

Orienteer



Complete the following:

1. Complete item (a) or (b) or (c):
 - (a) Complete the Orienteer Badge Training Course organized by Districts, Regions or the Association; or
 - (b) Obtain the certificate of Level 1 Orienteering Training Course organised by the Orienteering Association of Hong Kong; or
 - (c) Complete the following:
 - (i) Know the history and format of orienteering;
 - (ii) Know the sport equipments used for orienteering;
 - (iii) Understand the scale, contour lines, colouring and definitions of the legend of orienteering maps;
 - (iv) Know the Control Description Sheet;
 - (v) Demonstrate the use of compass and landforms respectively to set map;
 - (vi) Understand the following techniques in orienteering – 3S, thumbing, handrails and catching features;
 - (vii) Understand the types, procedures and rules of orienteering competitions;
 - (viii) Understand the safety measures in orienteering activities; and
 - (ix) Describe a road section in the map (at least 500 metres long).

2. Complete one of the following cross-country orienteering competitions:
 - (a) Orienteering competitions organised by the District, Region or the Association.
 - (b) Open orienteering competitions recognised by the Hong Kong Orienteering Association

Note: Doubles, Experience Group, Park Orienteering and Sprint Orienteering shall not be counted



Completion of this Badge, with a continuous participation of not less than twelve weeks (inclusive of a minimum of two hours every two weeks), implying a total of not less than twelve hours, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Hong Kong Award for Young People Bronze Award.