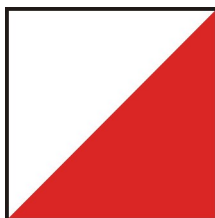


Garners Field Orienteering Pack

Version 3 February 2020



Welcome to the Orienteering Course at Garners Field Scout Campsite.

This pack includes maps of the course with the 15 control markers around the campsite and full instructions on how to use it; from a basic compass work exercise to a full event on one of the three permanent courses.

A Quick Start Guide and Maps are in the Appendix at the back.

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Quick Start Guide and Master Map

Permanent Courses and course descriptions

Acknowledgements:

Farnham District Scouts are indebted to the local Orienteering club, Southern Navigators, who produced the first map of Garner's Field and to Peter Stagg (a former 11th Farnham Scout) who designed and wrote this guide to Orienteering.

1.0 Introduction to Orienteering

Orienteering means maps, forests and adventure. It doesn't matter how young or old or fit you are. You can run, jog or walk. You go at your own pace, and choose your own routes between the red and white markers. If you like excitement, fresh air, and exploring the countryside -orienteering could be the sport for you!

Orienteering is a sport where competitors navigate their way between control points marked on a specially drawn map. There are various orienteering disciplines, of which *Foot-O* is the most common. For these events, courses vary in length from about 2km for beginners and children to over 12km for experienced adult orienteers. At any orienteering event there will be a range of courses suitable for newcomers and for experts.

Orienteering can be practised almost anywhere in the world, in all kinds of terrain from parks to deserts. Orienteering terrain varies from dense, impassable bushes to treeless areas, and from mountains to plains. There are several different forms of orienteering. The International Orienteering Federation (IOF) is the world governing body for foot-orienteering, ski-orienteering, mountain bike orienteering and trail orienteering.

Competitive orienteering involves using a detailed map and a compass to navigate one's way round a course with designated control points that are drawn on the map. On the route, orange and white control markers are set in the places that correspond to the points on the map. The competitors punch their control cards at each control point. The winner of the competition is the participant who has used the shortest time to visit the control points in numerical order. Fast running alone does not make you a winner. You must also choose the best route between the control points and find the markers without wasting unnecessary seconds.



Orienteering is a perfect outdoor activity for schools. It has challenging courses for all ages and abilities, and can be used as an element in the National Curriculum for PE, Geography and Mathematics. It is an activity that can be done in the school playground as well as the countryside.

1.1 The four orienteering disciplines



Foot Orienteering is the original form of orienteering: cross-country running or walking using a map and compass to find your way through a series of control points marked on the map. Foot-O originated in Scandinavia 100 years ago, but is now a popular competitive sport in all parts of the world.



Ski Orienteering is orienteering on skis, using cross-country trails. Ski-O is a well-established sport and a strong candidate for inclusion in the winter Olympics.



Mountain Bike Orienteering is the most recent development of the sport. It is orienteering on mountain bikes using trails and bridleways.



Trail Orienteering sometimes called 'control choice' orienteering, is a form of orienteering in which the physically disabled can compete on equal terms with the able-bodied. It does not demand speed, strength or navigation but retains the crucial orienteering skill of relating map to the ground in complex terrain.

2.0 The Basics

2.1 The Map

An orienteering map is normally generated especially for the purpose. The maps have several different features that you may not have seen on other maps. The following sections explain the essentials.

2.1.1 Scale (1:1000)

The map at Garners Field is at 1:1000 scale, meaning **10mm on the map is 10m on the ground**. Most orienteering maps are 1:15000 or 1:10000, which is still quite a lot larger than a basic Ordnance Survey *Landranger* map which is 1:50 000 (2cm to 1km). This large scale means a greater level of detail can be put on the orienteering maps to help navigation.

2.1.2 Magnetic North (not Grid North)

The map north lines are set to magnetic north, unlike all OS maps, which are grid north. This means the orienteer does not make adjustments from compass to map. The map will of course become out of alignment with magnetic north as it moves over the years but normally the map would need updating at this point anyway.

2.1.3 Skill levels

There are two main types of orienteering events; the first is called a *badge event*, this is mainly for more experienced orienteering where you run in a category according to your age and sex. The other is called a *colour-coded event*, this is a less formal event where there is normally no pre-entry, just turn up and choose the course you would like to run. The courses are graded using colours to indicate the skill level needed to do the course. The courses at Garners Field have used the official orienteering colours. The colours indicate the level of difficulty but are significantly shorter than they would normally be due to the size of the Garners Field map.

