Orienteering in Epping Forest

Orienteering in Epping Forest – Full day option
In the classroom, we will introduce each pair to the features of maps including symbols and scale. They will be shown how to use a compass to orientate the map.
In a small area of the forest we may practice these skills through star orienteering, this involves finding the orienteering flags and returning to the start point for checking. When confident each pair will then attempt the full orienteering course, which will be timed. It takes on average 30 minutes to complete.
Please ensure that you bring at least two extra responsible adults when undertaking this activity to ensure safe supervision. We will position adults at different points around the forest.

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.
2. Work out how to find North on a compass.

Follow on suggestions

1. 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 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 Centre | Date: Jan 2019

Issue	How to manage it
Understanding/behaviour	Class teacher to advise Suntrap staff of any children who may need extra support out in the forest to help them to follow instructions. School to ensure that there is appropriate adult: children ratios as required.
Medical conditions	Suntrap staff to check that school staff brings medication out into the forest. All adults to be made aware of any medical conditions. Suntrap staff will carry a first aid kit.
Getting lost	School staff to be taken to the check points by Suntrap staff and shown where the children can and cannot go. Children to always stay with partner/group. Children are instructed to stay where they are or retrace their steps if they get lost. Suntrap starter must ensure that each pair is going in the correct direction to find their first flag. Each pair to be given a number & tick off their number on the check list at each orienteering flag. Suntrap starter to record names of children & the colours they are wearing on the recording sheet. This to be photocopied & given to all staff involved in the orienteering.
Choking/Poisoning	No eating outside unless directly instructed by Suntrap staff.
Falling branches	During extreme weather conditions Suntrap staff will make an assessment to ensure it is safe to enter the forest.
Injury from horses/dogs or bikes	Group to be instructed to stand to the side, be quiet and still when horses, dogs or bikes are near.
Accident when crossing the road	Group to be instructed on follow safe procedures for crossing roads (**Suntrap Line**). No one to walk across the cattle grid. Children are instructed not to cross any road unless instructed.
Injury through falling & throwing	Climbing of trees and throwing sticks/stones prohibited.
Getting wet/cold	Clothing should be appropriate for weather conditions. i.e hat, coat and gloves.
Soil borne disease	Children instructed not to put fingers in mouth during/after activities which include handling plants, soil and sticks. Hands should be washed with warm soapy water before eating lunch/snack.