



Orienteering Program

Camp Counsellor Instructions

Camper Instructions:

1. Gather campers in a semi circle
2. Get campers to split into groups (2-3 Ideally)
3. Give each group a Compass, Map and Punch Card
4. Explain The Rules (Below)
5. Clearly Identify what campers are looking for (i.e Hole Punches with Flagging Tape)
6. Begin by giving campers a simple compass direction (At Counsellor's discretion)
7. Once the counsellor has confidence that the youth can navigate, let them go on their Orienteering Adventure!

The Rules:

Basic Information

Muster Point: McEwan's Landing

Appropriate Clothing: Sturdy Shoes and Hat

Absolute Maximum Time: 2 Hours

Does Each Group have a Time Piece? Y/N

Pre-Cautionary Measures

1. **Does Each Group Feel Comfortable Going Alone?** Y/N (Rearrange Groups)
2. **Does Everyone know where to come in case of an emergency?** (Muster Point)
3. **If you get lost, where do you come?** (McEwan's Landing)

Additional Notes

-Always travel with your group

-Make Noise

-DO NOT go anywhere dangerous. If it's hard to get to, mark it on your map and tell us

Note: Counsellor Must Never Leave the Muster Point

Be Safe, Have Fun!

Summary:

The Program: Orienteering Course

Section Specific?: Cubs, Scouts, Venturers

Program Time: 2 Hours

Location: Begin at McEwan's Landing

Equipment:

1. Orienteering Map
2. Compass'
3. Punch Cards (Simple Card Stock)
4. Time Piece (i.e Watch)
5. Instruction Sheet

Set Up Instructions:

1. Get Orienteering Box
2. Split everyone into groups
3. Hand out a Compass, Map and Punch Card out to each group
4. Explain the Rules/Pre-Cautionary Measures
5. Clearly identify what campers are looking for (Hole Punchers w/ Flagging)
6. Give bearing, ensure everyone is able to navigate

Safety Notes:

- All participants must be wearing appropriate footwear for walking long distance - preferably a hiking boot.
- All participants will know and follow the rules and boundaries of the course as set by the course instructor.
- Make sure the group knows the finishing time for the course at that at least one member of each pair/team has a watch.
- Make sure participants know where to find an adult in case of an incident or help.