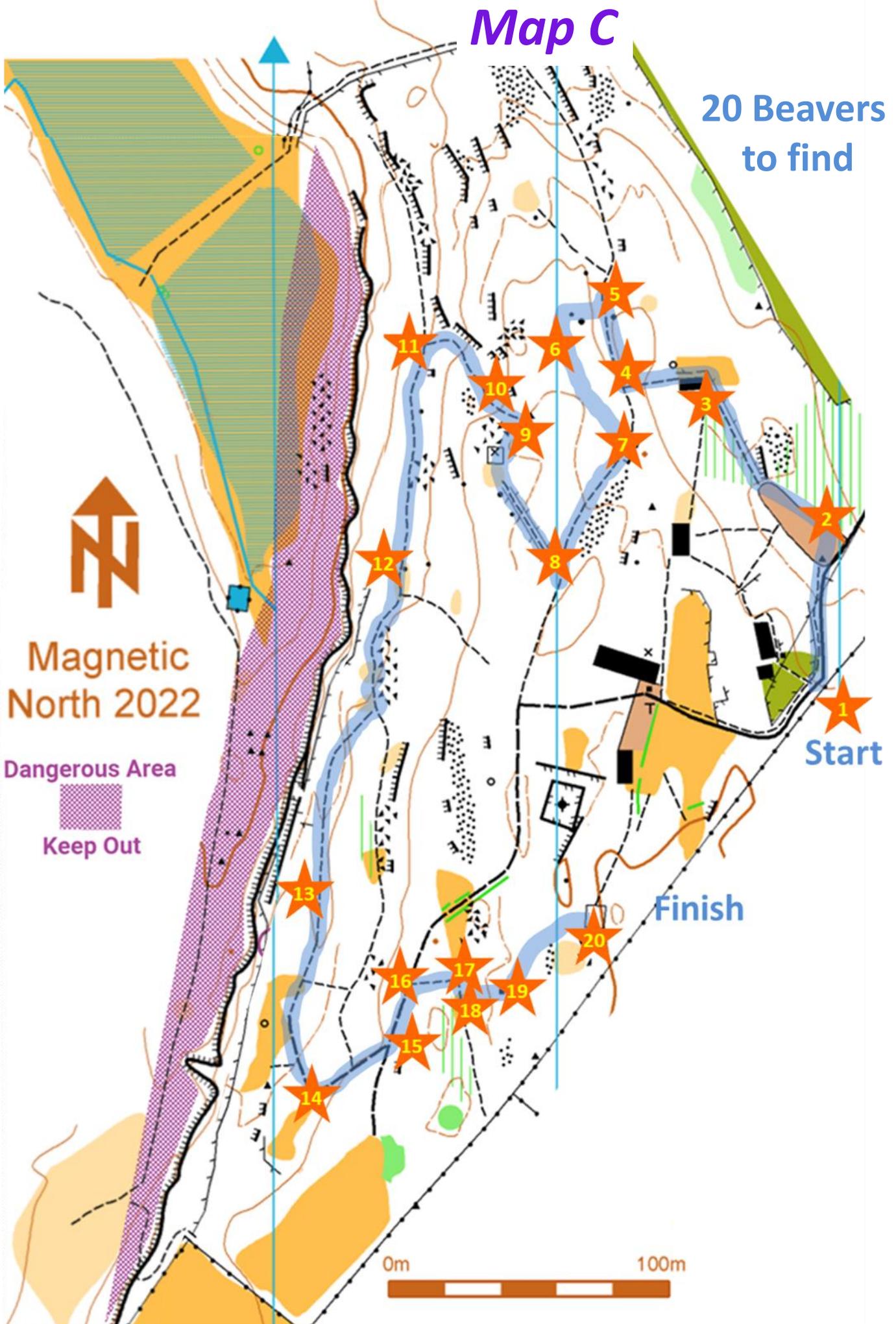
Dangerous Area

Keep Out

1
Start

Finish

0m 100m



Orienteering Trails

Squirrel Orienteering

Instructions: Using **MAP D**

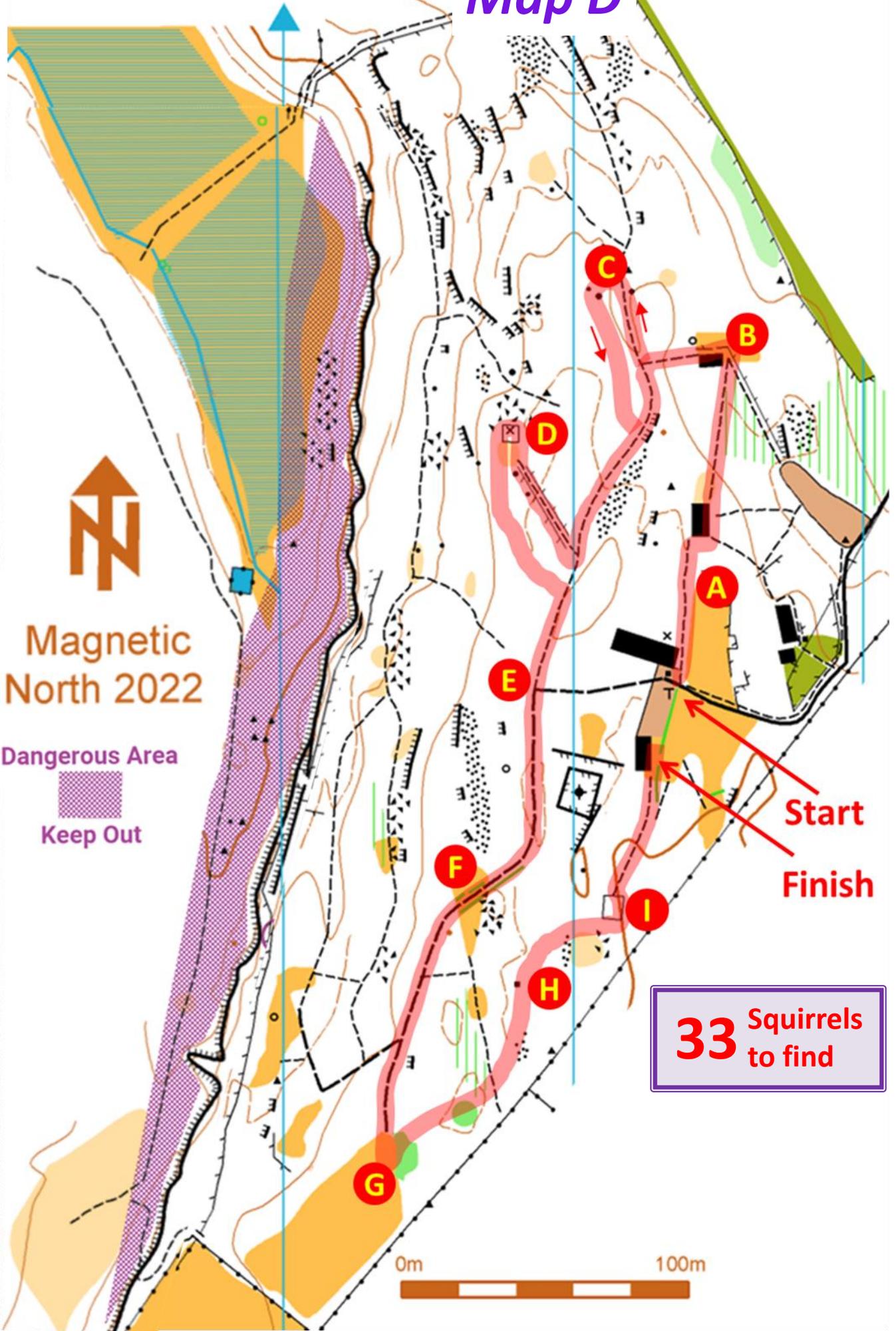
The **Squirrel Orienteering** challenge is the simplest map challenge. Participants need to follow the route marked on the map and find 33 bright red Squirrels. They should be able to see the next Squirrel from the Squirrel they have just found (e.g. *Squirrel 15* should be visible when standing near *Squirrel 14*).

Squirrel 1 is on the corner of Mortimer Lodge near the phone box. *Squirrel 31* is near the main camp fire area at the back of the Wet Weather Shelter. *Squirrels 32 & 33* are on the path back to the Wet Weather Shelter.

Teams will need to set off at delayed times.

If some teams want to complete the course backwards then the next Squirrel may not be visible (e.g. it may be on the other side of the tree).

Map D





Orienteering Trails

Risk Assessment

Who might be harmed	Is the risk adequately controlled	Is more needed?
Navigating through the woods.		
Everyone	<p>Limestone & logs may be slippery. There are also crevices in rocks that might be large enough to slip into.</p> <p>Low branches may cause injury to faces.</p> <p>No one should go off alone.</p> <p>Teams should carry a whistle to alert Leaders if they need help.</p>	No
Paths near the cliff (out of bounds area).		
Everyone	<p>Everyone should be made aware of the Out of Bounds areas shown on the map.</p> <p>Care should be taken if the routes take you close to those areas.</p>	No
Path leading from the back of the Chapel.		
Everyone	<p>The path at the back of the Chapel (used on the Beaver Trail) can become slippery after wet weather. Care should be taken going down the slope.</p>	No
Leaning trees.		
Everyone	<p>There may be leaning trees or large branches. Everyone should be warned not to climb or try to push these trees.</p>	No
Walking along the driveway (<i>Squirrel Trail only</i>)		
Everyone	<p>When walking on the Driveway, everyone should ensure that there are no vehicles moving on the driveway or in the car park.</p>	No