

# 1 Orienteering

## 2 What is it?

- A sport in which participants must navigate from one point to another

## 3 It provides:

- Mental challenges
- Fun
- Lifetime skills
- Physical activity
- Excitement

## 4 The Event:

- Using a map that shows a series of sites to visit, the participant must develop strategies to navigate from one site to another

## 5 The Challenge:

- To find the most efficient route to all of the sites on the map and prove that you were there
- Participants use a special pin-punch to prove that they were there

## 6 The Benefits:

- Builds self-confidence
- Enhances team building
- Improves map reading
- Teaches a lifetime sport
- Provides mental & physical challenges

## 7 It is unique...

- Can be done without maps, using compasses only
- Proof of arrival can be designed in a way that requires...
  - doing a special activity (exercise)
  - solving a problem (math, science)
  - answering a question (geography)
  - retrieving an object (collecting a marker)

## 8 It is unique...

- Can be done with people of all ages with a variety of modifications

■ It can be done on:

- foot
- skis
- street and mountain bikes
- canoes & kayaks
- wheelchairs and other forms of non-motorized movement