

WELCOME TO THE

SCHOOL ORIENTEERING PROGRAM

Building Strength, Skill, and Spirit



ORIENTEERING
SPORT FEDERATION

Organized by: Orienteering Sport Federation

www.orienteingindia.in





MILITARY EXERCISE TO AN OLYMPIC COMMITTEE RECOGNIZED SPORT

Orienteering is a globally recognized outdoor navigation sport that uniquely combines physical activity with mental challenges. Participants use specially designed maps to locate checkpoints in unfamiliar environments, developing both fitness and problem-solving abilities.

In today's education system, experiential learning plays a critical role in shaping well-rounded individuals. Orienteering provides an ideal platform to integrate classroom knowledge with real-world application. It encourages students to think independently, make quick decisions, and engage actively with their surroundings.

The Orienteering Sport Federation aims to introduce this innovative and educational sport into schools across India through a structured, engaging, and impactful program.

INTRODUCTION



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The program is a structured two-day engagement designed to introduce students to the fundamentals of orienteering and provide hands-on competitive experience.

- Duration: 2 Days
- Participants: Up to 100 students
 - Age Categories: Under 14 (Boys & Girls)
 - Under 16 (Boys & Girls)

The program is inclusive, scalable, and adaptable to different school environments, ensuring maximum participation and engagement.

DELIVERING FOUNDATIONAL TRAINING AND COMPETITIVE EXPOSURE

PROGRAM OVERVIEW

LEARN THE SKILL. TEST THE CHALLENGE.

Day 1: Seminar & Training Session (2 Hours)

Students are introduced to the sport through an interactive and engaging session covering:

- Fundamentals of orienteering
- Map reading techniques and symbols
- Navigation strategies
- Introduction to equipment and timing systems

Practical demonstrations ensure students gain confidence before participating in the competition.

Day 2: Orienteering Championship (9:00 AM – 12:00 PM)

- Competitive races conducted within school premises
- Use of customized maps created specifically for the school
- Timing and results recorded using international-standard electronic systems
- Certificate distribution ceremony recognizing participation and performance

PROGRAM STRUCTURE

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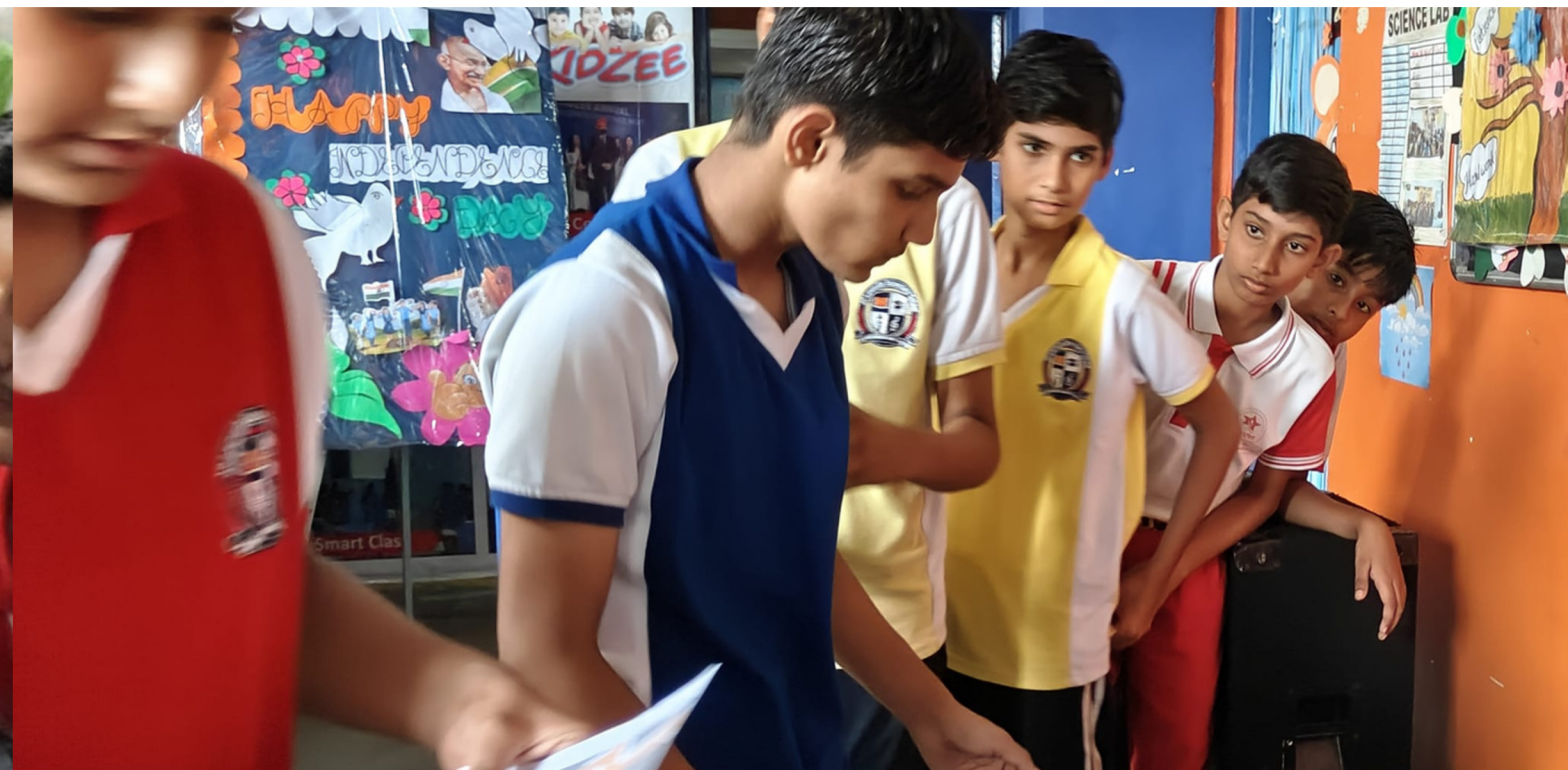
SCHOOL RESPONSIBILITIES

