The NJROTC
Area Six
Leadership Academy

Orienteering 201

“Beyond the Cadet Field Manual”
• **LCDR Pheiffer**, SNSI, Hilton Head Island HS
  – Orienteering team advisor 13 years
  – USOF Level 1 Coach

• **LT Melancon**, SNSI, North Charleston HS

Representing the **United States Orienteering Federation**

Col Charles Ferguson, USAFR Retired

Mr. Robert Turbyfill
Orienteering Training

5 hours classroom

1 hour field exercise

Open book exam

Orienteering Training Manual
1st edition (autographed by request)
Two simple questions

Why is Orienteering part of the Navy Junior ROTC curriculum?

And why is Orienteering taught at Leadership Academy?
Actually, it’s because the NJROTC program is designed to develop you **physically and mentally**.

And Orienteering is a sport that demands a high degree of **physical** and **mental** effort.

*Observe . . .*
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All Leadership Academy cadets are expected to be in **Quadrant 2**.

- **Quadrant 3** can be upgraded to quadrant 2 through conditioning. *Run, run, run!*
- **Quadrants 1 and 4** should seek a different sport.
This may seem harsh.

But it’s true.

You must be both **SMART** and **FAST** to master this complex, demanding sport.
And why is Orienteering taught at Leadership Academy?
To improve your orienteering *knowledge and skills*

To make your orienteering practices more *productive*

To make your orienteering team more *competitive*

To help your unit earn more points toward “*Distinguished Unit*”
But wait, there’s more . . .

Which NJROTC team has the most potential for cadets to assume significant leadership roles?

Hint: It’s the one with the least instructor micro-management.
This is Leadership Academy.

You are hand-picked leaders at your unit.

This presentation is designed to help you run the team!!
Presentation

- Follows the Orienteering Training Manual (OTM)
- Pay attention! Many of the exam answers will be mentioned as we go through the corresponding section.
- Ask questions at any time.
- Help improve the manual. Contribute your ideas in writing.
- Orienteering grade = 50% exam, 50% course
- Orienteering ribbon – awarded at discretion of your SNSI
- Cadet Survey – your feedback is vital!
I. Get Ready

II. Know the Rules

III. Understand the Map

IV. Master the Control Codes

V. Make a Map

VI. Set a Course

VII. Run a Practice

VIII. Prepare for a Meet

IX. Use Course Strategy

X. Analyze Your Performance

XI. Host a Meet

XII. Keep Learning
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Orienteering Exam

- OTM p.56
- 50% of your orienteering grade
- Follows the flow of the manual
- Open book -- That doesn’t mean it’s easy!
- Work on it whenever you can
- Follow the directions
- Carefully remove the answer sheet!
- Due to your Platoon Advisor 2100 Thursday
When is the exam due to your platoon advisor?
When is the exam due to your platoon advisor?

2100 Thursday
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I. Get Ready

Orienteering Training Manual (OTM) p.4

Take on as much as your instructor will allow
I. Get Ready

- Beginning of the season preparations
  - USOF website
  - Team schedule
  - Campus map
  - Equipment check
Starting Assumptions

By now, you all should have:
- Read the CFM & the U.S. Army Orienteering Handbook
- Experienced the joy and wonder of the Navy-provided lesson plan
- Run at least one orienteering course (BLT ring a bell?)
- Know how to use a compass
- Know how to measure distance on the map and over ground
- Earned the Orienteering Ribbon
The Orienteering Ribbon

- Knowledge is basic
- Competitions not required
- But running two 3k courses using a “properly prepared map” is
- Create an “Orienteering Ribbon Qualification Opportunity”
- good way to recruit potential orienteers
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II. Know the Rules

- Download the USOF rules as a team reference
- Read them!
- Most USOF rules always apply
- Educate your teammates!
- Host your meet iaw USOF rules
- Carefully study other meet LOIs for differences
II. Know the Rules

Rule 2: Definition and basic characteristics of orienteering
II. Know the Rules

Rule 12: Training
II. Know the Rules

Rule 14: Event Information

- Anything unusual about your map
- Anything new not shown on the map
- Anything different from what you put in your LOI
  - Point values on the score O course
  - Requirement to put runners on every course
  - Time Limits
Hazardous plants

Poison Ivy – Leaves of three, let it be.

ground  roadside  vine
Poison Oak  Poison Sumac
Ticks

Chiggers
Safety bearings
II. Know the Rules

Rule 22: Maps

- Terrain conditions not visible on the map which may influence the outcome
- Good quality maps
- Hosting unit should provide lamination or ziploc bags
II. Know the Rules

Rule 23: Competition Courses
II. Know the Rules

Rule 25: Course Markings on the Map
II. Know the Rules

Rule 27: Control descriptions

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II. Know the Rules

Rule 29: Control flags and equipments
II. Know the Rules

Rule 30: Control Cards
II. Know the Rules

Rule 31: The Start
II. Know the Rules

Rule 32: The Finish
II. Know the Rules

Rule 33: Timing and placing
Rule 33: Timing and placing

What do you do if a punch is gone or broken?
“If the absence of a control mark is not the fault of the competitor (i.e. missing or broken punch), and the competitor states that he/she visited all the control locations in the proper sequence, in the absence of proof to the contrary, the competitor will not be disqualified”.

(USOF Rule 33.5)

Knowing this when the occasion arises will save you unnecessary anxiety and perhaps many minutes searching the area or waiting, wondering what to do.
"All persons who take part at an orienteering event shall demonstrate a high degree of fairness, a sporting attitude, and a spirit of comradeship and honesty".

(rule 35.1, United States Orienteering Federation Rules of Competition)
Rule 35: Fairness

- “It’s forbidden to obtain outside help or collaborate in running or navigation except in a non-competitive class”. (rule 35.2)

- However, there are occasions when it’s OK to seek help.

- For example, it is the responsibility of the approaching competitor to help anyone who is injured. (37.3)
II. Know the Rules

Rule 36: Equipment and aids
II. Know the Rules

Rule 37: Conduct during the event
Rule 37: Conduct during the event

What if someone is lost, afraid, and seeking help?

Strictly speaking, no help should be given, but is it good sportsmanship to ignore them?
Rule 37: Conduct during the event

Use good sense and judgment.

- If the help seeker is actively competing, then help should not be given.

- If you realize there is fear, anxiety, or desperation, and the help-seeker is likely to be out of the competition, then offer aid.
II. Know the Rules

Rule 38: Out of Bounds areas

- It’s forbidden to cause damage in the competition terrain.

- Do not enter
  - Yards and gardens
  - Sown land and land with growing and standing crops
  - Limited access highways or fenced railways
  - Areas marked ‘Out of Bounds’

- If you open a barrier or gate, you must close it.