

INFORMATION TO HELP TEACHERS & GROUP LEADERS PREPARE THEIR GROUP FOR ORIENTEERING AT KILLERTON PARK

- Clothes:** Trainers, tracksuits/jogging trousers.
(Shorts are not allowed at competition events -a rule of the sport - for safety. Jeans may not be considered suitable for running.)
Long sleeved T-shirts may be worn if it is a hot day.
Cagoules or anoraks may be needed if rain is likely.
- Compass:** Not essential and should only be brought if the group has been taught how to use it to 'set' the map using the red end of the needle.
- Watches:** Older group members who own watches should be encouraged to wear them so that they return to their group leaders at their appointed time!
- Whistles:** It is also a good idea for each person/pair to carry a whistle and to be given instruction on when and how to use it.

Pre visit work: It is advisable that all group members who are visiting a new area for orienteering should have done some preliminary work in the classroom, school hall or grounds so that they understand the following:

- (a) a map is a pattern of shapes;
- (b) symbols are used to depict features on the ground;
- (c) when following a route on a map it is essential to keep the map 'set' so that one always faces the direction of travel.

Facilitated Visits: The Education Dept at Killerton offer facilitated sessions for groups new to orienteering. Contact Eileen Dillon (see contacts)

Permissions: If you intend to take a group orienteering, it is essential that permission is obtained first as other activities may be taking place there on the day you intend to visit. Possession of a map does not imply right of access. NT may charge an entrance fee to the grounds.

Contact: Please contact Eileen Dillon National Trust Education Officer before taking a group to Killerton. Tel 01392 881345 email <mailto:eileen.dillon@nationaltrust.org.uk>

Safety: You should be aware that there are a number of potential hazards around Killerton Park grounds. These include fences, both electric and conventional, horse jumps, water features, fallen trees, traffic etc. You should complete a risk assessment form for your own organisation. If you do not have one, you can download a copy of the NT Risk Assessment Form from the website. Group Leaders undertaking the yellow course must advise their group about the presence of the road from the Stable Block to Killerton House, and to look out for traffic.

Maps etc: Maps and control descriptions are obtainable from either the Ticket Office in the Stable Block at Killerton or by visiting the website at www.orienteeringindevon.org.uk. The NT will make a charge for maps sold at the Ticket Office. Maps downloaded from the website are in pdf format and you will require pdf reader software to be able to read and print them off. See the website for further details. You may print off as many copies of the pdf as you wish, and there is no charge.

Control posts: The control posts at Killerton incorporate a pin punch to allow competitors to punch their control card in the appropriate box. Each control is a wooden post marked with a red and white plaque 75mm square on one face. Each control post has an identifying number on the plaque. The number will correspond to the number on the control description list for the course you are doing, and the pin punch is to enable you to check that the correct control has been visited. There is a separate list of control numbers/pin punch marks for you to use to check control cards.

Start & Finish: The Start/Finish is marked on the ground by the Start/Finish post immediately outside the archway to the South of the Stable Block, and on the map by a purple triangle.

Upon arrival:

- Sort out the group into pairs. (It is not advisable to send out larger groups together as we find from experience that more than two will argue or chat and lose concentration.)
- Give each group member a map.

- Check that everyone who sets off from the start knows which post(s) they are going to and that they have talked through with one of the helpers which way they are going.
- Extra helpers can be placed around the area to ensure safety.
- It is advisable that group members should try at least some of the star controls first.
- Continue with short courses. You may want to make up slightly longer courses for those who are more experienced or who 'catch on' quickly. However a navigational problem such as going from the start to a far away post is regarded as far too difficult and requiring too many 'decision' points for group members. (Group members can navigate a far more complicated course in their own school grounds than they can in an unfamiliar area, so only give longer or harder courses, to those you are confident can tackle them and only after they have completed the easier tasks.)
- If you progress at a steady pace, all should succeed. It is better that everyone leaves with the idea that orienteering is fun and easy; not that it's about getting lost - in fact, don't even mention the possibility!

Suggested Exercises:

Map walk: It is always advisable to do a short map walk when visiting a new area. During the walk the map should be orientated or 'set' at all times and you should stop and point out the different paths, features, trees etc. to familiarise the groups with the map.

Example. You could walk along the drive from the Stable Block to Killerton House and back pointing out the various features on the way. Show them a control so that they can see how it is marked, and how to use the pin punch. It is best if the walk is done in manageable groups.

Star exercises: Use the Star Controls (Educational) map. Control F is fairly central to the other controls. You could use this as your Start/Finish for the Star Exercise. From there you send out group members to visit one of the controls and then they return to the teacher/group leader to be given another control to go to. Repeat this several times. The Star exercise controls differ from the other controls at Killerton in that they do not have a pin punch, only a number and code letter. These latter two are normally put out prior to your visit. Please liaise with the NT Education Officer.

Easy courses: Start with the Yellow course and progress from there.

Harder courses: Do not attempt until your group have a degree of competence. The Light Green and Green courses take participants away from the path network. Conditions underfoot away from the paths may present additional hazards.