



ORIENTEERING

COURSE SUMMARY:

This course will provide you with the skills necessary to navigate a route in both an urban and rural environment. We will learn how to read an Ordnance Survey map, use a hand-held compass, make use of GPS technology and use some basic phone applications such as OS locate and WhatThreeWords. You will use these skills to navigate your way around routes set in various environments. A reasonable level of fitness is desirable, although we will have plenty of opportunity to take a rest as we make our way through each orienteering course.

ENTRY REQUIREMENTS:

- A reasonable level of fitness is desirable as some of the walks will be along unsurfaced paths. Appropriate footwear and outdoor clothing



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Learn how to** read and follow an OS MAP
- ✓ **Explore GPS** technology
- ✓ **Learn how to** use a handheld compass
- ✓ **Participate in** various group walks and orienteering activities

PROGRESSION FROM THIS COURSE:

- Realise Futures Spring Watch
- Allotment Sow and Grow

