



Orienteering: Safety Activity Checkpoints



Orienteering is an activity that involves using a map, compass, and navigational skills to find your way around or across an unfamiliar area, and may also incorporate camping, backpacking, boating, hiking, cross-country skiing, or horseback-riding skills. Orienteering often takes place in the wilderness, although events can take place in just about any terrain such as a beach, urban area, or park. Orienteers often use control markers to flag various land features found on the map, serving as checkpoints along a course. Be certain to practice Leave No Trace while orienteering.

Orienteering is not recommended for Girl Scout Daisies and Brownies, but they may enjoy pre-orienteering activities such as “introduction to maps” and map-drawing.

Caution: Cadettes and older must follow the Shooting Sports Safety Activity Checkpoints in order to use firearms, and must have both council and parent/guardian permission. Girls are never allowed to hunt, go on high-altitude climbs or to ride all-terrain vehicles or motor bikes.

Know where to go orienteering. Connect with your Girl Scout council for site suggestions. Also, locate orienteering clubs in the U.S. and Canada at us.orienteering.org.

Include girls with disabilities. Communicate with girls of all abilities and/or their caregivers to assess any needs and accommodations. Contact national parks to inquire about their accommodations for people with disabilities. To learn more about adapting hiking activities visit [Disabled Sports USA](http://DisabledSportsUSA.org).

Orienteering Gear

Required Gear

- Orienteering map
- Compass
- Emergency signaling whistle
- Watch
- Long pants
- Hiking boots or sneakers
- Daypack to carry personal belongings

Recommended Gear

- Sunscreen with SPF of at least 15, apply every two hours
- Insect repellent
- Sunglasses and/or hat

Prepare for Orienteering

- Coordinate age-appropriate activity.** Girl Scout Juniors in small groups are accompanied on a course by an adult with basic instruction in orienteering. Girl Scouts Cadettes, Seniors and Ambassadors who have received training may orienteer in groups of at least two. Competitive Orienteering Courses often require participants to operate independently; solo competition is not recommended for inexperienced girls or Girl Scout Juniors. However, Girl Scout Cadettes, Seniors and Ambassadors whose skills match or exceed the demands of the course may participate in such competitions. As with all orienteering sites, there should be a clear area of safety (a safety lane), a specific finish time and location, and a search-and-rescue procedure designed by the competition's host and the Girl Scout adult volunteer. Practice Leave No Trace skills before participating in Orienteering and pick up garbage you find along the way, be sure not to trample vegetation and be aware of wildlife.
- Communicate with council and parents.** See the Introduction to Safety Activity Checkpoints.
- Girls plan the activity.** See the Introduction to Safety Activity Checkpoints.
- Arrange for transportation and adult supervision.** See the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios.
- Verify instructor knowledge and experience.** Participants receive instruction from a person experienced in orienteering before navigating an orienteering course. First-timers participate on a beginner-level course. Girls with previous topographic map-reading experience may be eligible to attempt an advanced beginners' course.
- Compile key contacts.** See the Introduction to Safety Activity Checkpoints.
- Select a safe orienteering site.** Whenever possible, girls take part in a meet organized by an orienteering club. When other areas are used, check for the following: the site selected is a park, camp, or other area with a good trail network; proper landowner permission is secured to use the site; during hunting season, the orienteering site is in a "no hunting" area with sufficient separation from hunting activity to ensure no accidental contact between hunters and orienteers; out-of-bounds and dangerous areas are marked on the map; hazardous obstacles are marked on the ground—they are surrounded by surveyor's tape or a similar marking; and the orienteering map is sufficiently accurate so that the participants are not navigationally misled.
- Prepare for emergencies.** Ensure the presence of a waterproof first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of Orienteering

- Get a weather report.** See the Introduction to Safety Activity Checkpoints.
- Use the buddy system.** See the Introduction to Safety Activity Checkpoints.
- Follow basic orienteering safety standards.** Each participant is given a specific time limit to complete the course and must check in at the finish area whether or not she completed the course. Beginning and finishing course times of each participant are carefully noted to ensure that all participants have returned. Girls take proper precautions in areas where poisonous plants or snakes or ticks are prevalent.

Orienteering Link

- U.S. Orienteering Federation: www.us.orienteering.org

Orienteering Know-how for Girls

- **Map your course.** Get to know map symbols and how elements such as elevation and relief are communicated on maps at 4orienteering.com.
- **Learn about orienteering techniques.** Before participating in orienteering, get to know strategies such as pacing, thumbing, and handrails at 4orienteering.com.