

# ALPINE DISTRICT ORIENTEERING DAY

**Date:** Saturday, ~~November 21, 2020~~ March 20, 2021

**Start Time:** 12:00pm

**End Time:** 4:00pm

**Location:** Beaver Lake Park, 2600 244<sup>th</sup> Ave SE, Sammamish, WA 98075

Lamonti Tupso Illahee your local Order of the Arrow Chapter has worked tirelessly to put together an Orienteering day for scouts who need to check off First Class requirement 4a. In order to complete the requirement on Orienteering Day please follow the following instructions carefully.

## **Be Prepared:**

Everyone who is looking to participate in this event will need the following items.

- 1) Compass preferably a see-through compass that is easy to use with a map.
- 2) Map of orienteering course which can be found using the link below
- 3) A list of Control Descriptions which can be found using the link below
- 4) A Tape Measure to measure your pace.
- 5) A Piece of String (optional but can be helpful in determining distance between two points)
- 6) A Parent or Legal Guardian is required for this event.
- 7) To ensure everyone's safety during the event Please follow all current Covid-19 guidelines. (Refer below for further details on current restrictions.)

## **Resources**

- Orienteering Course Map and Control Descriptions  
<https://cascadeoc.org/map/beaver-lake-park/>
- First Class Requirement 4a Instructional Video  
[https://youtu.be/W6gXW\\_daUjQ](https://youtu.be/W6gXW_daUjQ)
- Information on Current COVID-19 19 Restrictions  
[https://coronavirus.wa.gov/?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzhsDiStCQHUL2ILuZrJ3S63d6mFmPqU6HjWrcwEjxb4xS4JQvGPz-UaAt5BEALw\\_wcB](https://coronavirus.wa.gov/?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzhsDiStCQHUL2ILuZrJ3S63d6mFmPqU6HjWrcwEjxb4xS4JQvGPz-UaAt5BEALw_wcB)

## **Event Instructions**

**Step 1.** Once you arrive check in at point 37. You will find this at a split in the trail at the right of the baseball fields next to the dog park. On Orienteering day OA members will be there to check you in.

**Step 2.** With the Help of your buddy and/or parent guardian use a tape measure to determine your stride.

**Step 3.** Orient your map and compass using the parking lot, baseball field, and Marker 37.

**Step 4.** Once you have your map oriented determine the direction of North and Use your map, Control descriptions and Compass to find your next point. (marker 41)

**Step 5.** Once you have found your next point determine the distance it will take to get to your next point using pre-existing trails. (Note: This is where the string comes in handy)

**Step 6.** Once you have found your next marker take a photo of you and your buddy standing next to the post for evidence that you found the point.

**Step 7.** Repeat Steps 4 -6 to find your next point. (Marker 36) remember to take a photo next to each marker you find

**Step 6.** Complete the remainder of the course using the steps above taking a photo next to each marker. If you completed the course you will find yourself back at marker 37 where you began.

**Step 7.** Once you have arrived at the last point (marker 37) Check in with the OA Members show them the photos you took next to each marker and to record your end time.

**Step. 8** Now that you have completed the orienteering course with the help of a buddy determine the height of two points of your choice using the standard stick method. Once you have determined the height of the two objects of your choice check in with the OA Members once more and they will verify you have completed the requirement.

**Note About Scout Book Sign offs:** Order of the Arrow youth are not permitted to sign off scout books during this event. We will however be keeping a detailed list of who completed the requirement throughout the day and will be notifying scoutmasters of completions immediately following the event. The official signing off the requirement will be left up to the judgement of individual units.

**Requirement 4a.** Using a map and compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.).

### **IMPORTANT NOTE ON COVID-19**

1. King County is currently following Phase 2 Protocols. In order to keep everyone safe and to help slow the spread everyone is expected to follow all standard covid-19 procedures for Phase 2.
2. Face Masks are required throughout the duration of the event. (no exceptions)
3. All Participants are expected to follow 6-foot social distancing measures with anyone outside of their immediate household.
4. If you or anyone in your family has been exposed to covid-19 please stay home. There will be many more opportunities to complete this requirement.
5. If anyone is experiencing fever, cough, Nausea or any other possible symptoms of Covid-19 please stay home.
6. All participants are highly encouraged to take their temperature before attending the event and should stay home if signs of fever are detected.
7. Please wash your hands as frequently as possible. We highly encourage you to pack hand sanitizer with you throughout the duration of the event.
8. Please avoid gathering in groups during the duration of this event and please remain 6 feet apart even while on the trail.
9. We are all in this together. Please respect others and follow the guidelines above to keep everyone safe during this event.
10. For more information on Covid-19 protocols please refer to the following link  
[https://coronavirus.wa.gov/?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzhsDiStCQHUL2ILuZrJ3S63d6mFmPqU6HjWrcwEjxb4xS4JQvGPz-UaAt5BEALw\\_wcB](https://coronavirus.wa.gov/?gclid=Cj0KCQiA7qP9BRCLARIsABDaZzhsDiStCQHUL2ILuZrJ3S63d6mFmPqU6HjWrcwEjxb4xS4JQvGPz-UaAt5BEALw_wcB)