

# ORIENTEERING

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Our orienteering course is set up to take in the beauty of the surrounding area whilst exploring the beech forest and Arthur's Pass Village.

There are 15 markers placed around the village and students have 60-90 mins to find as many as they can and return to APOEC.

## OBJECTIVES

- Learn basic principles of orienteering through participating in activity
- Learn about group and team work required to complete course
- Develop team work and co-ordination through planning and implementation of activity
- Learn how to use basic maps and geographic feature identification to navigate
- Have a fun and safe active experience in Arthur's Pass village

## ORGANISATION

- Prepare activity by putting together Course Maps/Clipboards/Marker/Check Sheets/Pens
- Arrange into desired groups and allocate adult supervision accordingly

## CHOOSE HOW YOU WILL RUN IT

All teams should have a minimum of 4 people so that if there is an incident, 1 student can stay with the "patient" while 2 can locate an adult to assist. For the older students (Y7+), we usually have the APOEC instructor, one adult stationed along School Terrace and one stationed up Rough Creek – each with a radio. These three adults can communicate on the radios when they see teams pass (to keep track of everyone) then the two adults can "sweep" the teams back to centre 10 minutes before the end. If there are additional adults, they can "float" and check on teams.

With younger groups, we recommend having an adult accompany each team then extra adults can float with one at APOEC.

## STUDENT BRIEFING

- Split the students into groups (min 4 people) and give them a map
- Explain that using a map each team must find the markers
- Each marker has a word engraved on a post, which the students will have to write down in order to prove they have been there (number 1 marker is different – it's in repair). Write the answers in the middle column on the sheet.
- Run through: how to orientate the map, features of the map using the key, boundaries and rules

### **Important Points to Mention:**

- Each team will find their first (pre-selected) marker and return to the start (APOEC) to check in – so you know they were listening and understand how to use the map, then teams can go in any order to try to collect all the words in the time limit and then return to APOEC.
- They do NOT need to cross the main road (SH73)
- They MUST be back on time so if they don't get all the answers, just focus on returning on time.
- The goal is to work effectively as a team so highlight the importance of them staying together at all times
- Teams must only use the paths and tracks marked on the map (there are now some “well-formed tracks” leading to private properties)
- They must stay off private land
- Explain what to do if someone gets hurt
- Explain adult supervision (1 with each group or stationed with radios)
- Tell them not to follow other groups

### **YOUR ROLE**

- Before teams start, designate a specific marker for each group to find and have them return to APOEC to show that they have listened and understood the instructions and that they are able to navigate using the map.
- Before the teams leave, ensure everyone has their daypacks with all appropriate clothing and gear. Also ensure one or more adults have a first aid kit and cell phones with your phone number and/or know how to use the radios if you are using these.
- Write down who is in each group and what marker they were sent to so you will know roughly where to locate them if they do not return. Once they have checked in with the first answer, they have a set time to find the rest of the markers in any order of their choice.
- Once all teams have checked in after their first marker, the instructor can start walking through the village to keep an eye on groups, radioing other supervising adults. Ensure you are back at APOEC before the groups though.
- Once all teams return, you can use the Quiz attached to the Orienteering to recap learning points about Arthur's Pass (depending when the session is run)... This can also be left to later in the camp if they have not learned the facts yet.

### **DEBRIEF**

A debrief is a crucial tool for any session, particularly for the orienteering. It is important to highlight how their group processing played a part in their result and what they can learn from it. Here are some questions you can ask:

- What did you do well as a group?
- If you were to do it again what would you do differently?
- Was it hard if someone had a different idea than you?
- Is there orienteering available in our community? If so how do I access it?
- How did the map serve to aid you today? Do you think it is an important skill to know?

**PACKDOWN**

Ensure all maps and answer sheets are clean and dry before putting away in correct places.