

Activity-in-a-box

Orienteering

What's included?

- 10 Orienteering flags
- 10 Punches
- 10 Laminated maps
- 5 Compasses
- 5 Whistles
- 1 Answer card
- 40 Punch cards (consumable) – additional cards available at a cost of £2 per 40 cards – please request when booking

Indoor or outdoor?

Outdoors

Instructions for set-up

- You will need to set up the orienteering course.
- Using one of the maps, place a flag and punch within each of the circles shown on the map (by e.g. tying to a tree).
- It doesn't matter which flag and punch are located within each circle.

Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Always stick with your team (minimum of two in a group). Carry a whistle for use in case of emergency.
3. Wear shoes and suitable outdoor clothing for the weather; carry water if it's hot.
4. Do not cross any fence lines or streams: these mark the boundaries of the site.
5. Take extra care in wet conditions – no running if it's slippery.



This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.

Risk Assessment prepared by		Date of assessment	
Leader in charge		Nominated first aider	
Location	24 th Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY		

Risk and hazards	People at risk	How is risk controlled?	People responsible for controls
Uneven ground may cause injury from slips, trips and falls; low hanging branches may cause bruising, abrasions and eye injuries	All participants	<ul style="list-style-type: none"> ● Participants must wear appropriate outdoor footwear ● Leader to check the route and identify/clear any significant hazards ● Safety briefing to be provided which mentions the hazards ● Ensure adequate adult supervision throughout ● In wet conditions specify that participants walk rather than run as paths may be slippery 	
Puncture injury from sharp punches	All participants	<ul style="list-style-type: none"> ● Warn the participants to keep fingers out of punches ● Supervise younger children throughout 	
Very hot or cold weather may cause hypothermia, sun stroke, sun burn or heat exhaustion	All participants	<ul style="list-style-type: none"> ● Participants must wear appropriate clothing and footwear for the weather ● Water to be available ● Activity cancelled in the event of extreme weather 	
Streams on site – risk of drowning	All participants	<ul style="list-style-type: none"> ● There is a stream marking the boundary to the site: ensure participants know that they must keep away from this ● Locate an adult in the woods to supervise 	
Participants may become lost	All participants	<ul style="list-style-type: none"> ● Ensure that all participants are aware of site boundaries ● Course to be completed in pairs (as a minimum); and adult should accompany younger children ● Group leader to monitor finishers' and ensure everyone has returned ● Provide whistles in case of emergency 	