

Orienteering in Epping Forest

Orienteering in Epping Forest – Full day option

Working with a partner, pupils will be introduced to features of maps including symbols and scale. They will be shown how to use a compass to orientate the map.

In the forest pupils will practice these skills through star orienteering, this involves finding the orienteering flags and returning to the start point for checking. When confident they will then attempt the full orienteering course.

Please ensure that you bring at least one extra responsible adult when undertaking this activity to ensure safe supervision.

Learning objectives

- to use a map and compass to navigate a route around an unknown area
- to collaborate with others in a group to solve a problem or make a decision
- to develop some of the skills involved in group work, such as negotiating, problem-solving, debating



Some suggestions for visit preparation

1. Look at a variety of maps and discuss what they show including scale and keys.

Follow on suggestions

1. Drawing a map. Pupils could draw a map of the school and use it to find different places
2. Collect a variety of different maps, e.g. theme parks, shopping centres, town plans and get pupils to plan different routes.

National curriculum links

Geography

Geographical skills and fieldwork

- use the 8 points of a compass, symbols and key to build their knowledge of the United Kingdom and the wider world

Physical education

- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

PSHE guidance

- to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions

EVENT SPECIFIC RISK ASSESSMENT

Visit details: **Orienteering in Epping Forest**

Carried out by: Suntrap Forest Education Centre

Date: February 2014

ISSUE List significant hazards which may result in serious harm or affect several people.	HOW TO MANAGE IT What procedures will we have? (Control measures)	Who to inform
Danger of children getting lost	Stay together at all times in pairs	Pupils
	Work together as a team	Pupils
	Do not cross roads	Pupils
	Obey instructions on hazard posts	Pupils
Horses bolting/ rider not in control	Be quite and still as horse passes	Pupils
	Cover bright shiny papers e.g. map/instructions	Pupils
	Do not stroke any horse	Pupils
Dogs (jumping up/bite)	If a dog comes near keep still and fold arms	Pupils
	Do not stroke dogs in the forest	Pupils
Trip/slip/fall/injury	Do not run	Pupils
	If injury occurs stay together	Pupils
	All Suntrap staff to carry first aid kit	Suntrap staff
Road safety	Groups to be escorted by responsible adult to start and back to Suntrap	Suntrap staff, visiting teachers
	Walk along road in single file	Pupils, visiting teachers
	Cross road using a "Suntrap line"	Pupils, visiting teachers

You must also ensure that appropriate persons are aware of any *Generic* procedures, but these do not need to be repeated here. The activity must only take place if the residual risk following implementation of control measures is deemed to be low.