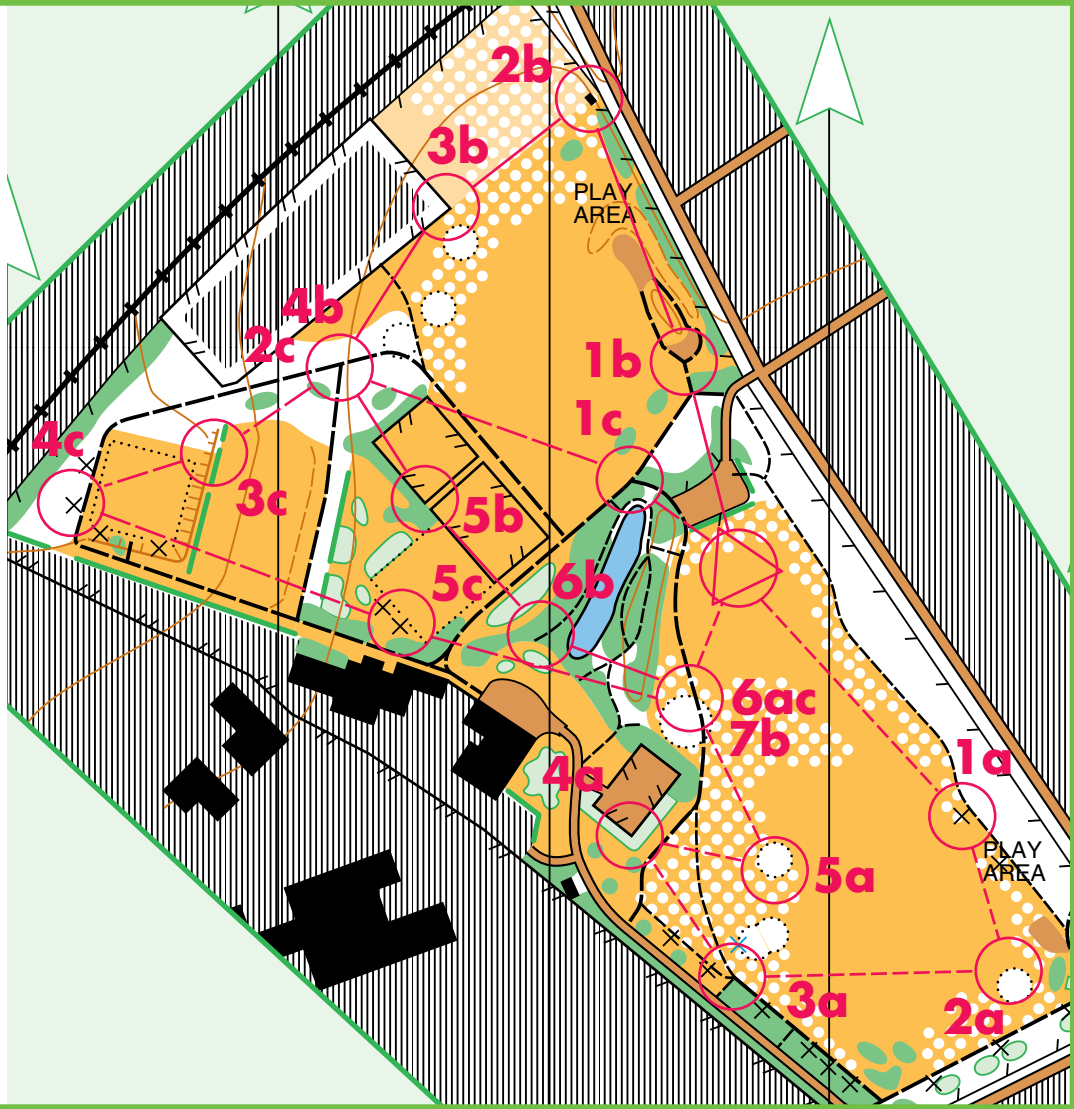


RELAY ORIENTEERING

Preparation

- Prepare 3 short courses of similar length in a familiar area. Some controls can be common to 2 or all 3 courses.
- Prepare pre-marked maps, one set of 3 (courses A, B and C) for each team of 3).
- Set out the courses using the master map, punching 3 master cards, one for each course.
- Young people work in teams of 3 to run the 3 legs. On a whistle all first leg runners set off on a course (A, B or C). The order can be predetermined to prevent following.
- When the first leg runner returns, they touch the second leg runner who goes out on a different course. By the end of the relay all 3 runners will have run all 3 courses. The first team to complete all 3 legs is the winner.
- Each runner will require a control card.



Activity

- Aims: To encourage concentration, planning and strategies whilst competing. To encourage team spirit and cooperation.
- Set out the course using the master map and punch 3 master control cards, one for each course.
 - Split the group into teams of three to run the three legs. Give each person a control card.
 - On a whistle all first leg runners set off on a course, A,B.or C. The order can be predetermined to prevent following.
 - When the first leg runner returns they touch the second leg runner who goes out on a different course.
 - By the end of the relay, all three runners will have run all three courses. The winning team is the first team where all three runners have run all three courses correctly.

Review & Evaluation

- What did you do at the start of each course to make sure you went in the right direction?
- Did you make any mistakes because of other people? If so why was this?

RELAY ORIENTEERING

Safety Points

- Beware of collisions at the start as people run off in different directions.
- Be aware of other users of the site, particularly if it is open to the public.

Organisation & Resources

- Relay events take a lot of preparation but they are worth it for the enjoyment they give.

Equipment

- Prepare pre marked maps, one set of three (Course A,B and C) for each team of 3.
- Each team member needs a control card.

Preparation

- Prepare 3 short courses of similar length on a familiar area. Some controls can be common to 2 or all 3 courses. Make sure the course is not too long so that there is not much waiting.
- Prepare control description lists for each course eg Course A :
 - 1 106 Seat
 - 2 108 Tree N side
 - 3 107 Path Junct.
 - 4 101 Fence Corner
 - 5 110 Tree SE side
 - 6 100 Tree N side
- The running order for teams needs to be different to prevent following. For example, with 6 teams the order is:

Team 1	ABC	Team 2	ACB
Team 3	BCA	Team 4	BAC
Team 5	CAB	Team 6	CBA
- A spectator control, visible from the start/finish, adds to the excitement.

Skills & Knowledge

- Specific Skills
- Relay running tests map reading skills under the pressure of competition and team responsibility
 - It develops team spirit.
 - This exercise requires young people to understand fully and to carry out instructions.
 - Young people are encouraged to collaborate with other team members and to arrive at a team decision. The exercise encourages young people to support others and to recognise and applaud their achievements.
 - Young people should be encouraged to talk openly about successes and setbacks and appreciate their own and others strengths and limitations.

Differentiation & Progression

- Instead of all 3 team members completing all 3 courses, each team member completes only one course. Only one control card per team is required – this is the relay baton. This shortened version works well at the end of another orienteering skills session or if the group are not too confident. In teams of three, the courses are set up as previously. At the start runners from each team set of different courses eg A and C. The first runner back hands over to the 3rd runner. The second runner back hands over to the first runner back in and so it continues until all 3 runners have completed all 3 courses. The amount of rest time runners get will vary.
- A new area , unknown to the group, will e a further test to their map reading and navigational skills.