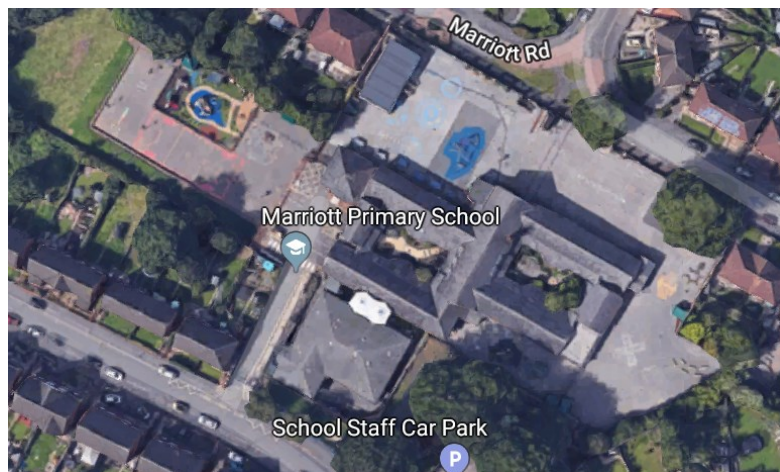


Word	Definition
Navigate	Find way to end point using directions and instructions
Route	A way or course taken to get from a starting point or position to a given destination.
Orienteering course	Composed of a start point, a series of control points and an
Map	A representation of an area of land showing key landmarks.
Controls	A marked point on a map. May contain information.

Key Knowledge and Concepts

Move your body around the map—keeping the map facing the same way throughout—rather than moving the map.

Effective communication is clear and concise. Simple instruction allow the reader and map follower to understand.



Health and safety

Be mindful of environment and look where you are going when following a map.

Hold clipboard and pencils carefully to avoid injury when travelling.