

Unit 5: Cross-country orienteering

**OBJECTIVES**

- To present the sport of orienteering in its complete form in its natural context.
- To encourage students to integrate the various skills and strategies of orienteering in an event format.
- To enable the teacher to assess student proficiency with orienteering skills and strategies.

**RESOURCES**

**Orienteering equipment:**

Orienteering controls, punches, control cards, 3 stop watches, planners map, master maps, orienteering map, control description sheets, whistles, start lists, safety pins, clear polythene bags, red pens.

**Other resources:**

Litter bags, rubber bands, first aid, notices (courses on offer, start & finish points), student self assessment sheets.

**EVENT PREPARATION**


- Teachers should avail of the skills available in local orienteering clubs or expertise within the staff to assist them in the running of a cross country event. The strategic placing of personnel will help increase confidence and ensure a safe and successful event. Helpers could be placed at critical points on the course to reduce errors and refocus attention on key orienteering skills and strategies.
- Prepare a series of courses - minimum of two, and dependent on numbers participating. Initially, course planning should help promote success by placing controls close to each other and at turning points. Courses should not be overlong, recommended 1 – 2.5km.
- It is necessary to ensure familiarity with the venue and check for any risk that the venue may present. Map changes may need to be recorded.
- Permission may need to be obtained from Coillte or the relevant authority for access to the venues.
- Students must be informed of their obligations in relation to the country code and the event procedure.
- Time may be saved by premarking maps and completing control cards prior to the event.

**ON THE DAY**

- Allow time for placing controls.
- A brief walk will familiarise the students with the map and reinforce basic thumbing, setting, feature recognition.
- Prior to participating students should be informed once more of the country code and the event procedure – a cut-off time is useful, e.g. the students must return within 20 - 30 minutes of starting.
- Allocate students to courses. Initially, students may be permitted to participate in pairs. As development, students might then be confident to participate in a second course on their own.
- Students may be started at 30 second / 1 minute intervals.
- Students must record their return and completion of the course – hand in control card.
- Review student learning through discussion and completion of the student self assessment sheet.

**ON THE DAY**

- As a concluding activity, the group could be divided in half and set the challenge of collecting the controls. The group returning with the most controls is the winner. Be careful to ensure that students are aware that the first touch of a control will determine ownership. Equipment needs to be protected.

ALL COMPETITORS MUST REPORT TO THE FINISH							FOR OFFICIAL USE ONLY		
		Name		FINISH		Code			
		Club (Team)		START		Time			
		Class		Course		TIME TAKEN		Finished	
21	22	23	24	25	26	27	28	29	30
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

Mode of transport? please indicate!	
Car <input type="checkbox"/>	Reg. no. ....
Bus <input type="checkbox"/>	Other <input type="checkbox"/>
FINISH	
START	
TIME	
Relay (sq)	
Course	
Class	
Club	
NAME	