

## **Title: Instructions for Teachers/Leaders for Orienteering Activity**

### **Body text:**

There are three small loops for starting to orienteer in the park. You can start by walking with your group around one of the small loops and showing them what the posts look like, how to read and orientate the map, how to check you are at the correct place and noting down the third character on the post. The map should be orientated or "set" at each turn to match the ground.

Then send the students out on one of the three loops where they can practice orienteering close to the start/stop and build up confidence. By having 3 loops this allows for three sets of students to start at the one time. Leave a 2 or 3 minute gap before the next group of students are sent out on the courses. Some students can do the loops in reverse. If all the class go on the same course then they can follow each other and not make any orienteering decisions.

Orienteering is a solo sport and older students will learn the most by going on their own. Sending students in pairs is also a good option.

Check that the students found the correct controls on their loop by using the [answer sheet](#). The speedy students can then try a different loop.

Once the students are confident with the loops then can then do one of the short courses. The short courses are all of the same difficulty. By having 3 courses again a large group of students can be catered for.

Set a time to return to allow for students getting lost of the courses The medium and long courses are longer and more technical. Move students who are finding the short courses easy onto the medium course. Most importantly have fun and enjoy the beautiful park of Ardgillan Castle!