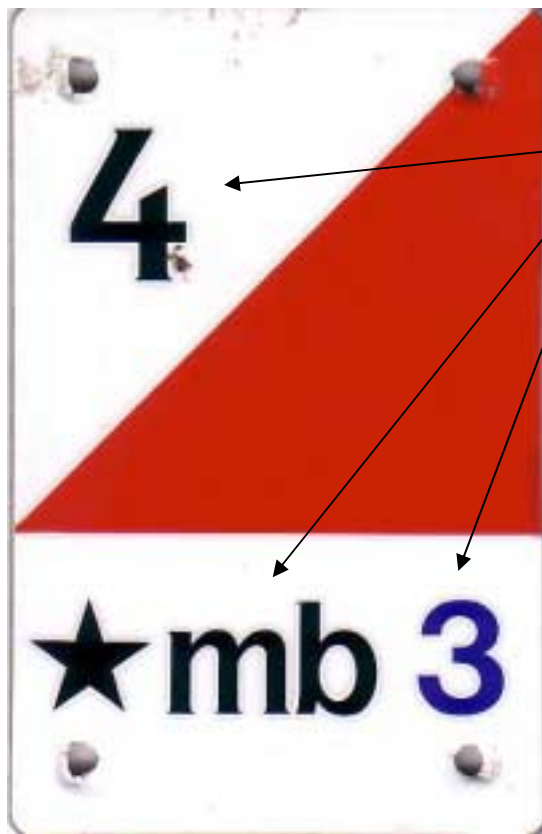


Notes for teachers / leaders to use permanent orienteering courses.

- Overview
- Star O
- Line O
- Score O
- Planning and Organisational notes
- Beccles course
- Corton Course
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Overview

Orienteering requires the use of a map to find markers or control points. The fastest person around the course, finding all the control points is the winner. The permanent courses can be used to develop navigation, team work, fitness, decision making etc. The courses use small metal plates that are fixed to permanent features. The metal plates have an identification number, code letters and score letters.



This is an example of a marker

Identification number

Code (some times the code is red)

Score

Star Orienteering.

This is a good starting point, unfortunately the permanent courses are not readily set up for this. Each person/ group go and find one point and then come back to the central point. With this it is very easy to see if they understand the map and what they are doing. Each map only has one marker on it and they come back to the central point each time in this way they appear to trace a star on the ground hence the name.

Lowestoft District Scout Association have a permanent orienteering course on their campsite at Heeringfleet the first 15 markers of this course are ideal for a star course. This site does not have public

access, but access may be granted by the association, see appendix 4 links for details of the contact.

Line Orienteering

Here you go from point to point. The maps have all the points on and you are given the order in which to visit the points. In this case starting at 1 and going up or starting at 10 and going in reverse. This is the most commonly used form of orienteering.

Score O

This is for experienced groups who need an extra challenge. The participants are given a fixed amount of time around 15-25 mins. The aim is to get as many points in that time. It is about strategy, do you go for lots of the easier markers that are worth fewer points or get less of those that are worth more points. Knowing your group is important as the key is to set a time limit that will not allow them to get all the markers, so that they will have to make a choice.

Planning and Organisational notes

- Plan carefully
- Try the course before you use it with a group
- Will they do it as individuals or in small groups, 2-4 in a group. Beccles and corton are public areas, so groups are recommended.
- Groups must stay together unless someone is hurt, in which case 1 person should stay with the injured and 1-2 go for help.
- Where will you and others be if they need help?
- Make sure you have 1st aid kits with you.
- Will they carry whistles (not around the neck)
- Think about clothing they should wear, long legs and sleeves (even in the summer) suitable footwear, will probably get muddy.
- Give a clear briefing which should include:
 - o You do not need to cross any fences or roads, if you think you do you have gone the wrong way.
 - o Where you will be and that they should come to you if they are lost etc.
 - o Be careful to lookout for dogs mess.
 - o Stranger danger
 - o Respect for others and the environment (noise, litter)
 - o Finishing time and or signal (horn etc)

Beccles course

The Beccles course is on Beccles common, this is common land managed by the Beccles Town Trust who have given permission for the orienteering markers. There are 15 markers on the common, they basically go in a big loop around the common. There are lots of other users of the common, dog walkers, golfers and sometimes cattle, so care is needed not to upset these users. Often markers 1- 10 are used. Number 2 can be difficult to find especilly when the undergrowth is high and green. You can start groups at different points, eg group A starts at 3, group b starts at 6, and group c starts at 9. The staff can either stay in one area or move with groups. Using the points 11-15 means that groups will have to go around the “island” an out of bounds area, which makes them harder to track.

