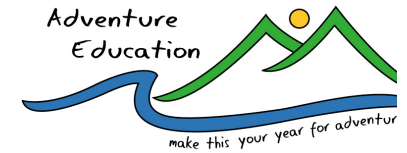


ORIENTEERING



Document last updated by Jenny Lantry & Paul Melling 02/02/12

PURPOSE	<p>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.</p>	OUTCOMES	<p>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</p>
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EQUIPMENT CONCERNS	<p>Required</p> <p>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</p>	ENVIRONMENTAL CONCERNS	<p>Required</p> <p>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</p>
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STANDARD OPERATING PROCEDURES	<p>Before starting activity</p> <ul style="list-style-type: none"> • 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 	<p>Pre-session briefing</p> <ul style="list-style-type: none"> • 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 	<p>End of session</p> <ul style="list-style-type: none"> • Return maps, pencils and all 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
Max group size with Leader	12	Max group size with Assistant	20

Leaders must have an up to date and relevant First Aid

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 shoe laces warning about run in a controlled manner	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	1 st aid kit to be carried by staff and any participants with allergies to carry personal medication with them	Manageable