

# COX WOOD

## Activity Instructions

# Orienteering

### Equipment

12 maps  
1 answer sheet

Check equipment against this at the start and end of your session and report anything missing or broken.

### Leader requirements:

One competent person must take overall charge of the activity and ensure the equipment is in good order and used in a safe manner.

### Guide to use of equipment:

The team will need pen and paper with numbers 1 to 14 listed. Teams must find the orienteering markers at each numbered map location and note down the letter on their paper against the number. The markers are red and white and hanging in the trees around Cox Wood and have the number and a letter.

### Guide to risk for your risk assessment:

Set boundaries – all markers are inside the woods and no fences should be crossed. Set time limit for return to start point.

### People

12 maps to use individually or in teams

