

Star O

1/5/8/12/16/20

ACTIVITY DETAILS

AGE

8-12

MATERIALS

Maps
Controls or pin flags

TIME

15 minutes

GOAL

To simplify navigation by identifying the key map details

INSTRUCTIONS

SET UP

- Plan a course with several loops out of a hub control. Each control should have a solid handrail or attackpoint to encourage rough orienteering
- Place the controls

ACTIVITY

- Provide a map to each participant
- Explain that the objective of the exercise is to run as quickly as possible to the attackpoint or control using obvious features and ignoring other details
Obvious features are generally linear features (trails) or large features that can be spotted from far away (buildings)
In this exercise the map should always be oriented and participants should not run faster than they can read the map
- Lead participants to the hub control and send them off on various loops
- Participants should run each loop quickly. They may pause for a rest each time they reach the hub control