If travelling to Beccles by minibus, I recommend parking outside the main car park, there is room just near the bike track. Care is needed especailly around the carpark for dogs mess. Currently – March 05 Marker 15 is missing, but should be replaced soon.

Corton Course

The Corton Denes course was only finished at the end of February 2005. It is a joint project between The Ashley School, Waveney District Council and Suffolk Community Education. There are 10 markers across the Denes. This course is more advanced than Beccles and is not recommended for inexperienced groups.

If travelling by minibus parking is difficult as the car park entrances are restricted in width. Marker 5 is the furthest away and is a long way from number one. Either miss this one out or

place a member of staff in the area of number 5. A good view point is at the top of the cliff numbers 7-8 where a lot of the course can be observed.

Appendix1 Beccles answer sheet

NO	Description	symbol	letters	Score
1	Bench	▶◀	ng	2
2	Path junction (just in Gause)	■▪	ri	2
3	Tree	■	ee	4
4	Tree near depression	★	ent	3
5	Tree on knoll	◆	rie	4
6	Fence/gate	▲	oro	4
7	Tree in depression	◆	tf	4
8	Path / dyke (dry) junction	●	ea	6
9	Building	♥	sgr	3
10	Tree	?	ni	6
11	Gate	♠	mm	7
12	Bench	↔	co	7
13	Missing/ bench	?	es	5
14	Thicket	♣	cl	3
15	bench	Ω	bec	2

The will spell Beccles Common Orienteering if all 15 are collected.
 Markers 4 and 10 are becoming over grown by the trees an can be a bit difficult to read.
 Especially the symbol at 10 and the score at 4.

Appendix 2 Corton answer sheet

NO.	Location	Letter	Score
1	wall	uoc	1
2	Life belt	esr	1
3	post	gni	2
4	Post	ree	4
5	Wall at the bottom of tramps ally	tne	4
6	Pill box	iro	4
7	Ruined pill box	sff	3
8	Pill box	ilc	2
9	Pill box	not	2
10	Pill box	roc	2

Letters spell **corton cliffs orienteering course**

Appendix 3 Score cards

All competitors must report to the finish							For Official use Only			Complete and hand this section in at the start Vehicle reg No. _____ Name _____ Club _____ Course _____ Finish _____: _____ Start _____: _____ Time _____: _____
			Name _____				Finish _____: _____			
			Class _____		Course _____		Start _____: _____			
			Club _____		Start time _____		Time _____: _____			
21	22	23	24	25	26	27	28	29	30	Name _____
11	12	13	14	15	16	17	18	19	20	Club _____
1	2	3	4	5	6	7	8	9	10	Course _____
										Finish _____: _____
										Start _____: _____
										Time _____: _____

All competitors must report to the finish							For Official use Only			Complete and hand this section in at the start Vehicle reg No. _____ Name _____ Club _____ Course _____ Finish _____: _____ Start _____: _____ Time _____: _____
			Name _____				Finish _____: _____			
			Class _____		Course _____		Start _____: _____			
			Club _____		Start time _____		Time _____: _____			
21	22	23	24	25	26	27	28	29	30	Name _____
11	12	13	14	15	16	17	18	19	20	Club _____
1	2	3	4	5	6	7	8	9	10	Course _____
										Finish _____: _____
										Start _____: _____
										Time _____: _____

All competitors must report to the finish							For Official use Only			Complete and hand this section in at the start Vehicle reg No. _____ Name _____ Club _____ Course _____ Finish _____: _____ Start _____: _____ Time _____: _____
			Name _____				Finish _____: _____			
			Class _____		Course _____		Start _____: _____			
			Club _____		Start time _____		Time _____: _____			
21	22	23	24	25	26	27	28	29	30	Name _____
11	12	13	14	15	16	17	18	19	20	Club _____
1	2	3	4	5	6	7	8	9	10	Course _____
										Finish _____: _____
										Start _____: _____
										Time _____: _____

Appendix 4 Links

<http://www.britishorienteering.org.uk> The British Orienteering Federation (BOF)

<http://www.pdl.demon.co.uk/suffoc/> Suffolk Orienteering Club

<http://www.norfolkoc.co.uk/> Norfolk Orienteering club

Herringfleet Scout Campsite, Campsite Secretary, Mr. D. Lilley, 9, Drakes Heath,
Lowestoft

<http://www.ashley.suffolk.sch.uk/> The Ashley School,

<http://www.ashley.suffolk.sch.uk/oed.htm> Outdoor Education pages.