2.1.4 Colours and symbols on the map

The colours on an orienteering map are different to OS maps. They indicate the *runability* of the terrain. Make sure you have a good look at the key on the map before setting out.

2.2 Controls

A red and white flag usually marks the locations you are looking for. With the flag is a plastic punch with pins on, this is used to punch a card to show you have reached the control. More recently electronic punching has replaced this method.

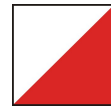
To help you find the exact position of the control, extra information is contained on the Control Descriptions. Each course will have a set of control descriptions showing the number or letters that are on the control and a description of the feature the control is on. Control descriptions for the permanent courses are shown in the *Appendix*.

3.0 Garners Field Permanent Courses

There are **15 permanent controls** on Garners Field, you can use one of the three courses provided here or they can be used to make up your own course. The Master Map shows all the numbers and letters on the control markers.

3.1 Introduction

The permanent controls at Garners field are a small white and red square (5x5cm) on a short post. The control is marked with both a number and letters, for example *180 LD*. The number is to confirm to the runner that they have found the correct control by matching it with the number on the control descriptions. The letters are for optional use and can be written down to prove the runner has found the control.



3.2 Pre-designed courses

All courses start and finish in the large campfire circle although you can use any feature if you are making up your own course.

The permanent course details are shown in the table below and the maps are with the control descriptions are in the *Appendix* at the back.

Permanent Courses			
Course	Ability range	Length (km)	Number of controls
White	Beavers and Cubs		6
Yellow	Cubs and Scouts		9
Orange	Cubs and Scouts		11

4.0 Orienteering games and training (*Explorer and Network*)

The map of Garners Field is very basic and will soon be too simple for the more experienced. This section gives a few ideas of how to use the map in different ways for games and orienteering training.

4.1 Running the clock

Running the clock involves placing controls as well as finding them. Placing a control can often be much more difficult as you have to be sure of your navigation and the control description.

The idea is to take any orienteering course (can be any level suitable for the age group) and split the group into pairs. Each pair will need a map, control and compass. Each will take it in turns to first place a control and return to base with the partner then going out to retrieve the control and place it in the next control position, then again returning to base to set the partner off. The pair moves the control from one site to the next until the whole course has been completed.

Each pair can start at a different control on the course to avoid too many flags being at one control site at the same time. Each flag must be identifiable to the pair to avoid picking up the wrong control.

If at any point a runner puts the control in the wrong place this will obviously make it difficult for the partner to find it. So the object is to get it right.

4.2 Map memory

This game encourages orienteers not to look at the map so often that it slows their running down. Any course can be used for this –at each control hang pieces of the map that only show the current control and the next control. All the rest of the map is removed. The runner then has to memorise the route from the current control to the next. If the runner makes a mistake, or just forgets the route, they will have no map to check and will probably have to return to the previous control to have another go.

It is normally best to protect the portions of map from the weather by laminating them. Tying them using string will stop them from going on the ground or being lost.

Any of the permanent courses would be ideal for this game.

4.3 Night orienteering

Night orienteering is another area that is highly competitive in the orienteering world. The only extra bit of kit you need is a torch. The level of skill needed to navigate at speed at night is high and will make any course much more difficult.

4.4 Create new courses

I'm sure you will be able to find many novel ways to use the Garners Field map. The courses and controls suggested here are to minimise the work required to run an event. But planning a new course can be fun and should not be overlooked. Find your control sites or use the map to have treasure hunts. I'm sure the ideas are endless!

5.0 Further information and reading

The only website you will need in your favourites is the *British Orienteering Federation* (BOF) (www.bof.cix.co.uk) site. This site will give you links to the local clubs such as the *Southern Navigators* (SN) and *Guilford* (GO) and all clubs in the UK and worldwide.

A useful way to obtain information about events in the near future is *South East Orienteering Association* answer phone 01819 486056. This will give the details of the next few events in the SE.

There is an orienteering magazine called *Compass Sports* (www.compasssport.com). On their website there is an up-to-date book list for the skills of orienteering and fitness.

There is a popular school league, details on the BOF website.

