

**ORIENTEERING COURSE OUTLINE**  
Spring 2016

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A. COURSE DESCRIPTION

This module will provide an overview of some basic principles of land navigation by map and compass. Hopefully this will increase your ability to work in the backcountry safely, and then return home to tell everyone about it. Classroom topics will include trip preparedness, topographic maps, compasses, and principles of navigation. We will do indoor and outdoor practical exercises. Some will be led by the instructor, and there will also be self-guided hikes in small groups. We will be in the bush, so be sure to wear sturdy, expendable clothing.

B. LOGISTICS

We have a three-hour session on campus – check your schedule, and dress for outside work. We also have a full day of field work at the Camp Thunderbird near Sooke. **The bus will leave Lansdowne Campus at 8:30 sharp. Be on time!**

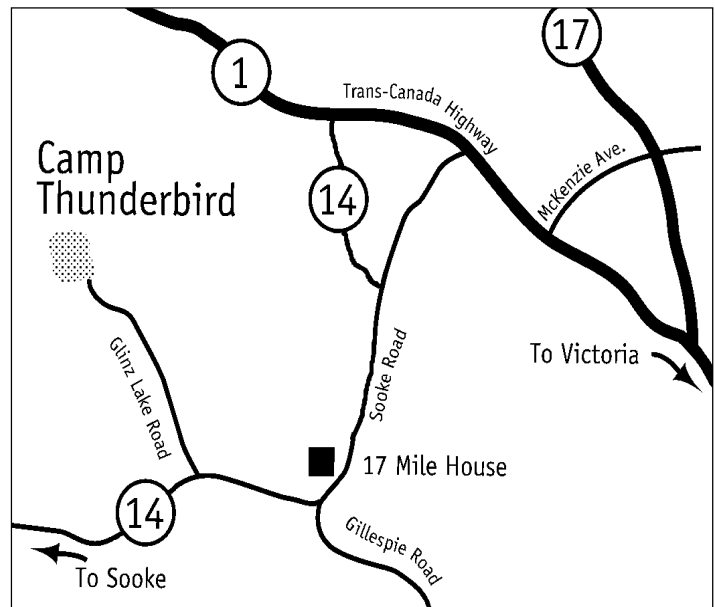
If you wish to be picked up en route or bring your own vehicle, let me know ahead of time.

If you drive, take the Sooke Road (route 14), and turn right on Glinz Lake Road shortly after the 17-Mile House pub. There is a big sign at the turnoff. If you cross the Sooke River bridge, you have gone too far! Turn right at the top and meet us in the parking lot east of Glinz Lake.

On the field day, we will try to be back in Victoria by 4:30, but because of the unpredictable nature of this activity, we may be late. So, **please do not schedule anything (like work shifts) for immediately after class.**

*Students are responsible for bringing:*

- **Sturdy hiking boots or hiking shoes.**
- **Rain gear.**
- Warm clothing (bring extra).
- Hat.
- Water.
- Survival kit if you have one.
- **Lunch** and plenty of snacks.
- Sunscreen.
- Ruler, calculator, pencils, etc.
- Course documents.
- Notebook and plastic bag to cover it.
- Cell phone if you have one.



**STUDENTS WHO SHOW UP WITH INADEQUATE GEAR WILL LOSE PARTICIPATION MARKS AND / OR BE ASKED TO COMPLETE THE COURSE NEXT YEAR. THIS IS A SAFETY ISSUE!**

### C. ATTENDANCE

Students must attend the both sessions, including the entire field day. Failure to do so will result in an incomplete grade for the course.

### D. SAFETY

Outdoor field work can be fun and satisfying, but it is also serious and unpredictable – people get injured in unlikely situations. Please work carefully and don't take silly risks. Watch your step! No running, no pushing people into / over things, no rock climbing, and watch out for branches snapping back from the person in front of you.

Some potentially useful phone numbers, for the late or lost...

- My cell phone: 250-891-7727.
- Steve Gormican's office: 250-370-3516.
- Thunderbird Outdoor Centre: 250-642-3136 ex. 1.

### E. EVALUATION

Orienteering is worth 40% of ENVR 202 (the rest is GPS). The following percent breakdown applies to the orienteering component:

Written assignment	60%
Participation	40%

- Written assignment: An assignment will be given to you at the beginning of the course. It will cover material from all activities on both days. You may work in consultation with others, but complete and hand in your own individual assignment. This is due the day after your field day.
- Participation: All students will start with full marks in this category. Make sure you participate in all aspects of the day – don't let someone else take all the compass bearings! Marks may also be lost for rude, reckless or otherwise unpleasant behaviour (e.g. lateness, inadequate gear, not paying attention, ignoring instructions, jeopardizing individual or group safety, etc.). Naturally, I doubt any of this will happen.

### F. APPROXIMATE SCHEDULE

**May 11, 12 or 13:** Campus session. Meet in class, dress for field work.

**May 18, 19 or 20:** Field day at Camp Thunderbird.

8:30 – 9:30: Leave Camosun College, drive to Sooke.

9:30 – 3:30: Outdoor exercises.

- Lunch on the fly.

3:30 – 4:30 or later: Drive back to Victoria.

*Camosun College*  
**ENVR 202 – Orienteering**

**Safety Protocols for Camp Thunderbird Field Day**

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After a half-day of theory and practice on campus, we will be doing a full day of map and compass navigation in the woods around Camp Thunderbird in Sooke. This is a great opportunity to hone your skills in a realistic wilderness setting. It also presents some risks. Please carefully read and observe the following safety protocols during this activity.

General guidelines:

- Bring solid hiking footwear, long pants, rain gear, extra clothing, and plenty of food and water.
- Advise the instructor of any medical or other condition that may hinder your ability to complete this activity safely.
- Listen to and follow all direction from the instructor and assistant.
- Remember that this is a work situation, and use appropriate seriousness and caution.
- Watch your step: the ground is irregular, steep, and often slippery and/or concealed by underbrush.
- Do not run.
- Avoid walking on logs.
- Stay away from cliffs as much as possible.
- Do not climb steep rock faces.
- Beware of loose rocks, which may fall on someone below and/or cause you to slip.
- Take care of each other.
- Report any issues to the instructor.
- Safety first! It is more important to be safe than to complete every assigned task.

### Emergency guidelines:

- Students will be assigned the following safety equipment: topographic maps, compasses, flagging tape, first aid kits, whistles, head lamps and two-way radios.
  
- If you think you might be lost, remember to:
  - Stay calm.
  - Try to figure out what went wrong.
  - Consider backtracking to your last known position.
  - Consider placing flagging tape to facilitate backtracking.
  - Only try a new direction if you are certain you can backtrack.
  
- If you are definitely lost and none of the above is working:
  - STOP: Stop, Think, Observe and Plan.
  - Get comfortable.
  - Do not split up or randomly wander around in the woods.
  - Try calling the instructor, assistant or a classmate on your cell phone. There is usually coverage in high clearings.
  - Turn on your radio and try to reach the instructor or Camp Thunderbird staff.
    - Use channel 2 for non-emergency communication.
    - Use channel 1 for emergencies (this is the Camp Thunderbird channel.)
  - Wait for help.
  - Blow your whistle regularly.
  - Camp Thunderbird has a siren that may sound if you are lost. Go toward it.
  
- If there is a medical emergency:
  - Stop working and attend to the victim's needs.
  - Perform first aid if you are trained to do so.
  - Contact the instructor and/or Camp Thunderbird staff as above.
  - Wait for instructions.

Thanks for your help in making this a safe day out!