



Orienteering



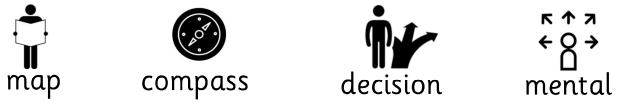
involves using a map and compass to find your way around a set course

Know the area or countryside




assess read understand appreciate

Skill

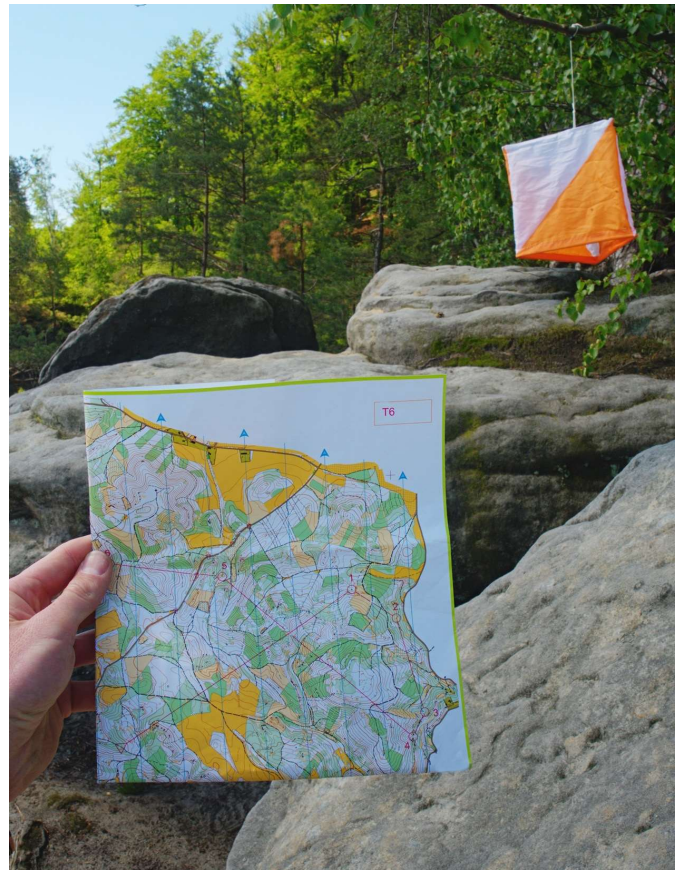


map reading compass work decision making mental alertness


Orienteering symbols



start finish control




orientating the map



Turn the map to fit the ground
Align the features you see around you
Look for easy points of reference
roads, trees, water
Don't worry if the writing is upside down
Make sure the map is orientated to the land





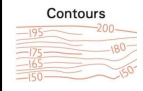
read the area



Read the contour lines to tell you what the land is like around you
Is it going to be steep or hilly?
Water or trees nearby?
Are there roads to help fit the map to the ground?


Legend (symbols)

gives you a clue to what things are near to you on the map

	Coniferous trees Non-coniferous trees
	building
	main road
	school
	contours

these help to find your location and know where you are

course

- start point**
everyone sets out from here
- checkpoints**
called 'controls'

positioned in different places with letters
- controls** must be visited in order
cross the finish point
use a detailed map to orienteer the route