Appendix:

Quick Start Guide

1. The Master Map:

The Master Map and all 15 Control Markers

Blank Map

2. Permanent Courses and Maps:

Course Descriptions

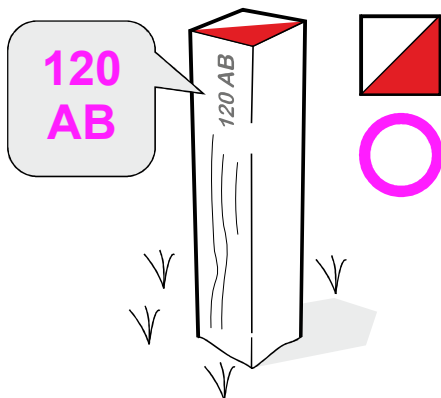
Beginners Orange Map

Beginners Yellow Map

Beginners White Map

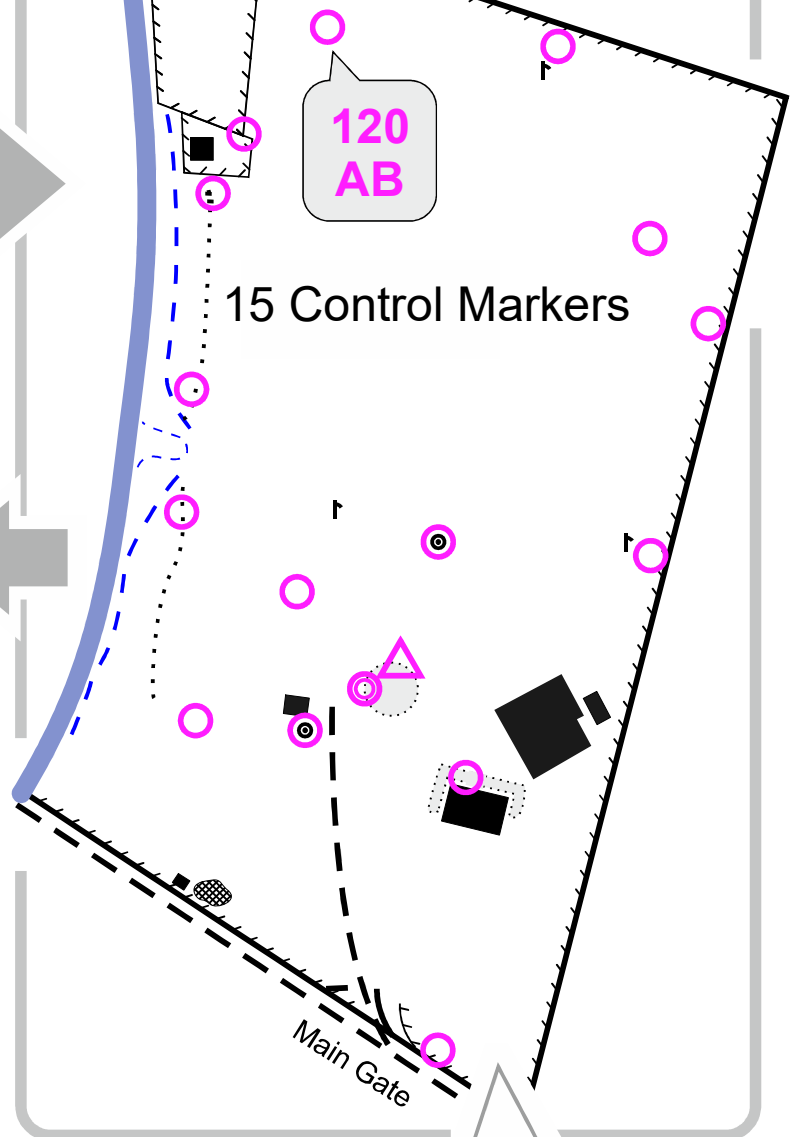
Quick Start Guide

1 A Control Marker



2

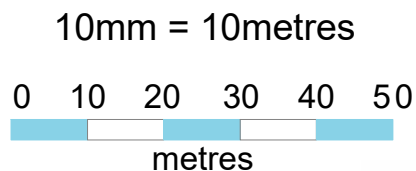
The special map



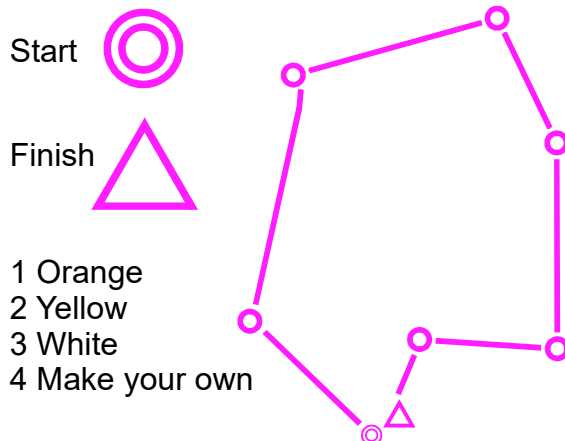
3 Compass North



4 Scale



5 Plot a course



Runability Colours

	Open field
	Semi-open scattered trees
	Forest: Run
	Forest: Slow run
	Forest: Walk
	Forest: Fight
	Distinct Vegetation Boundary

