

# Orienteering is cool, awesome and...

Map knowledge is today an important part of the school curriculum. Teachers need help in getting education materials and assistance in implementing their lessons to inspire student learning. School Orienteering can be used to help the school to achieve its goals while concurrently attracting a future generation of orienteers.

Sprint Orienteering on school property is both known and safe for students. Many details, continuous direction changes and frequent feedback when the students find the orange-white markers provide some very good educational experiences for students. They learn map skills, spatial understanding and decision making when selecting routes between controls. Mistakes can be rectified, and learning reinforced. They just need to get back to the beginning and start again. Sprint is better than forest orienteering for learning orienteering in a fast and simple way.

The aim of this leaflet is:

- to guide you through the basic knowledge of orienteering in a simple manner
- to make orienteering understandable and fun to carry out

This leaflet can not only be used by teachers but also by individuals to improve their personal orienteering skills.

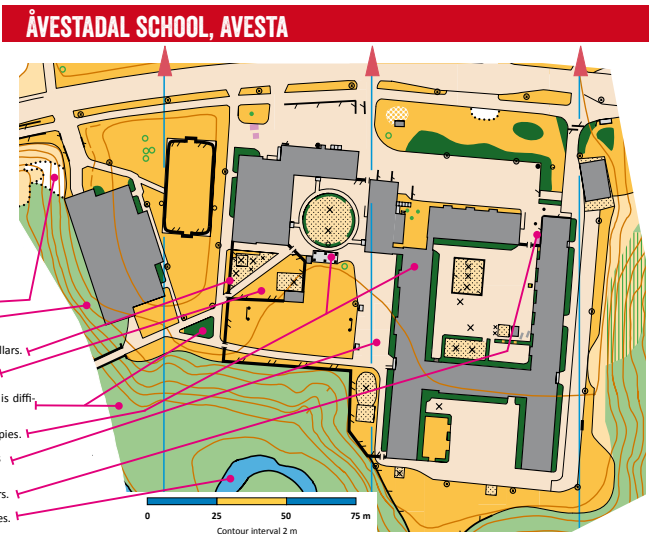
**Orienteering is Cool, Awesome and Educational!**

# STEP 1: The school map's colours and symbols

An orienteering map is usually drawn in five or six colours. Sprint and school maps have some more shades of the basic colours (see the colours below). Furthermore, school maps are drawn with a number of special details that are mostly found in a school yard e.g. lamp post, park bench, small pole (basketball hoop), flagpole, football goal, playground frame, etc.

- White** - Forest with good runnability.
- Brown** - Contour interval, hills, pits.
- Black** - Rocks, cliffs, roads, fences, walls, bridges, pillars.
- Yellow** - Open land as fields, meadows and lawns.
- Green** - Dense vegetation. Used when the terrain is difficult to run through or to highlight hedges.
- Grey** - Houses, buildings. Light grey highlights canopies.
- Light brown** - Paved or hard gravel surfaces such as roads, car parks, school yards.
- Pink** - Temporary buildings, outdoor café, containers.
- Blue** - Water: lakes, rivers, streams, ditches, marshes.

Find more information about WOD:  
[www.worldorienteeringday.com](http://www.worldorienteeringday.com)



**Join World Orienteering Day**  
"be part of something bigger  
- colour the world"



Legend	
[Symbol]	Forest
[Symbol]	Building
[Symbol]	Canopy
[Symbol]	Open land
[Symbol]	Undergrowth
[Symbol]	Open land scattered trees
[Symbol]	Open sandy ground
[Symbol]	Rough open land
[Symbol]	Paved area
[Symbol]	Dense vegetation
[Symbol]	Private area, flower bed
[Symbol]	Road, paved footpath
[Symbol]	Big and small footpath
[Symbol]	Impassable fence
[Symbol]	Passable fence
[Symbol]	Impassable wall
[Symbol]	Passable wall
[Symbol]	Impassable vegetation
[Symbol]	Vegetation boundary
[Symbol]	Minor watercourse
[Symbol]	Impassable cliff
[Symbol]	Football goal
[Symbol]	Big and small tree
[Symbol]	Prominent veg features
[Symbol]	Stair
[Symbol]	Big post/Lamppost
[Symbol]	Flagpole, small post
[Symbol]	Shower/Boulder
[Symbol]	Well/Man-made object
[Symbol]	Hill/Depression
[Symbol]	Knoll/Pit
NB! Forbidden to cross!	
Club: Dalaportens OL	
Info: <a href="http://www.dalaporten.se">www.dalaporten.se</a>	
E-mail: <a href="mailto:info@dalaporten.se">info@dalaporten.se</a>	
Contact persons: Lisa Silvermark and Linda Mattsson	
Mapper: Göran Andersson	
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# STEP 2: Red-to-Red

