

ORIENTEERING

**ERASMUS+ PROJECT THE
CHALLENGE TO A HEALTHY LIFE
2021-1-RO01-KA220-SCH-000024460**



Co-funded by
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Overview

- What is Orienteering?
- The Map and Symbols
- Benefits
- Why Orienteer?
- Competencies Gained



WHAT IS ORIENTEERING?



Orienteering is a navigational sport uses traditional/paper map and compass

Participants must navigate from one point to another completing a set course on the map

Orienteering can be enjoyed as a leisurely walk in the woods or as a highly competitive race.

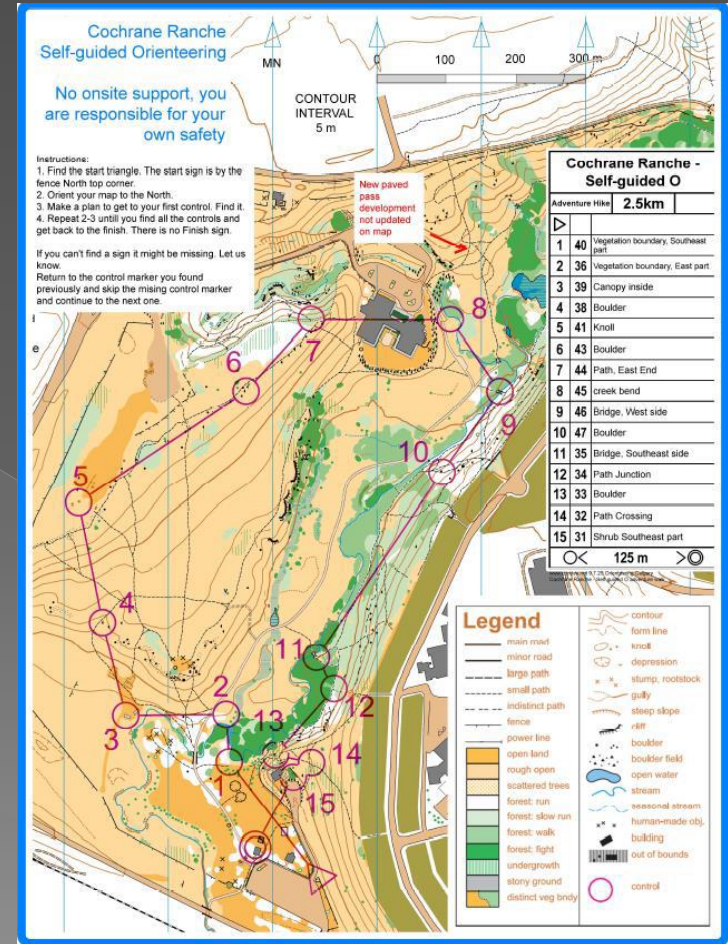


Originated from Scandinavia over a hundred years ago and has since spread throughout the world with international events and established World Championships.

- Generally 3 type of races:
- Sprint –urban, short distance (3-5 km)
- Middle –forest, technical (3-5 km)
- Long –forest, technical and long distance (5-10 km)

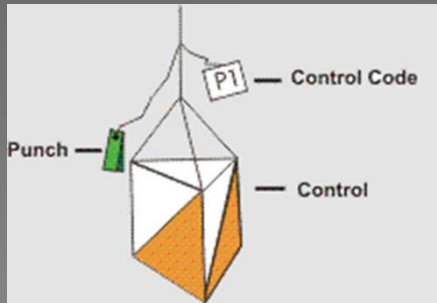
THE MAP AND SYMBOLS

- The map: is a special small-scale topo map with many details about the land and features
- The course: consists of a start, a series of controls to be visited in order, and a finish.



What are the controls?

- A control marks the location you need to find
- Old-school Punches or electronic timing
- The Control description help to know what are you looking for



NAME: The Forest Runner		START: 10:40					
CLUB: Ottawa Orienteering Club		FINISH: 11:12					
COURSE: Beginner		TIME: 32:00					
17	18	19	20	21	22	23	24
9	10	11	12	13	14	15	16
1	2	3	4	5	6	7	8

Baker Park Wed Night			
1. TRY IT	1.1 km (1063m)		
_short			
▷			
1 37	×		
2 35	↙		○
3 32	↙		
4 34	×		○
5 38	▲		○
6 39	↗		⊥
7 42	⌘		
8 41	↙		○
9 44	↙		<
10 40	■		○
○	100 m		⊙

