

**Orange
Marks the
Spot**

**Orienteering
for schools**



ALBERTA ORIENTEERING ASSOCIATION



The Alberta Orienteering Association is the provincial body responsible for the organization, promotion & regulation of orienteering throughout Alberta.

Our vision: Albertans of all ages and abilities, from recreational participants to elite athletes, recognize and enjoy orienteering as a rewarding outdoor navigational sport that builds physical and mental capacity to stay active for life.

What do we do?

- AOA represents the voice of Albertans at Provincial and National sport level
- Provides funding and support to create forest maps
- Organizes an annual leadership summit for strategic planning
- Supports annual training camps & Alberta Orienteering Championship
- Applies for hosting grant and helps with national and international events
- AOA grants for members: Leadership & High-performance grants
- AOA grants for clubs: Junior program development, Underrepresented groups, Major events
- Organizes and supports Officials & Coaching certification courses
- Clubs support: advice and insight about provincial, national & international sport trends
- Risk management policies for safe sport
- Athlete development aligned with the Canadian LTAD model
- Sport awareness and outreach initiatives to grow the sport provincially
- Outreach community programs
- AOA quarterly newsletter and Social Media news
- Promotion of provincial events



Who are we and what is orienteering?

- Orienteering is a navigational sport uses traditional/paper map and compass
- Participants must navigate from one point to another completing a set course on the map
- Orienteering can be enjoyed as a leisurely walk in the woods or as a highly competitive race.
- Originated from Scandinavia over a hundred years ago and has since spread throughout the world with international events and established World Championships.

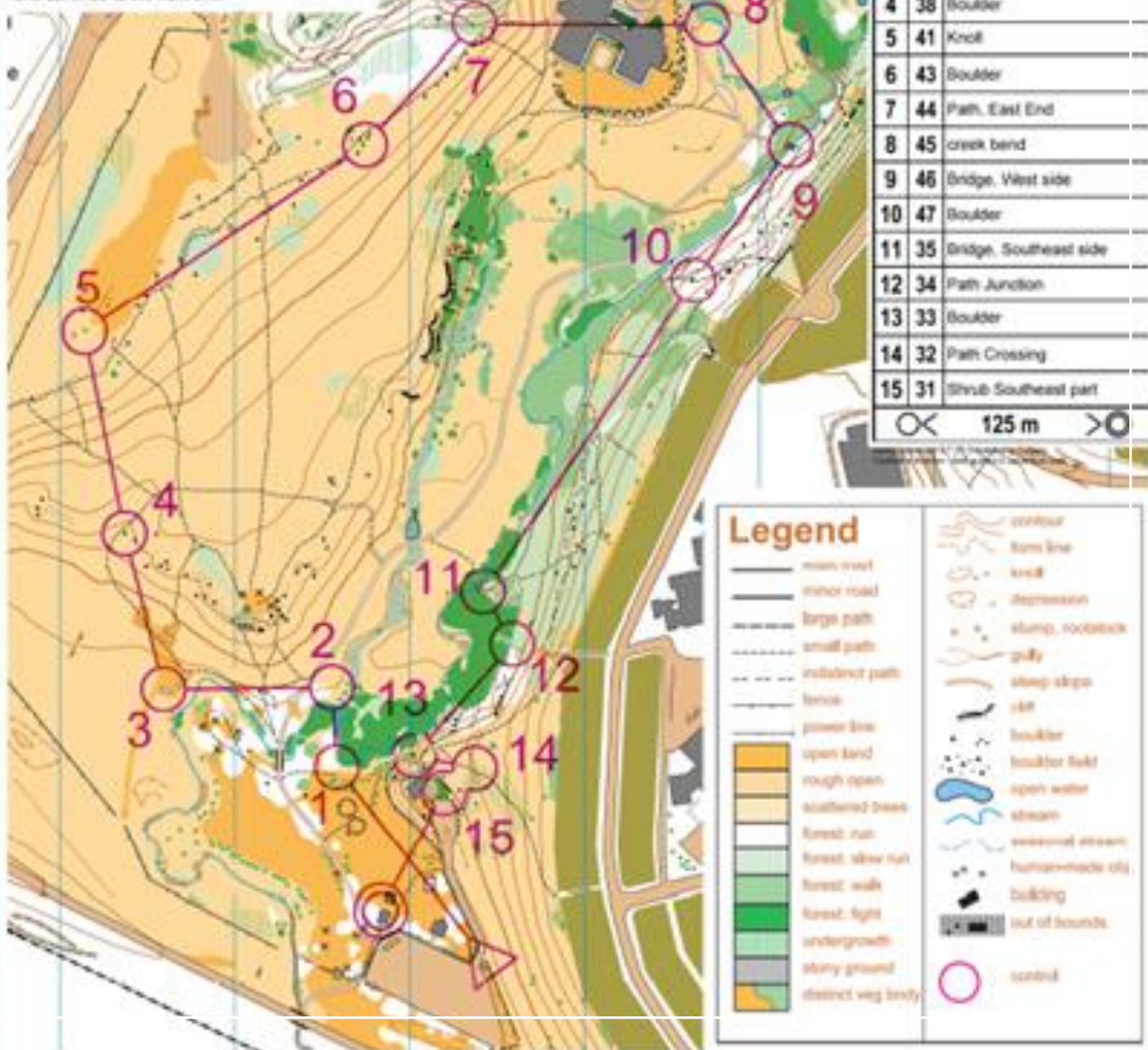


Instructions:

1. Find the start triangle. The start sign is by the fence North top corner.
2. Orient your map to the North.
3. Make a plan to get to your first control. Find it.
4. Repeat 2-3 until you find all the controls and get back to the finish. There is no Finish sign.

If you can't find a sign it might be missing. Let us know.

Return to the control marker you found previously and skip the missing control marker and continue to the next one.



Why orienteer?

Enjoy the outdoors

Connect with nature

- to develop outdoor awareness,
- to improve map reading and sense of directions,
- to improve problem solving and decision making,
- to promote physical literacy (agility, coordination, balance, stamina etc.)

Gain navigational skills



Challenge yourself physically and mentally

Suitable for all ages
A “true” Sport for life
Alone or in a group
Recreational or competitive





Our programs

- Club events
- Sport Competitions
- Outreach programs
- Outdoor Adventure Program
- School programs

School programs and OMS

1. "TRY IT " programs
2. Multi-day programs for Phys Ed or Outdoor Education (Wilderness navigation credits for high schools)
3. Free resource guide and program management tools
4. Creating orienteering maps for schools and parks



Unique experience: Navigation, Nature & Outdoor Physical Literacy

Orange Marks the Spot(OMS) is designed to introduce kids ages 6-12y to basic navigation, map reading and fun agility-based activities using orienteering as a tool. The Alberta Orienteering Association and the Be Fit For Life Network have partnered to create this resource with 6 lesson plans which can be implemented in schools or outdoor program settings. Each lesson is designed to be approximately 1-1.5 hour in length and has 3 stations (accommodating up to 20 participants at each station).

PHYSICAL LITERACY games,
Fun AGILITY stations
NAVIGATION & MAP READING



OMS Video

- <https://youtu.be/WjtHkQqXf84>





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