THE RIGHT DIRECTION

SCOUT ORIENTEER

ACTIVITY BADGE

THE RIGHT DIRECTION
WHAT IS ORIENTEERING?

Orienteering is one of the most exciting and challenging outdoor sports out there, testing a wide range of skills from how to use a map and compass to mental and physical agility.

It is about navigating between set control points and completing the course by the best possible route in the shortest possible time.

The Scout Association is delighted to be working with Brunton, manufacturer of some of the world’s best compasses to help you achieve the Orienteer Activity Badge.

THE INTERNATIONAL ORIENTEERING FLAG

This white and orange flag (or kite) is seen at control points, the marked waypoint used on an orienteering course. It is internationally recognised, with the same design being used by most national governing bodies. It is designed to be highly visible.
ACTIVITY: ORIENTEERING MAP BINGO

ORIENTEERING MAPS ARE A LITTLE DIFFERENT FROM STANDARD ORDNANCE SURVEY (OS) MAPS.

They show an extra level of detail to help you tackle difficult and unfamiliar terrain. As well as showing you contour lines and places such as woods and lakes, you will also find features such as fences, rocks, power lines, ditches and earth banks. This is invaluable when trying to get through the course at speed.

LEADER NOTES

Activity steps:
1. Photocopy and cut out the orienteering map symbols below
2. Hand out six at random to each Scout
3. Now read out the symbol descriptions. The first Scout to get six shouts 'Bingo'!
ACTIVITY: KNOW YOUR COLOURS

ORIENTEERING MAPS ALSO USE COLOUR TO HELP YOU NAVIGATE THROUGH THE TERRAIN.

It is useful to learn exactly which colours represent a particular type of terrain. The kind of terrain will determine your speed.

**Brown: land forms**
Brown contour lines will show you the shape of the land. Each contour represents an interval of five metres. Any variations in the earth such as banks or pits, will be marked in brown.

**Black: rock features**
Black represents anything made of rock, so this will include boulders, cliffs and so on.

**Blue: water features**
Blue is any kind of water from a small well to a large lake.

**White: vegetation**
White means open forest with an easy running route.

**Green: vegetation**
Green is also forest, but with reduced visibility and a slower running route. The denser the green, the more difficult the running will be.

**Yellow: vegetation**
These are open areas with a generally good route for running.

**Black: man-made features**
Black means anything made by man, so that's stone walls, fences, roads, power lines and so on.

LEADER NOTES

**You will need**
- Six pieces of card; green, brown, yellow, black, blue, white

**Activity steps:**
1. Ask six Scouts to each pick a card
2. Each Scout should 'act out' the type of terrain they are walking through in the most appropriate speed
3. Ask the rest of the group if they can guess which Scout has chosen which colour
CHOOSING YOUR COMPASS

THERE IS A HUGE RANGE OF COMPASSES AVAILABLE, WHICH IS WHY WE WILL RECOMMEND JUST TWO TO KEEP THINGS SIMPLE:

THE BRUNTON TRUARC™ 5

The TruArc™ 5 is great for quick orientation; with additional map grid lines and a magnifier for easy reading. Handy features such as its TruArc™ Global Needle system allow you to use the compass anywhere in the world. So this one's great if you're planning trips abroad.

Dimensions: 2.9" x 4.2" x 0.6" (7.4 x 10.6 x 1.5cm)
Weight: 51 grams
Features: TruArc™ Global Needle; 2 degree resolution; Map magnifier; Inch/CM scales.

THE BRUNTON TRUARC™ 10

This one's great for Scouts on the move and in a hurry. Its special features like quick reference cardinal points and high visibility clings for low light performance mean that you'll be able to navigate your way quickly and at any time of day. The global balance needle allows you to take a reading without breaking stride, and it's extra durable so there's no panic if you happen to stumble on your way.

Dimensions: 5.2" x 2.8" x 0.5" (13.2 x 7.1 x 1.2cm)
Weight: 48 grams
Features: TruArc™ Global Needle; Ever-North Magnet; Reversible slide scale; GPS confidence circles; Roamer Scales; Magnified Readout; 1° Resolution.

MORE INFORMATION

Both are available from: scouts.org.uk/shop

ACTIVITY: ORIENTEERING A MAP

WHEN USING A MAP IT IS VITAL THAT THE MAP MATCHES THE REAL WORLD AROUND YOU. NORTH ON THE MAP THEREFORE NEEDS TO CORRESPOND WITH THE REAL NORTH. HOW DO YOU THINK THIS IS DONE?

Activity steps:

1. Find a flat surface and lay out your map. This should be away from metallic objects and electrical devices, such as radios, as this can interfere with the accuracy of compass readings.
2. Turn your compass dial so that the index pointer corresponds with due north.
3. Lay your compass flat on the map with the edge of the base plate exactly parallel to the meridian lines on your map that show north/south.
4. Now turn the map and compass as one unit until the needle on the compass is inside (‘boxed’) in the orienting arrow.

You can check whether you have oriented the map correctly by picking out a visible landmark and then finding it on the map. If the direction of the object corresponds with the direction of the symbol on your map, then you have orientated your map correctly.

LEADER NOTES

An additional activity to develop understanding of bearings can be found on Programmes Online, activity ID 82164.