Baker Park Wed Night			
1. TRY IT	1.1 km (1063m)		
_short			
▷			
1 37	Bench		
2 35	Forest corner, South edge		
3 32	Forest corner (Inside)		
4 34	Bench		
5 38	Monument or Statue, South side		
6 39	Wall, West End		
7 42	Shrub		
8 41	Forest corner, South edge		
9 44	Forest corner, West corner (inside)		
10 40	Gazebo, North side		
○	100 m		⊙

IOF Orienteering Map Symbols

Land forms

	Contour
	Index contour
	Form line
	Slope line
	Contour value
	Earth bank
	Earth wall
	Small earth wall
	Erosion gully
	Small erosion gully
	Knoll
	Small knoll
	Elongated knoll
	Depression
	Small depression
	Pit
	Broken ground
	Special land form feature

Water and marsh

	Lake
	Pond
	Waterhole
	Uncrossable river
	Crossable watercourse
	Crossable small watercourse
	Minor water channel
	Narrow marsh
	Uncrossable marsh
	Marsh
	Indistinct marsh
	Well
	Spring
	Special water feature

Rock and boulders

	Impassable cliff
	Rock pillars/cliffs
	Passable rock face
	Rocky pit
	Cave
	Boulder
	Large boulder
	Boulder field
	Boulder cluster
	Stony ground
	Open sandy ground
	Bare rock

Man-made features

	Motorway
	Major road
	Minor road
	Road
	Vehicle track
	Footpath
	Small path
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction
	Footbridge
	Crossing point with bridge
	Crossing point without bridge
	Railway
	Power line
	Major power line
	Tunnel
	Stone wall
	Ruined stone wall
	High stone wall
	Fence
	Ruined fence
	High fence
	Crossing point Building
	Settlement
	Permanently out of bounds
	Paved area
	Ruin
	Firing range
	Grave
	Crossable pipeline
	Uncrossable pipeline
	High tower
	Small tower
	Cairn
	Fodder rack
	Special man-made feature

Technical symbols

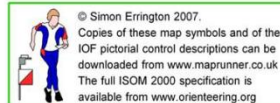
	Magnetic north line
	Registration marks
	Spot height

Vegetation

	Open land
	Open land with scattered trees
	Rough open land
	Rough open land with scattered trees
	Forest: easy running
	Forest: slow running
	Undergrowth: slow running
	Forest: difficult to run
	Undergrowth: difficult to run
	Vegetation: very difficult to run, impassable
	Forest runnable in one direction
	Orchard
	Vineyard
	Distinct cultivation boundary
	Cultivated land
	Distinct vegetation boundary
	Indistinct vegetation boundary
	Special vegetation feature

Overprinting symbols

	Start
	Control point
	Control number
	Line
	Marked route
	Finish
	Uncrossable boundary
	Crossing point
	Out-of-bounds area
	Dangerous area
	Forbidden route
	First aid point
	Refreshment point

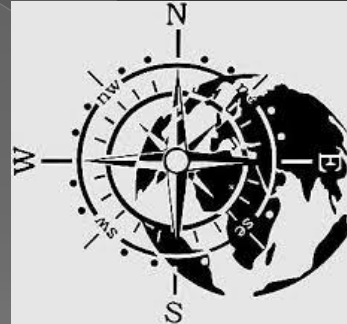


The Map Legend and Symbols

- Governed by IOF

- It's exactly the same all over the world

- ▶ Success, Self-Confidence,
- ▶ Knowing Your Own Limits
- ▶ Improves Concentration Skills
- ▶ and Direction Finding Enables
- ▶ Regular Exercise Enables Being
- ▶ in Touch with Nature Improves
- ▶ Decision-Making and
- ▶ Strategizing Ability Accepting
- ▶ Mistakes Learning from Wrong
- ▶ and Focusing on RIGHT



BENEFITS

WHY ORIENTIEER

Challenge yourself physically and mentally

As competitive as you want

Enjoy the outdoors

Gain navigational skills

Suitable for all ages
Alone or in a group



- 
- › Team Spirit Self-
 - › Confidence
 - › Communication
 - › Motivation
 - › Collaboration Tracking
 - › Seeing the Big Picture

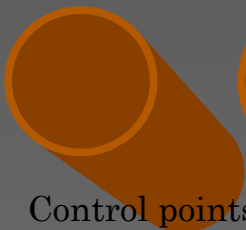
COMPETENCIES GAINED



With orienteering, you think in 3 dimensions and play chess with nature



Start



Control points



Finish

