



# Orienteering

SPORTS DISCIPLINE FOR ORIENTATION IN NATURE

Competition with predefined route characterized by checkpoints called "lanterns" (stake with stamp) to be carried out in the wilderness with the exclusive help of a compass and a topographical map very detailed at a small scale (from 1:4,000 to 1:15,000) that contains details of the place where the race is held.

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**Beneficiaries:** adults and children with and without disabilities.

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## A Full kit contains:

- › Compass
- › Stamp or chip SPORTident o SI-Card
- › Stamp cards
- › Lanterns
- › String
- › Whistle

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**PRICE:** between 65.00 and 750.00€

## Parole chiave

ENVIRONMENTAL EDUCATION

FOREST PEDAGOGY

TEAM BUILDING

GAMIFICATION

INCLUSION

DISABILITY

FOREST BATHING

FOREST THERAPY

WILDLIFE SPORT

NETWORK WITH COMPANIES

NETWORK WITH SCHOOLS



## How it works

A standard course consists of: a **start**, multiple **checkpoints** (lanterns) indicated by circles (centered in the object to be found) and characterized by numbers indicating the order in which the athletes must travel by choosing the route independently, a **finish point**.

Competitors have a lantern description with the following written on it: the competitor's category, course length (as the crow flies), elevation gain, recognition code and location.

Various **methods of course conduct**:

- › **staggered starts**, classic formula where athletes start within a few minutes of each other.
- › **relay**, a race in which the second runner start only when the first runner arrives, in the ranking time is added up.
- › **timed races**, races in which competitors have a maximum time to find as many checkpoints as possible.
- › **free sequence**, a competition in which the order of finding the lanterns is not important; competitors will choose the sequence they think is shortest.

Various **forms of discipline**:

- › **Foot orienteering** (FootO)
- › **Ski orienteering** (SkiO)
- › **Mountain bike orienteering** (MTBO)
- › **Trail orienteering** (TrailO): involves precise reading of an orienteering map and the corresponding terrain, so no point to point racing and little or no route choice. For these reasons the sport is accessible to physically disabled competitors on equal terms as able-bodied.

## Best practices

Many companies use the sport as a **team-building activity**, and knowing that there is a Model Forest that already offers structured trails can be an advantage in promoting the forest area.

Similarly, **schools** use the sport as a way for students to experience days outdoors that allow them **to practice what they learn in the classroom**: topographic map reading, scaled land representations, map symbology, compass use, presume the acquisition of a great deal of knowledge and teaching. Math, geography, science, technical education, art, and physical education just to name a few.

By having to make quick and autonomous decisions, one develops a greater awareness of one's own judgment; in addition, one learns the rules for proper living in the natural environment with which one comes into contact and **consolidates a deep ecological consciousness**.

## Learn more about



WEB

- › <https://www.fiso.it/>
- › <https://www.ffcorientation.fr/decouvrir/>



VIDEO

- › <https://www.youtube.com/@manchesterdistrictorientee6410>
- › <https://www.youtube.com/@federationfrcoursedorientation>