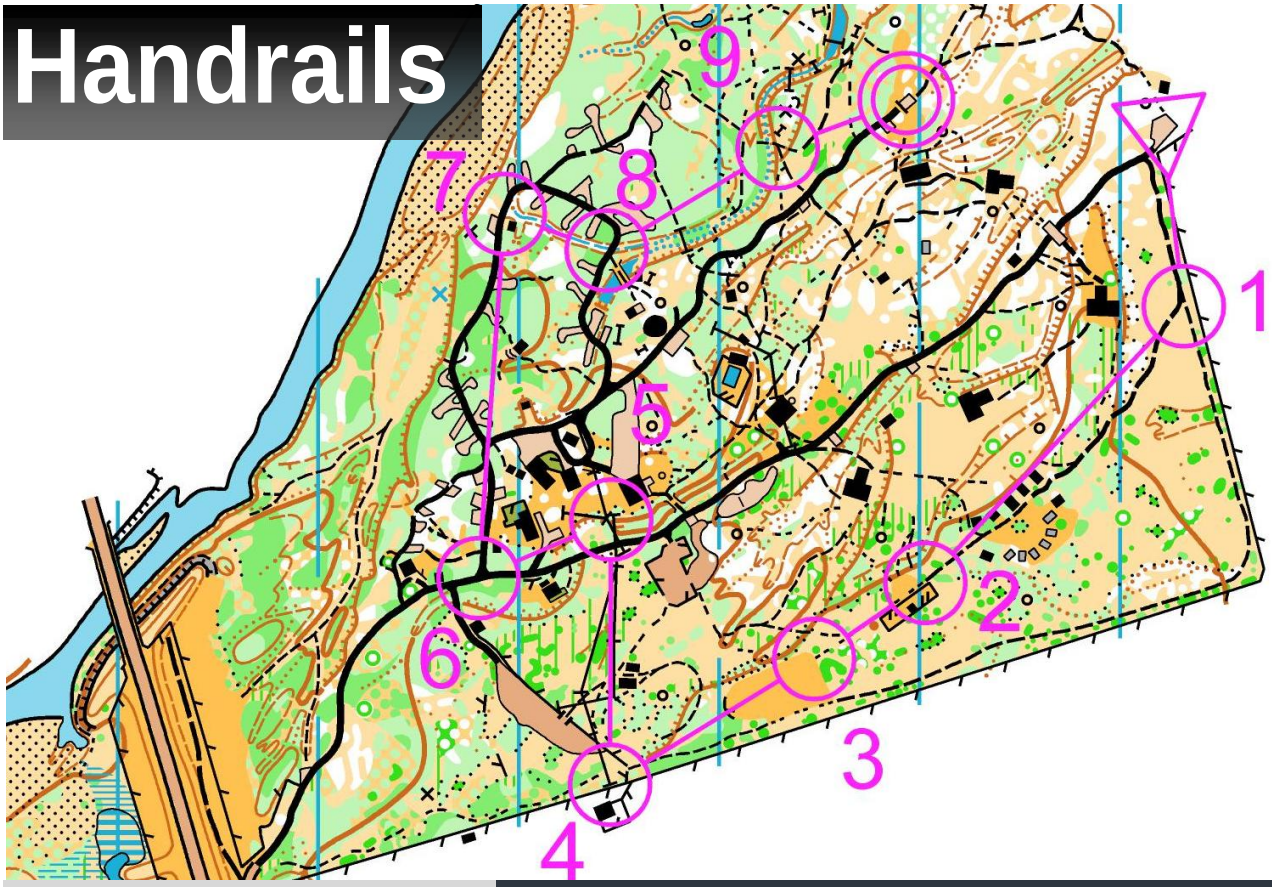
Handrails



ACTIVITY DETAILS

AGE
8-12

MATERIALS
Map
Controls

TIME
30 minutes

GOAL
To learn to navigate using features as handrails

INSTRUCTIONS

SET UP

- Plan a short warm-up loop following handrails but do not mark it in the terrain
- Plan a course using a variety of linear features
- Print courses
- Place the controls

ACTIVITY

- Explain how a handrail can help with navigation.
- Have the juniors come up with examples of handrails (paths, fences, power lines, vegetation boundaries, river, ridge, etc.)
- Verbally describe the warm-up loop (follow the fence to the trail, turn left, follow the trail to the stream...)
- Have the participants run the warm up loop
- Provide each participant with a map
- Have each participant complete the course following the handrails