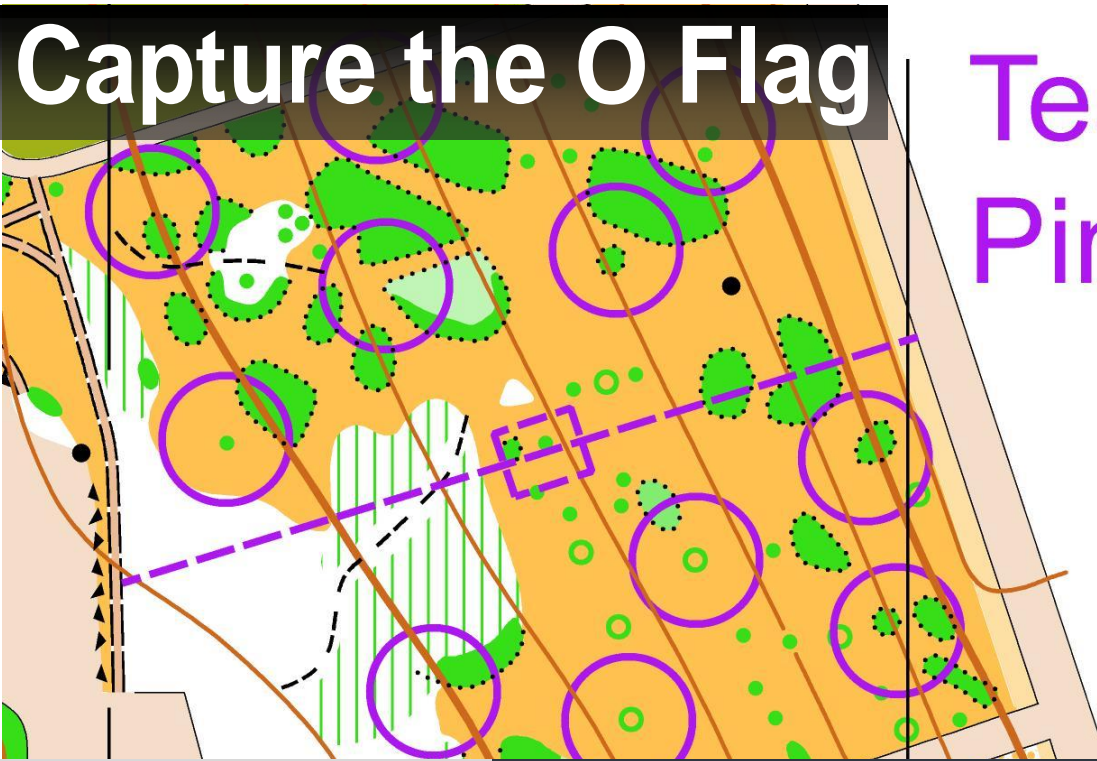


Capture the O Flag

Team
Pink

Team
Orange



ACTIVITY DETAILS

AGE

8+

MATERIALS

Maps
2 colours of pin flags
2 colours of flagging tape
(same as pin flags)
Cones or markers

TIME

20-30 minutes

GOAL

To have fun. To allow juniors to become accustomed to running off trail

INSTRUCTIONS

SET UP

- Find a mapped area that has clear borders and similar features and vegetation throughout. Divide the area into two zones and plot the same number of flags on each side of the centre line. Label the zones by team. Create a box in the centre to be used as the jail
- Place an orange pinflag at each control site of the orange zone and a pink pinflag at each control site of the pink zone
- Mark the centre line with cones and create a coned off area for the jail

ACTIVITY

- Choose a coach to be the jailer/time keeper/score keeper. Divide everyone else into two teams. Each person should wear a piece of flagging tape to identify their team
- Provide a map to each participant
- Explain that teams must try to collect pin flags from the opposing team's zone and bring them back to the score keeper at the jail
- Each team starts in its own zone. Participants may go anywhere on the field but if they are tagged in the opposing team's end, they must go to jail. To get out of jail, participants must solve an orienteering puzzle
- The game is played until one team has all of their flags or the time limit is reached. The team with the most flags at the end of the game is the winner

