

Resource material: Unit 5

LINE ORIENTEERING

This exercise may be used to develop the student's confidence in fine map-reading and in relating the map to ground. The task set will also serve to inform the teacher of the level of successful map-reading being achieved.

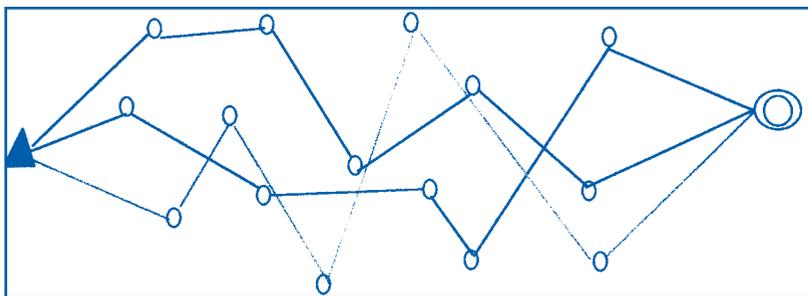
A line is drawn on the map following line features or joining distinctive features. The teacher has a corresponding map which will have identified the location of a number of control points on this line. The students will be unaware of the location of these control points.

ORGANISATION

Each student is allocated a map on which a line has been drawn identifying the course which must be followed closely. Along this route he/she will encounter a number of controls, the position of which must be circled accurately on his/her own map. A 2 min. interval should be allowed between students as they are set off.

TEACHER NOTES

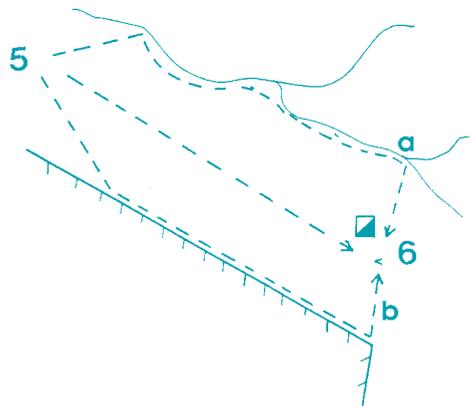
A punch or code will serve to confirm the student's presence at each control site. An example of a control circle should be given to avoid control circles being drawn which are too large or too small. Indoor orienteering games would provide useful exercise for those who are waiting to go out on the course. A template with the correct control locations would allow for quick correction.



HANDRAILS

A handrail is any line feature such as a path, earthwall, stream, fence, which will provide the orienteer with a secure point of reference as he moves from one control point to another.

Navigational problems can be simplified by using handrails and can result in improved confidence and performance.



EVENT PROCEDURE



Orienteering gear: Check list: Compass, Map case, Red biro, Whistle, Safety pins, Tape, Full body cover (old track suit legs, long sleeved shirt,) Gaiters, Studded orienteering shoes, watch.



Registration . Select course appropriate to age and experience. (sometimes colour coded). Purchase map. Obtain control card, description sheet.



Preparation. Transfer description sheet details to control card. Complete control card requirements. Seal control card if conditions are wet. Attach control card to shirt ,sleeve or front. Tape laces. Identify " Out of bounds " areas or map corrections. Check compass, whistle, red pen, map in map case.



Start : Acquire a start time. Go to starting point and await time being called. Present control card stub. Proceed through time waiting zones. Go to appropriate master map to transfer course.



Finish : Hand in control card at the finish. (irrespective of completion or non-completion of the course.).



Review