

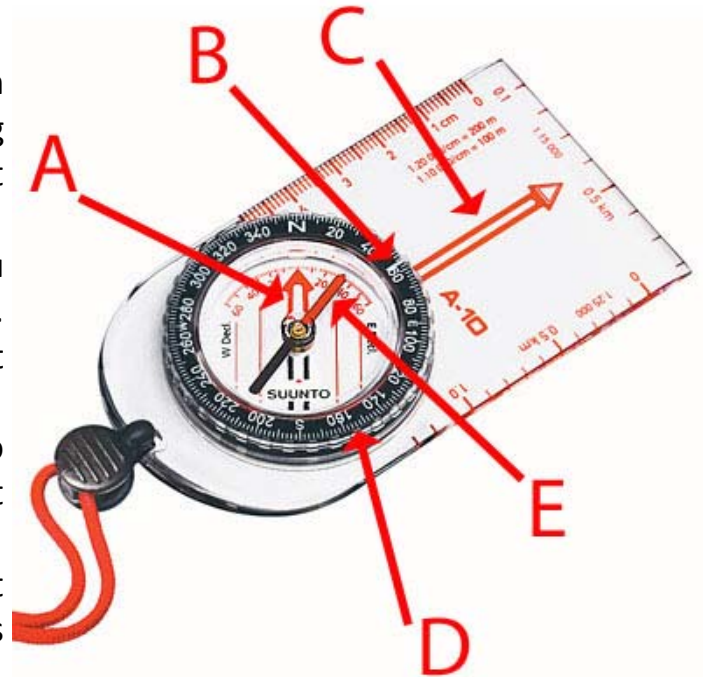
Orienteering Basics



How to use the compass:

First, let us introduce you to the names we have given the basic pieces of the compass.

- “A” refers to the piece we call the “shed”. This piece will move with “E” when you find your bearing. In our example, it has an arrow or “roof.”
- “B” is the “white line that never moves” which helps you to line up your bearing. The bearing refers to the number of degrees you must turn to face your next marker.
- “C” refers to “Fred” which is the arrow you should follow when moving to your marker. Fred leads you to your next destination—not Red (E). Red will lead you north.
- “D” is the **spinning dial** which will allow you to line up your bearing on the “white line that never moves (B).
- “E” is the piece we call “Red”. Red is the part of the compass needle that always points North.



- **To use the compass**, you first must find your bearing. A **bearing** is measured in degrees.
- The degrees are usually measured in large increments of 20 degrees which are then broken into 10 degrees and further into 2 degrees. So, each little line is equal to 2 degrees.
- For example: If you are trying to find the bearing of 55 degrees, you would turn the spinning dial (D) to line up the space between the small white lines for 54 and 56 with the “white line that never moves” (B).
- Once you have lined up your bearing, you must then turn to face the direction the bearing is pointing you in. To do this, you must turn until “Red” is in the “shed” or in other words, turn until the north pointing arrow is within the red lines.
- You will follow “Fred” (C). When holding the compass, it needs to be level and not near any metal that could confuse the compass needle. Hold the compass near to your body to help you to go in the correct direction when following “Fred” (C). It is important to follow “Fred” because following “Red” will make you always travel North.
- *The rhyme “Put Red in the Shed and Follow Fred” is helpful in remembering what to do.*
- Before you start walking, it is important to know how to count your paces. See the next page for instructions!

How to count paces:

- First, it is important to know that the **distance to each marker is measured in feet.**
- One pace is equal to about 5 feet. One pace is usually equal to the distance traveled when taking two normal sized steps. This will vary depending on the height of the person.
- To find the number of paces to take, simply divide the number of feet by five. There is a pacing chart which can be printed out for younger participants.
- As you walk, it is important to count your paces. In order to do this, it may be helpful to count each step by saying “and” for the first step and “1” for the next step , continuing up the numbers. For example, going 3 paces (15 feet) would sound like this: “and 1 and 2 and 3.”
- Before you begin the course, it may be helpful to practice a few times to see what size your pacing is and to get a hang of the counting.

Starting a Course:

- **Every course begins at one of the starting points—1, 2, or 3. The bearings will lead you to markers labeled with letters A-Z.**
- It is often helpful to work in pairs. Take turns doing each job. One person can do the pacing and the other person can find the bearing on the compass.
- Doing orienteering in pairs is helpful for those who are new to orienteering because the person who found the bearing can help the person pacing stay on track.
- It is important for both participants to use landmarks to stay on course. Spying a tree in the distance that is in the direction of your bearing can help you to continue straight toward your marker without having to check your compass all the time.
- Once the person pacing has reached the marker, you can check to make sure the correct marker was found.
- To check, the pace walker will use his or her compass. The bearings should be set to the same bearings the compass reader set his or her compass to at the last marker. The pace walker will turn until the BLACK side of the compass needle is within the shed. If FRED points back to his or her partner, they got the right marker.
- At each marker is a letter. On the course sheet, record the letter. Once you have completed the course sheet, unscramble the letters to decode the mystery word!



Remember:

- **It is important to pay careful attention to the bearing and pacing in order to be accurate when doing orienteering.**
- **If you don't successfully find a marker, go back to the last one and try again.**
- **Most importantly, have fun!**