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Orienteering

INTRODUCTION

Orienteering is an exciting and challenging outdoor sport that exercises both mind and body. The activity can be delivered on site or in other locations such as Grizedale Forest and Torver Common.

VENUE

On site using Thurston grounds. Any other suitable location within the remit of the instructor.

STAFFING

- Ratio: May vary depending on requirements of the group.
- On site - approved by Head of Centre or Instructor in Charge.
- Off site - leader should have relevant qualifications appropriate to the operating environment. Ratio: normal instructor to participant ratio.

EQUIPMENT

- Adequate clothing for the conditions and terrain.
- The centre provides maps, compasses and whistles as appropriate.

OPERATING CONSIDERATIONS

- Participants should be carefully briefed about emergency procedures and 'lost routine'. Consideration should be given to potential hazards and participants being attracted to them i.e. water, quarries and mines.
- Clear instructions should be given to the participants about any hazards, and if deemed necessary, appropriate areas supervised.
- Students should be made aware of appropriate behaviour relevant to environment and activity being undertaken.
- Groups must be instructed to stay together except in extreme emergencies.
- Recommended that if groups are out in the dark adequate torches are taken.
- If participants are given equipment to use in an emergency then clear instructions on its use must also be given.
- A methodical system of checking out and checking in group members must be in place.
- The group should be aware of the boundaries of the exercise.
- Group briefed on use of navigation equipment.
- Consideration given to size of teams with regards to location of activity, environment, weather, ability and age.