Blackwood Special Schools Outdoor Education Centre Inc.

ORIENTEERING

Orienteering Locations
- The Imagination Trail
- The Orienteering Hill

Orienteering Descriptions
- Orienteering is an Activity designed to help students find their way in the Bush
- Orienteering highlights the basics of reading a compass
- Orienteering is completed in a Bush Environment
- Orienteering involves walking Cross Country & off tracks in a very safe Area
- Orienteering can be done:-
  - During the Day; or
  - At Night where the students search for Reflective Markers

Age Suitability
- All ages.

Staff Ratio
(Remember Blackwood Special Schools Outdoor Education Centre Inc. Staff cannot be considered as part of your Staff : Student Ratio at any stage during your Blackwood Experience.)

1:10 - leaders/teachers/adults to campers (a minimum of 2 Visiting Staff must be on any Orienteering Course)

Blackwood Special Schools Outdoor Education Centre Inc. Staff Experience
- Blackwood Special Schools Outdoor Education Centre Inc. Staff have previous experience in preparing, implementing, leading and reviewing the Orienteering Courses.
- They are confident of their own experience & ability to safely implement Orienteering.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff have experience in Orienteering.
- Blackwood Special Schools Outdoor Education Centre Inc. Staff are aware of the intricacies involved in implementing Orienteering including, but not limited to:-
  - Equipment required
  - Students causing problems during the activity
  - Risk Management & Emergency Procedures
  - All other Logistical requirements for Orienteering.

Group Leaders Experience
- Must be confident of their ability and fitness to complete the Orienteering Course.
- Must have previous experience in supervising groups in outdoor recreation activities.

Student Participant Experience
- Fitness level to complete the selected Orienteering Course.
Blackwood Special Schools Outdoor Education Centre Inc. Responsibilities

- To ensure the Activity is appropriate for the age, ability & experience of the visiting students.
- To safely & confidently implement the selected Orienteering Course.
- Take responsibility for the technical and related safety of participants engaged in the activity.
- Confirming Weather conditions with Group Leaders prior to preparing for Orienteering.
- Briefing participants about the nature and purpose of the activity, about potential hazards and appropriate safety procedures, and instruction in procedures to be followed if participants become lost.

Group Leaders Responsibilities

- The Group Leader will be responsible for the supervision and behaviour of campers on the activity, at all rest stops, at the destination and for first aid.
- Assessing first aid requirements, identifying campers at risk (e.g. asthma and appointing the first aider).
- Informing other Visiting Staff of their roles in the behaviour, supervision and instruction of campers.
- Monitoring the welfare and fitness of Campers and other Visiting Staff.
- Checking the suitability of clothing and equipment carried by Campers and other Visiting Staff.
- Undertaking a head count prior to, during and after Orienteering.
- Implementing sun safe strategies for all Campers & Visiting Staff.
- Recording all incidents – including near misses – on the Incident Notification Form and / or patient Care Report and advising the Blackwood Special Schools Outdoor Education Centre inc. Staff and their School Principals.

Visiting Staff Responsibilities

- To carry out tasks as directed by the Group Leader and / or Blackwood Special Schools Outdoor Education Centre Inc. Staff.
- These may include – but are not limited to:-
  - Monitoring the welfare and fitness of campers;
  - Assisting the Group Leader and Blackwood Special Schools Outdoor Education Centre Inc. Staff;
  - First aid responsibility;
  - Route finding;
  - The supervision and behaviour of campers;
  - Assessing slow or injured campers; and
  - Adhering to the safety rules.

Participant Responsibilities

- Adhering to the safety rules and directions of:-
  - Blackwood Special Schools Outdoor Education Centre Inc. Staff
  - Group Leader
  - Visiting Staff

Safety Equipment, Inventory & Clothing Requirements

<table>
<thead>
<tr>
<th>Blackwood Staff</th>
<th>Group Leader</th>
<th>Visiting Staff</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orienteer Instructions</td>
<td>1st Aid Kit</td>
<td>Sunscreen</td>
<td>Hats</td>
</tr>
<tr>
<td>Pen &amp; Answer Sheets</td>
<td>All Medical Details</td>
<td>Snacks</td>
<td>Appropriate Clothing</td>
</tr>
<tr>
<td>Wet Weather Coats</td>
<td>Water</td>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td>Compasses &amp; Folders</td>
<td>Appropriate Clothing</td>
<td>Appropriate Clothing</td>
<td>Solid Footwear</td>
</tr>
</tbody>
</table>

Everyone should wear solid footwear at all times e.g. sandals/runners – Thongs, Sandals & Gumboots are NOT appropriate.
First Aid Requirements

- The Group Leader MUST carry a first aid kit at all times.
- There MUST be a qualified first aider within the visiting staff - not necessarily the Group Leader.
- Insect repellent and stingoes is a good idea.

Safety Briefing & Emergency Response

- Have FUN
- NEVER RUN IN THE BUSH
- Keep the Group together at all times
- Walk slowly, it is NOT a race
- If you need a rest, food, water or to tie up your shoe lace - let the Leader know & we will stop the entire group
- IF THERE IS AN EMERGENCY SITUATION EVERYONE MUST STOP AND FOLLOW THE DIRECTIONS OF BLACKWOOD SPECIAL SCHOOLS OUTDOOR EDUCATION CENTRE Inc. STAFF / GROUP LEADER / EMERGENCY SERVICES

Activity Notes

- Anyone Leading an Orienteering Course through Blackwood Special Schools Outdoor Education Centre Inc MUST BE:-
  - Familiar with the Orienteering Course
  - Familiar with Escape Routes
  - Familiar with Emergency & Risk Management Plans
  - Currently 1st Aid Level 2 Qualified
- Advise students to:-
  - Take their bearings while standing next to the Marker;
  - Always count their paces;
  - Check their bearings before they start; and
  - Always follow their bearings NOT what they can see
- Everyone MUST BE checked to ensure they have appropriate gear for the selected Rogaining Course
- Constantly check the health and wellbeing of all members of the group throughout the walk

Environmental Considerations

- Groups MUST implement Minimal Impact Bushwalking Practices throughout every Orienteering Experience
- These include but are not limited to:-
  - Pack to minimize rubbish
  - Don’t burn or bury rubbish
  - If you carried it in, you carry it out
  - Don’t feed or leave food for the animals
  - Leave the Orienteering Courses & visited sites better than you found them
  - Always walk on the tracks and established paths

ADVENTURE CHALLENGE FUN TEAMWORK CHOICE