

ORIENTEERING COURSES

INSTRUCTION SHEET

ITINERARY

Within this box you will find:

- 6 1-2-3 Go Compasses
- 6 Normal Compasses
- 1 Teaching Compass
- 6 Green Course Sheets
- 6 Blue Course Sheets
- 6 Red Course Sheets
- 6 Black Course Sheets
- 12 Rainbow Course Sheets
- 12 Dry wipe pens – in a box
- 12 Clipboards

Please return the box and its content in the same condition you found it, such that the next group can have the same amount of enjoyment using it.

If there is anything missing please notify the Warden so the box can be replenished.

INSTRUCTIONS

There are 5 courses of varying degree from very easy to very difficult.

GREEN COURSE (VERY EASY)

This course is designed for complete novices to learn compass reading. Distances between posts are 5 to 10 metres apart.

The location of the first post is at grid reference 939070. Get a group or individual to follow the instructions on each post by using the compass to get the bearing and then walk in that new direction to the next post. The instructions on each post start easy with North, East, South and then progress to bearings.

There are 12 letters to collect that spell the word "Orienteering".



BLUE COURSE (EASY)

This course has 7 posts and a detailed map with labels to help orientation. The posts are spread around the entire site in easy to find locations.

Encourage the group or individuals to find the 7 blue numbered stars on the map identifying the locations of the posts, then get them to collect the letters on each of the posts.

The letters collected are an anagram of the word 'Bearing'.

RED COURSE (MEDIUM)

This course has 7 posts and a map with limited labels to make it more difficult. The posts are further apart than the blue course.

Encourage the group or individuals to find the 7 red numbered stars on the map identifying the locations of the posts, and then get them to collect the numbers and operators on each of the posts.

The numbers and symbols arranged create the following calculation: $2 \times 6 \div 3 + 5 = 9$.

BLACK COURSE (DIFFICULT)

This course has 7 posts, a map with only grid references to identify the posts. The posts are in tucked away places, spread across the whole campsite.

Encourage the group or individuals to find the 7 locations of the posts using the grid reference provided. Get them to collect the numbers and operators on each of the posts. The numbers and symbols arranged create the following calculation: $20 \times 7 \div 10 - 9 = 5$.

RAINBOW COURSE (VERY DIFFICULT)

The Blue, Red and Black courses make up a circuit of 21 posts, each with a 6 figure grid reference identifying the next post.

Starting at grid reference 929065. Encourage the group or individuals collect the numbers, letters and operators on each of the posts.

The numbers, letters and operators collected result in the string:

G - I B 20 5 10 E \div x 2 7 A x 6 \div 3 + N R 9.



INSTRUCTIONS ON HOW TO USE A MAP AND COMPASS

USING THE 1-2-3-GO COMPASS ON THE GREEN COURSE

To use the 1-2-3-Go compass on the green course, without a map:

1. Spin the bezel until the desired direction is indicated on the graduation ring **2**
2. Rotate yourself and the compass until the compass needle lines up with the red arrow in the bottom of the bezel capsule **3**.
3. Walk in the new "Go!" direction.

ORIENTING THE MAP TO NORTH

The easiest way to use a map and compass together is to orient the map towards North. Simply align the map meridians with the compass needle so that "up" on the map is pointing North. Now everything on the map is in the same direction as in reality. When travelling along your route, remember to keep the map oriented at all times. By doing this it will be easy to follow your route since turning right on the map means turning right in reality!

1-2-3-GO SYSTEM

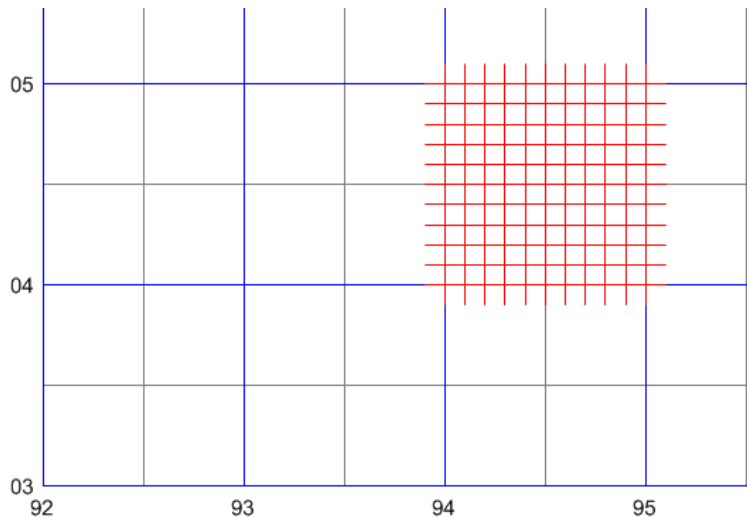


1. Line the edge of the compass up on the map on the desired line of travel **1**
2. Rotate the bezel until "N" on the graduation ring points towards North on the map. Make sure that the bezel North/South lines are parallel with the map meridians, step **2**
3. Hold the compass horizontally in front of you. Turn yourself until the north end of the needle points to towards "N" on the compass graduation ring. (The north end of the needle will now be aligned with the North arrow in the

bottom of the compass capsule) , step ③. The Direction of Travel arrow will now point directly to your destination. Look up, sight a landmark and walk towards it. Repeat this procedure until you reach destination. “Go” in this direction.

FINDING A LOCATION ON THE MAP USING A 6 DIGIT GRID REFERENCE

Maps are divided up using horizontal and vertical meridian lines. Each of these meridian lines is labeled at the edge of the map with 2 figure number. These meridian lines form 100m squares. Each 100m square can be divided further still (in the reader's mind) - into **10 smaller squares**, with the dividing lines being numbered 1 to 9 (to the *right* and *upwards* from the bottom left corner). This smaller 'mental' grid, the red lines in the image below, will pinpoint an exact location within the 100m square.



So to find a place using a given grid reference, simply locate the appropriate easting first (*the first two figures of the reference*) and then the appropriate northing (*the 4th and 5th figures*). This intersection will be the **bottom left corner** of the square that you need to divide up in your mind. Then gauge the distance across and up this square in 1/10ths, according to the 3rd and 6th figures of the reference.

To help remember which figures represent horizontal and vertical position use the phrase “along the corridor and up the stairs”, where the first three figures represent the horizontal position and the last three figures represent the vertical position.

Good luck and have fun!