"Red-to-Red", or orientate the map, are some terms that occur repeatedly for beginners and elite orienteers alike. Applying these principles are vital for interpreting the map.

Constant repetition will reinforce this basic technique of orienteering. The map is a simplified image of reality. If the map is orientated incorrectly, the reality does not match the map. We cannot change reality but we can reposition the map to reality or, as we say "orientate the map".

Rotate the map until the red edge of the map and compass red north arrow form a "T", i.e. north arrow is pointing toward the edge of the map.

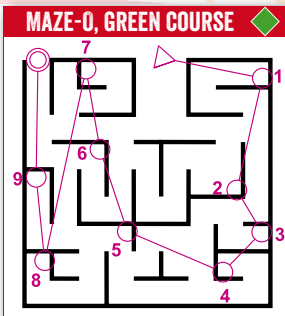
You are now orientated to reality.



## STEP 3: Orientate the map

The best exercise to learn "Red-to-Red" is to use e.g. a maze. Build a maze (9x9 m), use banners and plastic bands or string on the school yard asphalt surface or on a lawn. Put out some markers and make different courses (green, blue, red and black).

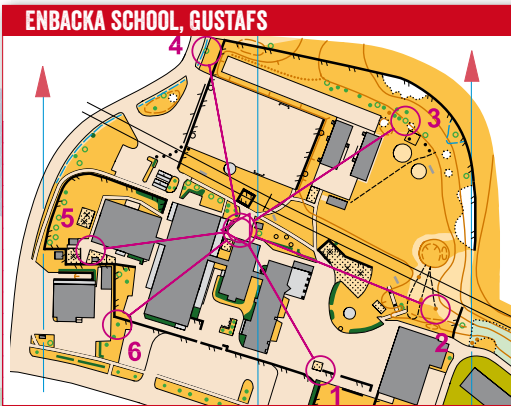
The students orientate the map by rotating the map using the compass and the "Red-to-Red" principle. Without compass, orientate the map to the terrain with the map's red edge toward the red edge in the terrain.



## STEP 4: Ready to go orienteering

Now you are ready to go orienteering on a real map in a well-known area, e.g. the school yard. The teacher directs students from the start and finish (same location). The instructions to "thumb your map" and especially "Red-to-Red" should be emphasised. When the students have orientated the map and made a decision how to run to the control the task is:

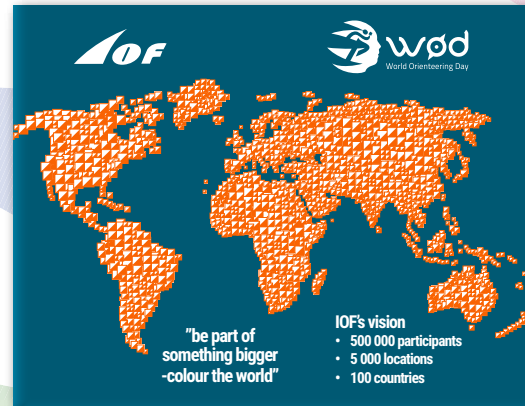
- The students navigate to the control, "punch" and run at full speed back to start/finish.



## Be part of something bigger

With the collaboration between schools and orienteering clubs, the **World Orienteering Day** may just become the most important activity for the global development of orienteering. All clubs can make a fantastic contribution that benefits both education at school and orienteering development of the sport to recruit youngsters. Please contact IOF (International Orienteering Federation) for more information:

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Göran Andersson; [byorienteering@gmail.com](mailto:byorienteering@gmail.com)



Let's GO  
ORIENTEERING