**ORIENTEERING**

Document last updated by Jenny Lantry 26/05/17

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| **PURPOSE** | Links with National Curriculum  Personal challenge.  Group/shared responsibility, problem solving, co-operation, team building.  Create an activity and an atmosphere where an element of perseverance is required for success. | **OUTCOMES** | Understanding of orientation, scale and distance  Sense of achievement and meeting challenge, building both team and self esteem.  Shared responsibility, trust in peers and safety awareness  Enjoyment and 'fun factor'  'Real life' consequences for planning, co-operation, communication etc.  Introduction to an accessible lifetime activity / sport |

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|  | **Required** |  | **Required** |
| **EQUIPMENT CONCERNS** | Students on forest / off site events to wear long trousers and long sleeves  Regular check of course in grounds  Students have watches  All participant groups to have a least one map per group  Participants should have a whistle or other means of drawing attention when off site  Archery activities to be checked and avoided | **ENVIRONMENTAL CONCERNS** | Briefing for night 'O' events to stress safety and caution.  Varied location of controls, if necessary, to minimise damage and path creation.  When not using permanent course, use of canes for hanging controls off site.  Torches for night 'O' events on-site.  Awareness of other users in plantations (eg mountain/motor bikers) and extra safety precautions if necessary |

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|  | **Before starting activity** | **Pre-session briefing** | **End of session** |
| **STANDARD OPERATING PROCEDURES** | * Suitable footwear and clothing * Any medication to be kept at hand * Weather check * Assess the group size in relation to prevailing conditions, location and group ability and tutor/adult/student ratios. * Check archery range is not being used | * An appreciation of others using the area * Group control, boundaries, traffic awareness, emergency procedures and how to re-locate * Group sizes must be no less than two * Where to find Groups leaders during activity | * Return maps, pencils and any other centre equipment * De-brief the group * Complete Session Sheet and any other paperwork necessary |

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| Minimum Leader Qualification | In house assessed | Minimum Assistant Qualification | Responsible Adult with relevant experience |
| Max group size with Leader | 12 | Max group size with Assistant | 20 |

Leaders must have an up to date and relevant First Aid.

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| **Hazard** | **Who’s at risk** | **Control measures** | **Risk (minimal, manageable, unacceptable)** |
| Getting lost | Participants | Progressive levels and groups to carry whistles and being | Minimal |
| Tripping / falling over | Staff & Participants | Check shoelaces, warning about rough or slippery terrain, control speed going down hill | Minimal |
| Abrasions and cuts | Staff & Participants | Wear long trousers and tops | Minimal |
| Sheep tics (limes disease) | Staff & Participants | Wear long trousers and tops warn groups about what to look for and to sec medical advice if found | Minimal |
| Being hit by a motor bike/mountain bike | Staff & Participants | Find out about events by DAFF and avoid areas affected  On-site control in car park | Manageable |
| Weather changes | Staff & Participants | Instructor to have an up to date forecast and be aware off the local environment | Minimal |
| Walking out of the mapped area | Participants | Staff to placed vulnerable areas | Manageable |
| Medical Emergency | Staff & Participants | Communications to be carried at all times as well medical sheets available for paramedic use  Personal medication should be carried at all times | Manageable |
| Bee / wasp stings | Staff & Participants | 1st aid kit to be carried by staff and any participants with allergies to carry personal medication with them | Manageable |

**Locations -** Maps for specific locations and teaching material can be found in the Orienteering folder on the Ardwhallan Google Drive.