MERIDIAN LINES

Meridian lines are imaginary lines, running vertically around the globe. Unlike latitude lines that run horizontally, longitude lines are not parallel. Meridians meet at the poles and are widest apart at the equator. Zero degrees longitude (0°) is called the prime meridian.
WALKING ON A BEARING

This is used when your objective or destination is in sight and you don’t need a map. It is important to work out a compass bearing before the situation changes (this might be due to the weather, the terrain you are in or a delay resulting in darkness). Any of these factors may mean you can no longer see where you are aiming for and therefore you will need to rely on the compass bearing.

ACTIVITY: TAKING A BEARING

1. Hold the compass flat in your hand with the direction of travel arrow pointing towards your destination or objective
2. Turn the compass housing until the compass needle lines up over the orienting arrow. Ensure the North Pole of the needle, which is usually red, is used
3. Read off the magnetic bearing (the number of degrees) from the mark on the compass housing indicated by the index pointer
4. Keep the housing in that position and check your bearing at regular intervals by lining up the needle with the orienting arrow and walking in the direction indicated by the direction of travel arrow

ACTIVITY: TRY WALKING ON A BEARING

1. Turn the housing of the compass until the bearing you require is against the index pointer
2. Turn the compass until the needle lies over the orienting arrow
3. Pick out a landmark along your direction of travel line and walk towards it
4. Check your bearing and your objective at regular intervals

ACTIVITY: COMBINING MAP AND COMPASS

1. Place the compass on the map so that one long edge joins the start point and your destination, with the direction of travel arrow pointing towards the direction you wish to travel. The direction of the map does not matter for this exercise.
2. Turn the compass housing until the orienting arrow points to the top of the map and the orienting lines are parallel to the meridian lines
3. Take the compass off the map and read off the bearing at the index pointer and add (or subtract) the local magnetic variation
4. Turn the whole compass so that the needle comes to rest over the orienting arrow, with the red part to the north
5. Hold the compass in front of you, pick out a landmark along your line of travel and walk towards it

LEADER NOTES

An additional activity for walking on a bearing can be found on Programmes Online, activity ID 183.
IN THE FAST PACED SPORT OF ORIENTEERING IT IS VITAL TO KNOW WHERE YOU ARE ON THE MAP AT ALL TIMES. THERE ARE THREE THINGS THAT CAN HELP YOU DO THIS.

1. **Keep the map folded** so that it shows the area you are crossing. You may need to unfold and refold the map several times over the course.

2. **Keep the map orientated** so that your map always corresponds with the real world.

3. **Thumb the map.** Quite simply, this means holding the map with your thumb just below your actual position. This way you will know exactly where you are at a glance and prevents you mistakenly reading a different part of the map. The idea is to edge your thumb along to match your progress, constantly checking real world features with those on the map.

Now have a go at thumbing a map yourself.
ACTIVITY: SAFETY, FIRST AID, EQUIPMENT AND CLOTHING

IT IS VITAL THAT YOU ARE PROPERLY PREPARED FOR YOUR ORIENTEERING EVENT. THIS MEANS HAVING THE RIGHT KIT WITH YOU IN THE EVENT OF AN ACCIDENT, KNOWING THE CORRECT SAFETY PROCEDURES AND BEING READY FOR ANY KIND OF WEATHER.

TRUE OR FALSE?

1. You can use any map for orienteering
2. A whistle is now considered old-fashioned and should not be carried
3. Shorts can be worn for orienteering
4. A responsible person should keep details of all those taking part in an orienteering event
5. All participants should know what to do if they get lost
6. All participants should know the cut-off time

False (orienteering maps have additional features needed for navigation easier)
LIKE ANYONE WHO USES THE COUNTRYSIDE, IF YOU ARE TAKING PART IN ORIENTEERING YOU NEED TO FOLLOW THE COUNTRYSIDE CODE. THIS IS A SIMPLE SET OF RULES TO HELP KEEP YOU SAFE, ENSURE THAT THE LAND IS AS YOU FOUND IT AND ANIMALS AND OTHER WILDLIFE ARE LEFT UNDISTURBED

ACTIVITY: COUNTRYSIDE DRAMA

Activity steps

1. Divide your Scouts into three groups
2. Ask each group to choose a different part of the code
3. Each group should act out a scene showing someone breaking the countryside code, and someone explaining what they should be doing

THE COUNTRYSIDE CODE

RESPECT OTHER PEOPLE
- consider the local community and other people enjoying the outdoors
- leave gates and property as you find them and follow paths unless wider access is available

PROTECT THE NATURAL ENVIRONMENT
- leave no trace of your visit and take your litter home
- keep dogs under effective control

ENJOY THE OUTDOORS
- plan ahead and be prepared
- follow advice and local signs
WANT TO KNOW MORE?

THERE ARE MANY SOURCES OF FURTHER INFORMATION FOR THOSE INTERESTED IN KNOWING MORE ABOUT ORIENTEERING.

BRITISH ORIENTEERING

British Orienteering is the National Governing Body for the sport of orienteering in the United Kingdom and was formed in June 1967. Visit the site for a wide range of up to date information and advice as well as a list of permanent orienteering courses.

britishorienteering.org.uk