

ORIENTEERING

1. Introduction:

Orienteering is a group of sports that requires navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at speed. Participants are given a topographical map, usually a specially prepared orienteering map, which they use to find control points. Originally a training exercise in land navigation for military officers, orienteering has developed many variations. Among these, the oldest and the most popular is foot orienteering.

2. History:

The history of orienteering begins in the late 19th century in Sweden, the actual term "orienteering" (the original Swedish name for orienteering, "orientation") was first used in 1886 and meant the crossing of unknown land with the aid of a map and a compass. In Sweden, orienteering grew from military training in land navigation into a competitive sport for military officers, then for civilians. The name is derived from a word root meaning to find the direction or location. The first orienteering competition open to the public was held in Norway in 1897.

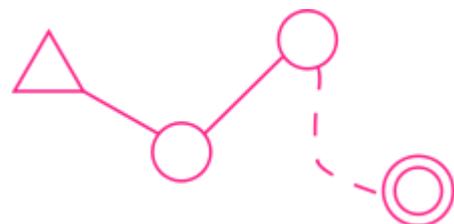
3. Basics:

The competition, or race, is intended to test the navigational skill, concentration, and running ability of the competitors. **High levels of fitness and running speed** are required to compete successfully at an international or elite level. To ensure fairness between competitors the map is not usually provided until the start, and starts are normally staggered with competitors starting at not less than one-minute intervals.

The objective on each leg is to follow the fastest route between controls. The fastest is not always the shortest route, and can depend heavily on route choice.

Orienteering competitions **use specially prepared orienteering maps.** They are topographic maps although much more detailed than general-purpose maps. The map scales are 1:15.000 or 1:10.000, with grids aligned to magnetic north. Map symbols are standardized by the International Orienteering Federation and designed to be readable by any competitor regardless of background or native tongue. ([click to see a orienteering map](#))

Orienteering events offer a range of courses, of varying physical and technical difficulty, to meet the needs of competitors. The orienteering course is marked in purple or red on a map. **A triangle** is used to indicate the start and a **double circle** indicates the finish. **Circles** are used to show the control points.



Control points are placed on features on the map that can be clearly identified on the ground. **Control points are marked in the terrain by white and orange "flags"**.



Competitors receive a "**control description sheet**" or "**clue sheet**" which gives a precise description of the feature and the location of the kite, e.g., boulder, 5m, north side. For experienced orienteers the descriptions use symbols (pictorial), in accordance with the International Orienteering Federation Control descriptions.

Each competitor is required to carry **an electronic or paper control card**, and **to present it at the Start and hand it in at the Finish**. The control card is marked by some means at each control point to show that the competitor has completed the course correctly. Most events now use electronic punching, although cards and needle punches are still widely used.

The winner is normally the competitor with the fastest time, but other scoring systems can be used, e.g., score events and Trail-Orienteering.

Each competitor is responsible for his or her own safety. There are no rules, but there are guidelines, which should be followed. **The basic safety check was the stub check.** The competitor hands in his stub at the start and his control card at the finish. Event officials match the two and any unmatched stubs represent a missing competitor. All competitors must report to the finish whether they have completed the course or not.

Pace count: play orienteering the only tools that you can use are maps and compass. To measure distance you only can use your pace counting. To do it, you should to count the number of steps in 100 metres, and then, estimate the distance with a rule of 3.

It is important to do it running too, due to orienteering is a game in which the time is your result.

Opisy punktów									
M16		4,1 km		120 m					
▶		⋯	×						
1	40	↘	∩						
2	53	↘	∩						
3	46	↓	∩						
4	57) (
5	32) (
6	58		▲						
7	47	↙	∩	∩					
8	48		↗			⊥			
9	49		■			∩			
10	100		⋯	⋯	×				
○ --- 180 m --- → ⊙									

Compass: There are many types of compasses ranging from tiny thumb compasses to complex high-tech gadgets. For most hikers and outdoors guys like us, an orienteering compass works just great and that is what we'll discuss here.

Not all compasses include each of these parts and some compasses include even more.

Baseplate: hard, flat surface on which the rest of the compass is mounted. It has a ruler on its edges for measuring distances on maps. Its edge is straight and useful for laying lines on a map

Scales: each edge of a compass may have different rulers for use with different map scales

Direction-of-Travel Arrow: marked on the base plate. You point this the way you will be traveling

Magnifier: for seeing small map features better

Index Pointer: butt end of the direction-of-travel arrow. It ends right at the edge of the dial and is where you take degree readings

Dial: ring around the housing that has degree markings engraved. You hold the dial and rotate it to rotate the entire housing.

Orienting Arrow: marked on the floor of the housing. It rotates with the housing when the dial is turned. You use it to orient a compass to a map.

Orienting Lines: series of parallel lines marked on the floor of the housing and on the base plate.

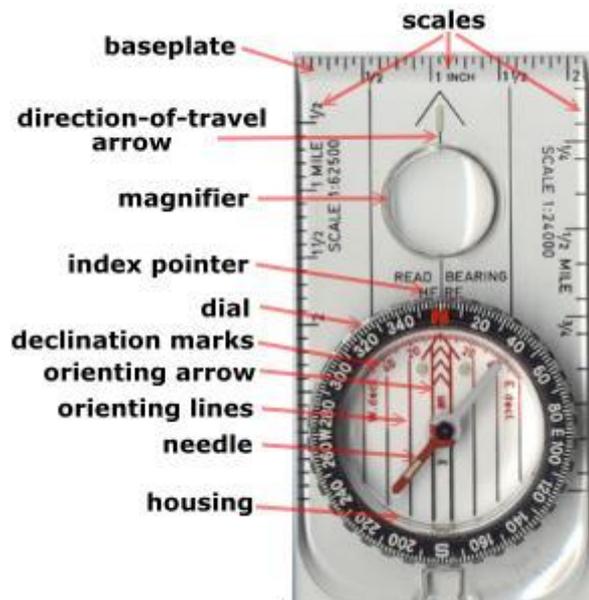
Needle: magnetized piece of metal that has one end painted red to indicate North. It sits on a fine point that is nearly frictionless so it rotates freely when the compass is held fairly level and steady.

Housing: main part of the compass. It is a round plastic container filled with liquid and has the compass needle inside.

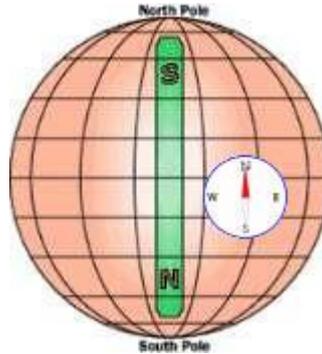
Bubble: a bubble of air in the housing liquid is useful for making sure you are holding the compass fairly level.

How a Compass Works.

There is a huge magnetic field around the earth. It is huge, but it is not very strong. The magnetized needle in a compass is aligned with this magnetic



field. As the image below shows, the composition of the earth acts as a huge bar magnet sitting upside down in the middle of the planet. Since its South end is at the North Pole and its North end is at the South Pole, the North end of a compass needle is pulled north.



Your compass has to have a very light needle sitting on a pivot that has almost no friction. This is because the earth's magnetic field is weak and would not be able to turn the needle. You can even make your own compass just for fun.