

4D Orienteering



Objective

Students learn and apply the principles of the "4 Ds" of navigation, utilising the Enrich orienteering course and markers.



Equipment

- Enrich School Orienteering Map (with grid references) per team
- Activity Sheet per team
- Compass per team
- Ruler per team



Preparation

- Using the Enrich orienteering map, pick out 6-8 control points on the orienteering course that give an interesting route, taking in different directions, distances, and terrain/features.
- Enter these into the blank activity sheet, then print out an activity sheet per team.
- Recommended – An activity sheet can be filled in by a member of staff with the correct grid references, distances etc. so groups can check their answers at the end. See example activity sheet for reference.



Instructions

- Split the group into small teams (These could be based on expedition groups.)
- The activity sheet can be filled out in full in a classroom setting prior to the teams setting off on the course. A team's completed activity sheet would then become a 'route plan', which they could use to walk the course, using a compass etc.
- Alternatively, the activity sheet can be completed at each control marker as teams go around the course.
- Teams begin the route at the control point identified for the starting point and head towards the next control point on their route.
- For each control point, the teams must work out the 4Ds that will build the basis for their navigation around the course:
 - Destination – A 6-figure grid reference of the destination control point. (The grid reference is taken from the centre of the control point circle.)
 - Direction – A bearing towards the destination control point, taken using a compass. (For Bronze groups, this could simply be a cardinal direction.)
 - Distance – Measure the distance between the control points using a ruler and work out the real-life distance using the map's scale.
 - Description – Key features/or landmarks that will confirm the destination control point's location. This can also include any change in terrain or other landmarks the team will encounter between the two points.



Other information

- The scale on the orienteering map may not align with a roamer on a compass, which is why a ruler is recommended.
- Additional tasks could include estimating the time taken to travel between the control points or using pacing to confirm the distances.
- Follow up activities could include planning a route in a similar way, using an Ordnance Survey map.

