

Log Cabin Camp

ACTIVITIES INSTRUCTIONS

ORIENTEERING

DESCRIPTION

Get lost! Well, we would hope not! Log Cabin Camp offers, through their Orienteering course, a great opportunity for people to learn to read a map, use their initiative, see our beautiful flora and fauna, work as a team and then find their way back!



INSTRUCTIONS

Orienteering is commonly a large group activity with an Instructor/Leader required for each group.

1. Activity Leader should collect equipment from Sports Room and proceed with group to the starting point which is the Main Hall.
2. Activity Leader should divide participants into equal size groups from three to six people.
3. Each group is then given a map, a pencil and a score sheet.
4. Activity Leader should instruct each group that they must locate and identify coloured markers which are marked on map and return to the starting point in shortest possible time.
5. Groups are then sent off at staggered intervals.
6. When all groups (including all individuals within groups) have returned, scores and times should then be collated and then winners can be nominated.
7. Activity Leader with groups should then return all equipment to Sports room.

NOTE:- A time of 45 minutes (approximately) is allowed to complete the orienteering course. If groups have not returned to the starting point after this time, locate on the campsite.

LOCATION

The orienteering course is located within the boundary of the Log Cabin Camp. The starting point is right alongside the Main Hall.

EQUIPMENT

Map, pencil and Marker ID Sheet (1 per group)
Answer Sheet
Stopwatch
One First Aid Kit

SAFETY GUIDELINES

- Individuals within groups to remain together.
- Beware of snakes, spiders and ants.

TIME TO ALLOW FOR THIS ACTIVITY: 40 minutes approximately

AGE SUITABILITY

Any age with competent adult supervision at all times.

RATIO

1:10. - it is recommended that there is one instructor/leader per 10 participants.

INSTRUCTOR EXPERIENCE

Instructors must have had previous experience instructing and supervising small groups in recreation activities. Instructors must be competent in map reading.

ASSISTING LEADERS EXPERIENCE

No previous experience is required for assisting leaders, however basic skills in map reading are required.

PARTICIPANT EXPERIENCE

No previous experience in the activity is required. Level of difficulty suitable for Primary School students.

INSTRUCTOR RESPONSIBILITY

The Instructor is responsible for camper supervision and behaviour at all times, this includes the supervision and behaviour of campers at the activity and to and from the activity. The instructor is also responsible for:-

- Ensuring first aid requirements are met.
- Briefing participants and leaders on rules and requirements of activity.
- Ensuring that all the equipment is returned to the program room at the end of the activity.

PARTICIPANTS RESPONSIBILITY

Participants are responsible for adhering to the instructions of the instructor.

ASSISTING LEADERS/INSTRUCTORS RESPONSIBILITY

Leaders will be responsible for the supervision, behaviour and safety of the participants.

PARTICIPANTS CLOTHING AND ACCESSORIES

Clothing suitable for weather conditions, Solid footwear, sunscreen, sun hat, and water (when necessary)

FIRST AID REQUIREMENTS

Seek qualified First Aid person if need arises.