1. The Master Map

Master Map, Control Markers and descriptions

Master Map: Control Markers			
Control	Number	Description	Letters
	Start	Fire circle	
1	210	Pine trees boundary, south west side	LF
2	240	Back of R1 pitch sign	FR
3	150	Slipway, north side	DU
4	130	Gate post	SP
5	120	Vegetation, Adventure Trail east side	AB
6	190	Tap, north side	FE
7	110	Vegetation/fence boundary	EM
8	230	Tap, east side	PC
9	200	Flag pole	TT
10	250	Post, top of steps, west side	HE
11	160	Vegetation/fence boundary	WE
12	220	Small flagpole	DR
13	140	South side of vegetation	TB
14	170	East side of hedgerow	CA
15	180	Post, Adventure Trail south east corner	LD
	Finish	Fire circle	

Magnetic
North 2019



Scouts

Orienteering
Course

0 10 20 30 40 50
metres



ORIGINAL CARTOGRAPHY
SOUTHERN NAVIGATORS
ORIENTEERING CLUB

VERSION 1 MAY 2002

BY STEPHEN KEYES

REVISED FEBRUARY 2003

VERSION 2 FEBRUARY 2004

BY PETER STAGG

VERSION 3 FEBRUARY 2020

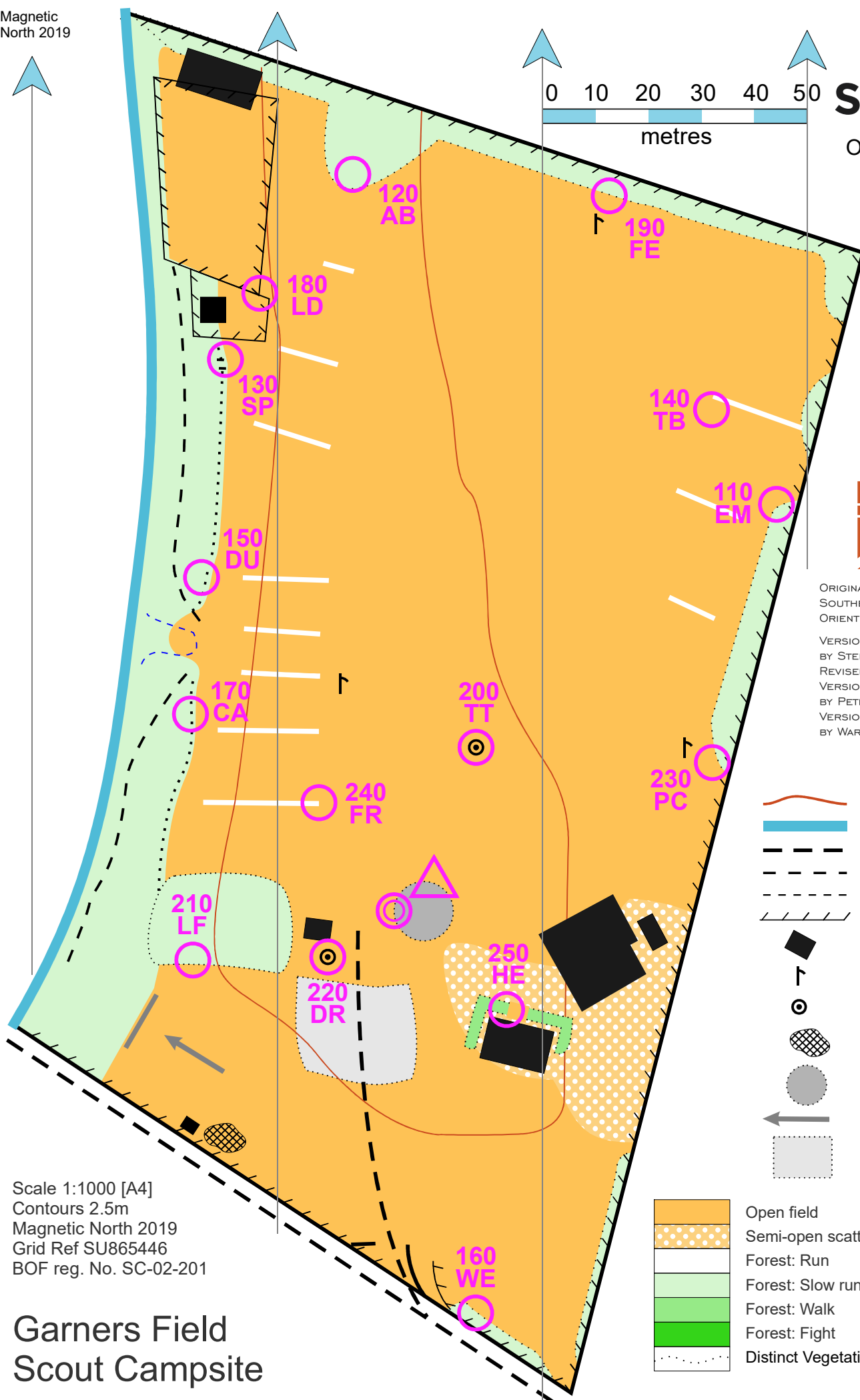
BY WARDEN'S TEAM

- Contour
- River
- Vehicle Track
- Large Path
- Small Path
- Fence
- Building
- Water Tap
- Flag Pole
- Woodpile
- Camp Fire
- Archery
- Car Park

- Open field
- Semi-open scattered trees
- Forest: Run
- Forest: Slow run
- Forest: Walk
- Forest: Fight
- Distinct Vegetation Boundary

Scale 1:1000 [A4]
Contours 2.5m
Magnetic North 2019
Grid Ref SU865446
BOF reg. No. SC-02-201

**Garners Field
Scout Campsite**



Magnetic
North 2019



Scouts

Orienteering
Course

0 10 20 30 40 50
metres



ORIGINAL CARTOGRAPHY
SOUTHERN NAVIGATORS
ORIENTEERING CLUB

VERSION 1 MAY 2002

BY STEPHEN KEYES

REVISED FEBRUARY 2003

VERSION 2 FEBRUARY 2004

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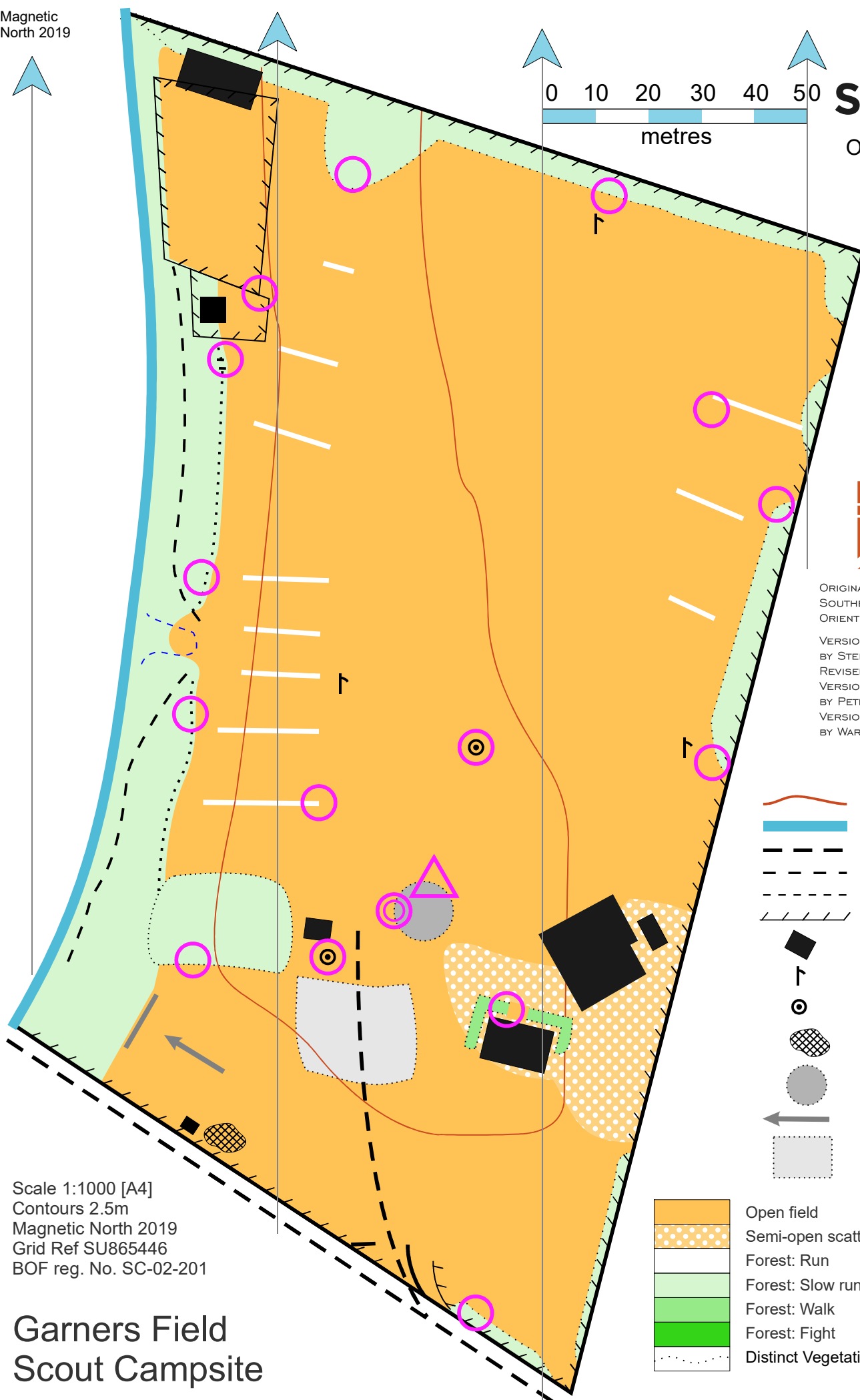
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Contours 2.5m
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BOF reg. No. SC-02-201

