

Orienteer



Complete the following:

(A) Complete item (I) or (II) or (III):

- (I) Complete the Orienteer Badge Training Course by Districts, Regions or Association Headquarters; or
- (II) Complete the Level 1 Orienteering Training Course organized by the Orienteering Association of Hong Kong; or
- (III) Complete the following:

- 1. Show an understanding of the origin and organization of orienteering.
- 2. Interpret an orienteering map and describe a route on the map.
- 3. Show an understanding of safety procedures in orienteering activities.
- 4. Know the equipments for orienteering.
- 5. Understand the types, procedures and rules of an orienteering competition.
- 6. Demonstrate the following skill – correct use of a compass and setting a map, 3S, thumb assisted method, collection of special characteristics along the route.
- 7. Know the international code for control point.

(B) Complete at least two orienteering competitions. (Note 1) (experience and park orienteering are not counted)

Note 1: Recognised competitions

- (1) Competitions as organised by the District, Region and Association Headquarters.
- (2) Open competitions as recognised by the Orienteering Association of Hong Kong.