



Orienteering

Session Guidelines

Orienteering

This is a team challenge in which participants must work as a team in order to navigate their way to different locations around site.

- Focus on teamwork and navigation skills
- Encourage different partnership groups as the activity progresses

Symbols Relay

Time: 10-15 minutes

Objective

The aim of the symbols relay is to familiarise participants with the different symbols used on a map legend. Participants are split into 3 teams and given a copy of the Legend Key Card. Teams are given a few minutes to memorise as many symbols as possible. The Legend Key Card should then be taken away and groups are given a list of the symbols they just memorised. A small distance away from the teams, the symbol cards should be laid out with the symbols facing up. The 3 teams will get into lines and each player will run and grab a symbol card that matched a word on their list. Players can only collect one symbol card at a time and must tag the next person in their team before they can collect another symbol card, just like a relay.

Safety rules

- Check that the game is set out on level and even ground
- There should be three separate piles of symbols (one for each team) to avoid collisions
- Supervise and monitor the activity and ensure participants are not getting too rowdy or acting in an unsafe manner

Map Design

Time: 15 minutes

Objective

The aim of the map design activity is to help participants understand how a map looks and works and to utilise their knowledge of map legends and symbols from the previous activity to enhance their map design. Participants spend 5 minutes drawing a bird's-eye view of the grass area they are in, with boundaries being the footpath, the road and the tennis courts. Once the area has been drawn they must decide on an area on their map, place their cone and then mark it on their map. Participants then pass their map on to the next person who has to try and locate the cone using the map and retrieve it. The next person must then take the cone back out and vice versa until everyone has used everyone else's map.

Safety rules

- The group must stay within the specified boundaries
- Supervise all attempts and ensure guest behaviour is supportive

Want to review it?

Ask the group which maps were the easiest to use. Why were they easier? What would they do differently if asked to do this task again?

Star Courses

Time: 30 minutes

Objective

The aim of the Star Courses is to progress in a safe and secure environment from using simple hand-drawn maps, to a map of the PGL camp. Start at the chess boards and get the group to work in pairs. Using all surrounding paths/roads as boundaries, mark on each group's map with a dry wipe pen where you want them to place their cone (all approximately the same distance away). Give them 1 minute to work out where it is and then send them all off together to place their cone - it is a race! The first team that gets back to you is awarded the golden compass. Teams will now exchange maps at random and have a go at finding the cone as quickly as possible. The first team back each time takes ownership of the golden compass, second the silver compass and third the bronze compass.

Safety rules

- The group must stay within the specified boundaries
- Participants should be aware of roads and traffic
- Supervise all attempts and ensure participants' behaviour is supportive
- Participants should be visible at all times
- Participants should remain in groups of three during this activity

Too easy?

Try moving onto the medium and large Star Courses located outside reception and on the cricket oval.

Want to review it?

Who had the golden compass the most times? Why? Who had the silver compass the most times? Why? Who had the bronze compass the most times? Why? Which cone was the hardest to find? Why? Which cone was the easiest to find? Why?

Fixed Orienteering Course - Large

Time: 30 minutes.

Objective

Time to test what the group has learnt so far! Start by giving each group a marker number they have to go and find (HINT: don't give the same number to multiple groups, they will follow each other). When they return, give them two numbers to go and find. Continue to do this, adding on an extra number each time. The aim is to complete each task as quickly as possible and have all the correct markers.

Safety rules

- Show group members the markers and clippers - don't put your fingers in them
- Each group of three must stay together at all times
- No going inside buildings
- Please stay away from other activity bases
- All markers are located in easily accessible areas - if you can't walk to it, you are looking in the wrong location
- If you get lost, try and retrace your steps back to the starting point
- If a member of the group gets injured, send one person to get help and one person should wait with the injured person
- If you hear a long, continuous whistle blast, please return to the starting point immediately
- Record which marker/s you are sending groups to on the crib sheet provided