This leaflet can not only be used by teachers but also by individuals to improve their personal orienteering skills.

The aim of this leaflet is: for learning orienteering in a fast and simple way.

Sprint Orienteering on school property is both known and safe for students. Many details, continuous direction changes and frequent feedback when the students find the orange-white for students. They learn map skills, spatial understanding and decision making when selecting routes between controls. Mistakes can be rectified, and learning reinforced. They just need to get back to the beginning and start again. Sprint is better than forest unless the terrain is difficult to run through or to highlight hedges. A simplified image of reality. If the map is orientated incorrectly, the reality does not match the map. We cannot change reality but we can reposition the map to reality or, as we say “orientate the map”.

Rotate the map until the red edge of the map and compass form a “T”, i.e. north arrow is pointing toward the edge of the map. You are now oriented to reality.

STEP 1: The school map’s colours and symbols

An orienteering map is usually drawn in five or six colours. Sprint and school maps have some more shades of the basic colours (see the colours below). Furthermore, school maps are drawn with a number of special details that are mostly found in a school yard e.g. lamp post, park bench, small pole (basketball hoop), flagpole, football goal, playground frame, etc.

- White - Forests with good running by
- Green - Dense vegetation. Used when the terrain is difficult to navigate through the vegetation.
- Yellow - Open land as fields, meadows and lawns.
- Pink - Temporary buildings, outdoor café, containers.
- Blue - Water: lakes, rivers, streams, ditches, marshes.
- Purple - Rocks, cliffs, roads, fences, walls, bridges, pillars.
- Black - Houses, buildings. Light grey highlights canopies.
- Brown - Contour interval 2 m

Find more information about WOD: www.worldorienteeringday.com

STEP 2: Red-to-Red

“Red-to-Red”, or orientate the map, are some terms that occur repeatedly for beginners and elite orienteers alike. Applying these principles are vital for interpreting the map. Constant repetition will reinforce this basic technique of orienteering. The map is a simplified image of reality. If the map is orientated incorrectly, the reality does not match the map. We cannot change reality but we can reposition the map to reality or, as we say “orientate the map”.

Rotate the map until the red edge of the map and compass red north arrow form a “T”, i.e. north arrow is pointing toward the edge of the map. You are now oriented to reality.

Orienteering is Cool, Awesome and Educational!
The best exercise to learn “Red-to-Red” is to use e.g. a maze. Build a maze (9x9 m), use banners and plastic bands or string on the school yard asphalt surface or on a lawn. Put out some markers and make different courses (green, blue, red and black). The students orientate the map by rotating the map using the compass and the “Red-to-Red” principle. Without compass, orientate the map to the terrain with the map’s red edge toward the red edge in the terrain.

Now you are ready to go orienteering on a real map in a well-known area, e.g. the school yard. The teacher directs students from the start and finish (same location). The instructions to “thumb your map” and especially “Red-to-Red” should be emphasised. When the students have orientated the map and made a decision how to run to the control the task is:

- The students navigate to the control, “punch” and run at full speed back to start/finish.

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With the collaboration between schools and orienteering clubs, the World Orienteering Day may just become the most important activity for the global development of orienteering. All clubs can make a fantastic contribution that benefits both education at school and orienteering development of the sport to recruit youngsters. Please contact IOF (International Orienteering Federation) for more information:

Jenny Nilsson; jenny.nilsson@orienteering.org
Göran Andersson; byorienteering@gmail.com

IOF’s vision
- 500 000 participants
- 5 000 locations
- 100 countries

“be part of something bigger - colour the world”