

# Orienteering Resources for Teachers & Coaches:

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*Collated by Ken Thompson updated 27<sup>th</sup> Jan 2020 Thanks to ideas also contributed by Sport Australia (formally Australian Sports Commission), Adrian Uppill, Paul Hoopman, Chris Franklin, Kay Haarsma & Zita Sankauskas. Prices quoted are a guide only and may vary*

**Download this document with active links**

**Get the Starter Pack** for detailed information on how to get started.

## Videos:

- [Orienteering: The Adventure Sport for Everyone](#). A new short promotional Video filmed at the 2017 National Championships in NSW
- Two good inspirational videos to show students (particularly older students or adults) at the start of your programme:

<https://www.youtube.com/watch?v=WapUHPfiFYc> (Orienteering More than just running)

<https://www.youtube.com/watch?v=Qya4hrSKYJK> (Xperience Orienteering)

- <http://www.youtube.com/user/OrienteeringAUS>
- Very Good instruction for students & teachers on how to approach a park map or permanent course. Also helpful in showing how such courses should be structured: <https://www.youtube.com/watch?v=JRUvSWiDgc8>
- What is an Orienteering Map <https://www.youtube.com/watch?v=vug5kiA67N8>
- IOF presents Orienteering: <https://www.youtube.com/watch?v=9ZmYCvMTmQI>

## An Introduction to what orienteering is all about:

[2012\\_Flinders\\_Uni\\_Presentation\\_min.pdf](#)

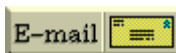
**Current List of Permanent Orienteering Courses:** [DIY Orienteering](#)

**Purple Pen:** a free program for course planning and printing: <http://purple-pen.org>

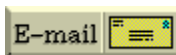
Notes on use & installation of Purple Pen: [Using Purple Pen For Course Planning](#)

## Contact Information:

- All general inquiries regarding school support:



- Technical support re use of Purple Pen: Ken Thompson.



## Orienteering Supplies:

- Orienteering Service of Australia (OSoA) is a distributor for SILVA, and carries a wide stock of compasses, MTBO products, control flags, cards and punches, gaiters, books, headlamps, maps, etc. Email: [info@osoa.com.au](mailto:info@osoa.com.au)


Contact: Ralph Koch Ph: 03 9714 8540 Mobile: 0419 577  
514 <http://www.osoa.com.au>

- Wildfire Sports: Specialist provider of Garmin watches, compasses, clothing, map boards and other sports equipment. Ph: 07 3339 1433 or 0422 248 549 Email: [brenton@wildfireteam.com.au](mailto:brenton@wildfireteam.com.au)

<http://www.wildfiresports.com.au/shop-by-sport/explore/orienteering>

- Punches -from Peter Shepherd (NSW O shop) [julespeter3@optusnet.com.au](mailto:julespeter3@optusnet.com.au) Cost is \$50 for a box of ten. Home phone is 0295253703 but e-mail is the preferred contact.
- Flags – smaller ones from Hart Sport. Only \$4.50 for the 15cm ones or \$4.90 for big ones. [www.hartsport.com.au/sport/orienteering-equipment/orienteering-accessories](http://www.hartsport.com.au/sport/orienteering-equipment/orienteering-accessories) Also very good quality. Alternatively you could use small white icecream tubs and add some red colour to them, and a punch and write on a code.
- Permanent Markers Daytona Signs 138 Morgan Ave Melrose Park 5039 Ph 8277 1303 (Mention Orienteering SA & they will know what you mean) 50 X Metal plates 9.5cm x 9.5cm with orange triangle plus alphabet & number codes (suggest 3 sets of alpha & 2 sets of numbers) approx. cost (2014) \$350
- Corflute **controls** 130mm x 200mm with triangular top as shown with facility to attach a



punch are good for schoolyards and  portable use as they aren't as visible as normal flags & punches. Cost 20 - \$165 incl GST, 30 \$231 incl GST. You can add a lock and chain if you feel necessary. Enquiries to School support email: [E-mail !\[\]\(cef08d8c15d8a8acd5e25ab0d65432c3\_img.jpg\)](mailto:Schoolsupport@osoa.com.au)

## Free Supplies:

- Punch cards for use when you want to re-use maps and not punch on the map: [Control\\_cards\\_3up\\_on\\_A4\\_OSA.pdf](#)
- Set of 64 marker on printable A4 pages. Complete with code list. Sheets can be laminated and used as markers if cost is a problem: [Markers\\_64\\_A4\\_sheets.zip](#)

## **Ideas & Info for School Orienteering:**

<http://wa.orienteering.asn.au/get-involved/wa-school-programs/>

<http://www.orienteering.asn.au/gfolder/schools/successfulOrienteeringProgram.pdf>

### **Programme Suitable for Primary School Use: (as used in NSW After Hours Care Programme)**

[AASC\\_Orienteering\\_Activities\\_Week\\_1\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_2\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_3\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_4\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_5\\_and\\_6\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_7\\_Nov\\_2010.pdf](#)

[AASC\\_Orienteering\\_Activities\\_Week\\_8\\_Nov\\_2010.pdf](#)

## **Recommended Books:**

- 'Orienteering Games: *The Ultimate Teaching Resource*' Available from Orienteering Queensland Electronic version \$22, Printed version \$48.50 <https://oq.asn.au/o-games-book>
- There is also an excellent free resource, "Games Orienteers Play", which contains lesson plans for Prep to Yr 12. This is also available from Orienteering Queensland.
- Illustrated young readers book "Gang O Kids" by Hazel Edwards \$11.95 Available from: [www.osoa.com.au](http://www.osoa.com.au)
- An excellent introductory guide to the sport of orienteering written by Carol McNeill. **\$34.95**  
\* **Web: [www.osoa.com.au](http://www.osoa.com.au)**
- Elementary Orienteering Instructors Manual \$16.95 plus postage. Available online from Orienteering Service of Australia (see above). A bit dated but contains some good ideas.

## **Other Resources**

- [Coaching Resources on Orienteering Australia Website](#)