



# BUSHSPORTS

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## NAVIGATION / ROGAINING/ URBAN GAINING / ORIENTEERING / GEO CACHING - Team Building activities.

Navigation is the ability to direct ourselves and others, from one agreed place to another. Teams are provided an excellent introduction into navigation and orienteering techniques by a skilled Bushsports instructor. Teaching orienteering skills in order to pick up clues and resources in a Geo Caching or Rogaining format.

This program is a fun yet challenging team building day, initially learning the art of navigation hands on. Team members will apply their new found skills immediately.

### Orientation: "Avoid Geographical embarrassment!"

Bushsports staff meet, greet and start your day with fun games! Followed by an Orienteering session. Then complete approximately 5-6km of on &

off track walking (some run!!). Locate markers and as many checkpoints, in an allocated area within the set time frame. Locations can include Wilderness, Bushland, Urban and city areas  
Brisbane - Sydney - Lane Cove - Blue Mountains - Melbourne - Yarra.

Learning to navigate is like a jigsaw puzzle, as you piece together aspects of surveying, geology and cartography, the puzzle will begin to form a clearer picture.

### Orienteering Concepts Covered

- \* Communication
- \* Topographical - Reading & understanding maps
- \* Map Information
- \* Legend is the index
- \* Map Scale: fraction 1: 25,000 Each grid square is \_\_\_\_ km.
- \* Latitude - run parallel Measure north-south position.
- The Equator is 0 degrees, each pole is 90 degrees.
- \* Longitude - Lines of LONGitude are all as long as each other.
- Measure east-west Position & run between north & south poles.
- The prime meridan runs through Greenwich, England.
- Each degree is 111km, minute is 1.85km.
- Sydney** is 33d,45m'S, 151d,17.5m'E
- \* Contour Lines: The earth is 3 dimensional, maps are \_\_ dimensional.
- \* Contour Interval: Every 5<sup>th</sup> line is darker and has height printed.
- \* Map Orientation: Aligned to 3 corresponding features, Triangulation.
- \* Map & Grid References: Communicates position.
- \* AMG using 6 numbers defines an area of 100m<sup>2</sup>.
- \* Eastings - Vertical lines numbered from east-west - increase to the East.
- \* Northings - Horizontal lines from South to North, increase to the North. (E Eastings before N Northings)
- \* Three Norths: True, Magnetic & Grid North
- \* Feature based route planning
- \* Landform Identification
- \* Compass work
- \* Bearings & Back Bearings
- \* Basic Navigation by Sun / Stars
- \* Time Management



