



Exploring 4-H at Home



Environment & Healthy
Living

Pillar: Environment & Healthy Living

Project: Outdoor Living

Activity: Orienteering Scavenger Hunt
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CANADA
4-H Saskatchewan

**Outdoor
Living**

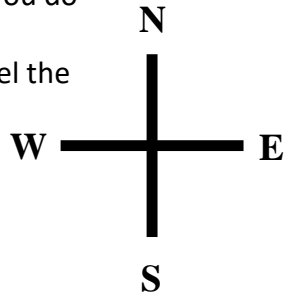
Activity
Guide

Introduction

Orienteering is an important skill to have! Using a compass and a map, you can find your way to a specific location, track your progress along a trail or find help in an unfamiliar environment. It is even a global competitive sport! This activity will have three phases.

Mapping it Out

1. Find an open space (park, field or backyard) and obtain a map of the area. If you do not have a map, you can draw one. Try to be as accurate as possible.
2. Using a compass (many mobile phones have an app for this too), find and label the north direction on your map. Add south, east and west onto the map as well.
3. You can do this by holding your compass flat on your hand and turning until the needle points north. If you don't have a compass, use your best guess.



Creating the Challenge

Come up with at least 10 different points you want to reach on your map. They could be trees, buildings or rocks. Pick an order in which you want to reach all the points.

Scavenger Hunt Time!

1. Walk through all 10 points. As you walk from point to point, note how many steps you took and in which direction you went, watching the needle on your compass or using the drawn compass on your map. (ex: 20 steps NE from big red rock to tree)
2. Walk through the 10 points again, but this time, don't take your eyes off your map or your compass! (**Be careful not to bump into anything or anyone!**) Use your notes to figure out how far and where to go (ex: counting 20 steps and making sure you stay in the NE direction)

Was it easy or hard to do? Did you figure out how to use the compass? Did you find all the points?

Safety Tips

1. Ask permission before you enter anyone's land. It is respectful and they can let you know of any dangers such as unstable soil or aggressive livestock. Leave no trace except your footprints.
2. Always tell an adult where you are going, what direction you are headed and when you will be back. Stick to your plan! Better yet, go with a group or an adult!

3. Be conscious of the 'season'. Wear appropriate clothes for the temperature and weather.
4. Be safe around wildlife and livestock. Mothers with young will be protective. Do not approach wildlife. Badgers, raccoons, skunks, foxes and coyotes can all carry diseases. A porcupine can swing its quill covered tail quickly at you. A skunk may turn and spray you if frightened.
5. Look down when you are walking. Holes from wildlife burrows and dens are everywhere in grasslands. Wear sturdy footwear with closed toes. Watch where you walk.
6. Realize that the distance you walk out onto the prairie is the distance you also have to walk back!
7. Cell phones may not work in rural locations.
8. Prairie weather is UNPREDICATABLE. In particular, thunderstorms with dangerous lightning can appear very quickly. Lightning strikes do occur with and WITHOUT rain. Stay away from tall trees, fences, pipe, and water. A low area on the prairie or an area with thick shorter trees in a treed rangeland is the safest places to be if stranded in a lightning storm. If your skin tingles or your hair stands on end, a lightning strike may be about to happen. Crouch down on the balls of your feet with your feet close together. Lower your head covering your ears. You can put your elbows on your knees. Get as low as possible staying only on your feet.