



Pathfinder Honour: Workbook

Orienteering 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:

To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

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Requirement 1: What is “Orienteering”? [Please give a brief description]

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Requirement 2: Name three disciplines of Orienteering

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Requirement 3: List the items required for Orienteering using the following headings:

a. Clothing:		
b. Footwear:		
c. Equipment:		

Requirement 4: Describe the basic rules and safety considerations for Orienteering
[Please give a brief description of each of the following]

The emergency signal:	
Movement of controls:	
Other Competitors:	
3-hour Rule:	
Safety Bearing:	

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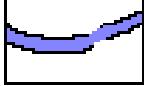
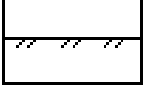




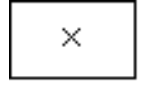


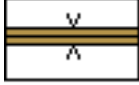




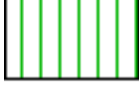
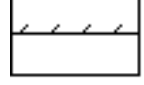
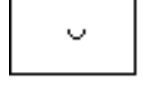

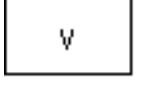
Requirement 5: Explain the different levels of difficulty for Orienteering courses.
 [Please give a brief description of each of the following]

Blue	
Green	
Orange	
Red	

Requirement 6: Explain what to do on a typical Orienteering Course. [For each of the following, please give one thing you consider to be important]

The Start:	
On the course:	
At a control:	
At the finish:	

Requirement 7: Explain the map symbols [Please enter the name below the symbol]

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Requirement 8: Name the parts of a typical compass used for Orienteering
 [Please complete the table]

	<u>Part name</u>
a.	
b.	
c.	
d.	
e.	
f.	
g.	

Requirement 9: Demonstrate how to orientate a map using land features and a compass.
 [Please give a brief description of what to do]

Requirement 10: (a) Show your understanding of land formations and contour lines
 [Match the side views or profiles (A, B, & C) with the top view (Either 1, 2 or 3) in the diagrams below. Briefly explain your reason in the space below]

Profile A matches top view:		A	B	C
Profile B matches top view:				
Profile C matches top view:		1	2	3

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Requirement 10: Show your understanding of land formations and contour lines

(a) continued

a.	Contour intervals (metres) on Orienteering Maps generally are:	
b.	Number of metres change in altitude that each line represents:	
c.	Is A higher than C?	
d.	Can you see B from A?	
e.	Is A lower than B?	
f.	Can you see D from A?	
g.	What would one expect to find at the arrows?	
h.	Where is the slope the steepest?	
1.	Which profile best represents A to B?	

Requirement 10: (b) Show your understanding of the scale used on Orienteering maps

a.	The most common scales used on orienteering maps are 1:		or 1:	
b.	Choose one (1) scale from 'a'. How many metres on the ground does 10mm on the map represent :			

Requirement 10: (c) Show your understanding of handrails. List four possible handrails you could follow.

[Please give a brief description of a 'handrail' and 4 examples]

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Requirement 10: (d) Show your understanding of the use of Attack Points.
[Please give a brief description]

Requirement 10: (e) Show your understanding of Aiming off.
[Please give a brief description]

Requirement 11: Complete a theoretical orienteering exercise
[Please refer to *Orienteering 1 Honour Trainer's Map Brooklands Paddock* and answer the following questions]

Before you start thinking about the course and before you start running, inform yourself about the map in general.

a. What is the scale of the map?

b. What is the contour interval?

Now orientate the map and pretend you are standing at the start. You are facing west southwest in the general direction of number 1 Control.

c. Are you standing on a hill or in a gully?

d. What is the feature you are standing at for the start?

e. What other features can you see to help you orientate your map?

Start to Control 1 – Knoll

a. What is the most probable route?

b. What is the distance to the control?

c. How many metres of climb are there for this route?

d. Name at least two things which will tell you if you have overshoot the control:

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Control 1 to Control 2 – Boulder

- a. What is your route choice?
- b. Take a 30 second look at the map, then cover it & describe the features and terrain you will see if you go by the direct route

Control 2 to Control 3 – Fence Bend

- a. What basic skill would you do on this next leg?
- b. What is the distance to the control?
- c. Name any surrounding features that would aid your navigation?
- d. What would your pace count be on this leg?

Control 3 to Control 4 – Track Bend

- a. What would be your route choice from 3 to 4?

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Control 4 to Control 5 – Gully- shallow

You decide to navigate on a dead-straight bearing to control 5.

- a. What would your bearing be?
- b. How many metres of climb are there on this route?
- c. List 2 attack points as you approach the control?

Control 5 to Finish – Bare rock

- a. How would you get to the finish?
- b. How long was the course you just did?

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PRACTICAL PART

Requirement 12: Find your own pace count.

Run or walk up and down a 100 metre course at orienteering speed. Each time count the number of times your right foot hits the ground during the distance. Record the results. This allows you to judge distance

1 st time:		2 nd time:		3 rd time:	
<u>Average:</u>		per 100 metres			

Requirement 13: Show how to find the direction of travel (setting a compass bearing)

Requirement 14: Complete each of the following courses at least once:

a. Blue (Very Easy) Course.

Course Location:			
<u>My performance:</u>			
Time taken:		Distance (km):	
Brief comments on my performance:			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

b. Green (Easy) Course.

Course Location:			
<u>My performance:</u>			
Time taken:		Distance (km):	
Brief comments on my performance:			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

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c. Orange (Moderate) Course.

Course Location:			
<u>My performance:</u>			
Time taken:		Distance (km):	
Brief comments on my performance:			
Could a better route been chosen? Why			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

d. Scored Event.

Course Location:			
Time allowed (Mins):		Total possible score (points):	
<u>My performance:</u>			
My score:		Points deducted:	
Please plot your route choice on your scored event map			
Brief comments on choice of route:			
Brief comments on my performance:			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

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e. Night Course.

Course Location:			
<u>My performance:</u>			
Time taken:		Distance (km):	
Brief comments on my performance. How night course was different to the day courses:			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

Red (Hard) Course. No compulsory, but a great challenge!

Course Location:			
<u>My performance:</u>			
Time taken:		Distance (km):	
Brief comments on my performance:			
Could a better route been chosen? Why			
<i>Assessor's comments:</i>			
<i>Assessor's name:</i>		<i>Date:</i>	

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Requirement 18: Prepare a 'Room Orienteering Map' & run an event based on this map.

Draw a 'map' of a room. The map is to show items of furniture etc, have a description list and a legend. Show a course containing several Controls. Participants are to follow the course you have developed.

MAP

DESCRIPTION LIST	LEGEND