**Garners Field
Scout Campsite**



2. Permanent Courses and Maps

Course Descriptions

White Course		
Control	Number	Description
	Start	Fire circle
1	200	Flag pole
2	230	Tap, east side
3	140	South side of vegetation
4	190	Tap, north side
5	180	Post, Adventure Trail south east corner
6	170	East side of hedgerow
	Finish	Fire circle
Always report to the finish, even if you do not finish your course.		

Yellow Course		
Control	Number	Description
	Start	Fire circle
1	220	Small flagpole
2	210	Pine trees boundary, south west side
3	150	Slipway, north side
4	130	Gate post
5	120	Vegetation, Adventure Trail east side
6	190	Tap, north side
7	110	Vegetation/fence boundary
8	230	Tap, east side
9	200	Flag pole
	Finish	Fire circle
Always report to the finish, even if you do not finish your course.		

Orange Course		
Control	Number	Description
	Start	Fire circle
1	210	Pine trees boundary, south west side
2	240	Back of R1 pitch sign
3	150	Slipway, north side
4	130	Gate post
5	120	Vegetation, Adventure Trail east side
6	190	Tap, north side
7	110	Vegetation/fence boundary
8	230	Tap, east side
9	200	Flag pole
10	250	Post, top of steps, west side
11	160	Vegetation/fence boundary
	Finish	Fire circle
Always report to the finish, even if you do not finish your course.		

Magnetic
North 2019

Beginners White



Scouts

Orienteering
Course

0 10 20 30 40 50
metres



ORIGINAL CARTOGRAPHY
SOUTHERN NAVIGATORS
ORIENTEERING CLUB

VERSION 1 MAY 2002

BY STEPHEN KEYES

REVISED FEBRUARY 2003

VERSION 2 FEBRUARY 2004

BY PETER STAGG

VERSION 3 FEBRUARY 2020

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Scale 1:1000 [A4]
Contours 2.5m
Magnetic North 2019
Grid Ref SU865446
BOF reg. No. SC-02-201

Garners Field Scout Campsite

Magnetic
North 2019

Beginners Yellow



Scouts

Orienteering
Course

0 10 20 30 40 50
metres



ORIGINAL CARTOGRAPHY
SOUTHERN NAVIGATORS
ORIENTEERING CLUB

VERSION 1 MAY 2002

BY STEPHEN KEYES

REVISED FEBRUARY 2003

VERSION 2 FEBRUARY 2004

BY PETER STAGG

VERSION 3 FEBRUARY 2020

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Contours 2.5m
Magnetic North 2019
Grid Ref SU865446
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**Garners Field
Scout Campsite**

- Open field
- Semi-open scattered trees
- Forest: Run
- Forest: Slow run
- Forest: Walk
- Forest: Fight
- Distinct Vegetation Boundary

Magnetic
North 2019

Beginners Orange



Scouts

Orienteering
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