

# Orienteering



## Activity scope

This document relates to student participation in Orienteering as a curriculum activity. Orienteering is an activity in which participants navigate their way through an area using a map and compass. The aim is to find a series of control markers at natural and man-made features located on the map. Students can treat orienteering as a race to test their navigational skill or simply as a recreational activity.



## Minimum activity-specific qualifications for supervisors

- Demonstrated current skills in leadership, group management, technical capacities and safety requirements, including familiarity with the environment and emergency procedures.

*Medium risk activities (modified, semi-natural or managed setting with clearly defined containment features, e.g. parkland)*

- For a registered teacher:
  - Level 0 coaching qualifications from [Orienteering Australia](#) or [Orienteering Queensland](#), **OR**
  - Competence (demonstrated ability/experience) in the teaching of orienteering, **OR**
- For a leader other than a registered teacher, Level 0 coaching qualifications from Orienteering Australia or Orienteering Queensland.

*High risk activities (natural, generally unmodified setting with little, poorly-defined or no containment features, e.g. bushland)*

- An adult with Level 1 coaching qualifications from Orienteering Australia or Orienteering Queensland.

## Minimum activity-specific equipment/facilities

- Electronic and other equipment that can be damaged by water should be carried in water resistant containers. Leaders are responsible for determining the equipment to be carried by all participants.
- First aid:
  - nominated first aid officer
  - first aid kit suitable for the activity
  - medical alert list collated from information on medical consent forms before departure
  - first aid register, accident and illness reports
  - procedures for administering student medication.
- Orienteering compass, map (large-scale, e.g. 1:15000; 1:7500), emergency whistle, watch.
- Insect repellent.
- Emergency management plan.
- Permission and/or relevant permits from landowners and land-management agencies to enter their property.
- A copy of all courses to be used on the day to be kept by the teacher in charge of the activity.

## Activity-specific hazards/risks and suggested control measures

- Brief students on basic snakebite treatment.
- Ensure all start times are recorded and that all students report in to the finish, even if they have not completed their course.
- Ensure students are briefed on safety bearings and the time they must return.
- Ensure students are briefed on what to do if they become lost or injured.



- Ensure students bring appropriate clothing and footwear for all weather extremes.
- Ensure students wear appropriate shoes when crossing creeks, etc.
- Constantly monitor surroundings for deep creeks, water, etc.
- Avoid setting courses that cross dangerous/deep water.
- Ensure the suitability and competency of students participating in the activity.
- Avoid setting controls at the top of cliffs or other steep slopes.
- Constantly monitor surroundings for slip, trip and fall hazards.
- Be aware of hazards when setting courses.
- Survey the area to update the map where necessary.
- Follow a program of graded development in:
  - map and compass work
  - basic physical fitness
  - skills of the activity (such as bushwalking, canoeing, sailing, bicycling and pony trekking).
- Include instruction to participants regarding:
  - predetermined safety bearings
  - the need for students to proceed to a major feature if lost
  - use of the emergency whistle
  - the set finishing time and the requirement to return at that time, whether or not they have completed the course.
- Beginners orienteering within the school grounds or open parklands should work in pairs or small groups.
- Adhere to the requirements of permits from landowners and land-management agencies.

### Useful activity-specific links

- Orienteering Australia  
<http://www.orienteering.asn.au/>
- Orienteering Queensland  
<http://oq.asn.au/>
- Orienteering Queensland Coaching courses  
<http://oq.asn.au/coaching>

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