

Resource material: Orienteering

The physical resources required to enable the teacher to present orienteering as an element of the physical education programme are quite minimal and relatively inexpensive. Initially, time will be needed to get together the various items such as laminated maps, mini controls, permanent course, punches, card games, but once in place they become a constant resource readily accessible.

The Map: The map is fundamental to the sport of orienteering. In general a simple black and white map will be adequate to meet the basic requirements of orienteering at an introductory level. The quality and detail of the map will depend on the amount of time and finance you can allot to it. A number of options are available:

- A simple freehand sketch offering a close representation of the school grounds.
- A photocopy from a large scale ordinance survey map or architects plan. Using this as a base, place drawing film or tracing paper over and fix in place securely. Typical orienteering features will need to be added e.g. single trees, posts, hedges etc. It will be necessary to ensure that the map is still accurate
 - walls and newer buildings may have been added since surveying
 - through corrections and additions.
 Many distinctive features may be quite accurately plotted by eye. Colour could be added before use. Remove the drawing film or paper and photocopy. Permission may be necessary from various sources e.g. Board of Management, Local Authority.
- A professionally drawn map may be surveyed and drawn by your local orienteering club. Local community organisations or businesses may be willing to sponsor the cost of this venture.
- All maps should be to a large scale suitable to fit onto an A4 page. A clear orienteering legend of symbols should be attached. A north arrow should be added to enable the development of compass work. Should you consider laminating, you may wish to draw a permanent course onto each map and to attach a copy of a local woods to the back before laminating.

Control markers: The large orange and white orienteering control is too conspicuous for the school grounds and diminishes the navigation needed. Mini controls are more suitable. These could be made of plastic, plywood or metal. In the case of permanent courses these would be drilled to allow for fixing and attaching punches. A code, or symbol would be drawn onto each control. The controls would be fixed to posts or walls at various points around the school grounds.

Control cards: Proper control cards can be obtained from your local orienteering club. It is important that the student is aware of how to complete this card. Copies of this can be drawn or photocopied as required.

Compasses: Compasses are not required at level 1 but are an integral part of navigation practice and will be required for later exercises.

GLOSSARY

Aiming off: to aim deliberately to one side of a control on a line feature so that you know which way to turn on hitting the feature before seeing the control.

Attack point: an obvious feature near a control point from which the control can be located by navigating carefully with map and compass.

Collecting feature: a feature beside a route which can be used to simplify navigation and 'contain' any diversion from the correct route.

Fight: an area of thick vegetation or forest through which it is difficult to pass - shown as dark green on an orienteering map.

Leg: a section of a course between two control points.

Ride: a grassy or rough linear break between trees.

Score orienteering: a competition to find as many controls as possible in any order, and in a fixed time, with penalties for lateness.

Vegetation boundary: the line between two distinct types of vegetation shown by a dotted line on maps.