

## Trainer Level / Basic Orienteering Skills

### What is Orienteering

Orienteering is a sport in which participants called orienteers use a compass to find specific points on a landscape. In this case the landscape is Loop E in the Little Bennett Campground.



### How to Orienteer

The first thing you have to do is to set the bearing. To do this, rotate the face of the compass until the small tick mark lines up with the needed bearing. Turn your body until the red end of the compass needle lines up with the N / NORTH marks on the dial. The arrow at the end of the compass will tell you what direction to walk in. Then walk that direction for the distance that is stated. You will find out your pace for the distance in the next step.

### Preparation for the course

Find out how long your pace is by doing the pacing station located in the far end of the parking lot. Divide the number of steps it took you to complete the pacing station by 3. This new number is your pacing index. Your pacing index tells you how many steps it takes you to walk 10 feet. Second locate the telephone pole to the left of Hawks Reach (when you are facing Hawks Reach). The telephone pole is the beginning of the course. Note: Metric is typically the standard measurement used by orienteering clubs and during orienteering events.

### Completing the Course

Starting positions are in the first column and Ending Positions are in the 2<sup>nd</sup> column. The 3<sup>rd</sup> and 4<sup>th</sup> columns indicate directions to get from pole to pole. Notice the comments on the far column; they will give you helpful tips in completing the course. Lastly there are some parts of this course that require you to do 2 bearings to get to the next pole. For example to get from Pole G to Pole H, you have to set your compass to 185° and walk for 220 feet, stop, then reset your compass to 100° and walk for 300 feet.

Bearings for this course are on the back. So, turn this page over, and get started navigating your way around the campground.

<b>BEGINNING</b>	<b>END</b>	<b>BEARING</b>	<b>DISTANCE</b>	<b>COMMENTS</b>
Telephone Pole	Pole A	330°	200 feet	The telephone pole is right next to Hawks Reach
Pole A	Pole B	10°	400 feet	Start at the tip of the arrow on the road
Pole B	Pole C	270°	111 feet	
Pole C	Pole D	310°	288 feet	Start on the main path next to Pole C
Pole D	Pole E	320°	152 feet	Start on the path next to Pole D
Pole E	Pole F	270°	325 feet	
Pole F	Pole G	350°	409 feet	
Pole G	Pole H	Part 1: 185° Part 2: 100°	Part 1: 220 feet Part 2: 300 feet	After the first part this bearing you should be on the corner of the basketball /multi-use court
Pole H	Pole I	Part 1: 165° Part 2: 110°	Part 1: 81 feet Part 2: 105 feet	After the first part you should be by the Loop E playfield sign
Pole I	Pole J	166°	439 feet	
Pole J	Telephone Pole	Part 1: 148° Part 2: 120°	Part 1: 324 feet Part 2: 189 feet	After part 1 you should be right next to a stop sign.