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ROLES & RESPONSIBILITIES

The participating school will provide:

1. Participation of up to 100 students (U-14 & U-16, Boys & Girls)
2. Permission to use outdoor school premises for conducting the event
3. A hall/classroom for the 2-hour seminar and training session
4. Logistical support and coordination assistance to the organizing team



OSF RESPONSIBILITIES

ROLES & RESPONSIBILITIES

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The Orienteering Sport Federation will provide:

- Customized School Map Developed by a professional map maker
- Reusable for future training and competitions
- Printed Colored Maps Provided for all participating students
- SportIdent Electronic Timing System International-standard system ensuring accurate results
- Certificates Participation certificates for all students
- Merit certificates for top performers
- Certificates for all students who successfully complete the course





Orienteering contributes significantly to the holistic development of students:

Cognitive Development

- Enhances spatial awareness and navigation skills
- Develops analytical thinking and decision-making
- Improves memory, focus, and concentration

Physical Development

- Builds endurance, agility, and coordination
- Encourages active outdoor participation
- Suitable for all fitness levels

Personal Growth

- Builds confidence and independence
- Encourages problem-solving and self-reliance
- Promotes leadership qualities

Social Skills

- Encourages teamwork and collaboration
- Develops communication and peer interaction
- Promotes inclusivity among students

Academic Integration

Orienteering complements academic subjects:

- Geography: Map reading and terrain understanding
- Mathematics: Distance, scale, and angles
- Environmental Studies: Nature and ecosystems
- Physical Education: Fitness and outdoor skills

SHARPER MINDS. STRONGER STUDENTS.

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EDUCATIONAL & DEVELOPMENTAL BENEFITS



Mental Well-being

- Reduces stress and anxiety
- Enhances focus and mindfulness
- Improves emotional balance

Digital Detox

- Reduces screen dependency
- Encourages real-world exploration and interaction

Resilience & Adaptability

- Teaches students to manage challenges
- Builds perseverance and determination
- Encourages adaptability in unfamiliar situations

**LESS SCREEN.
MORE LIFE.**

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**PSYCHOLOGICAL
& LIFESTYLE
BENEFITS**



Connection with Nature

- Encourages appreciation of natural surroundings
- Helps students understand ecosystems and biodiversity

Low Environmental Impact

- Requires no permanent infrastructure
- Minimal ecological disturbance
- Follows “Leave No Trace” principles

Sustainability Values

- Promotes responsible use of outdoor spaces
- Instills conservation ethics
- Encourages eco-friendly habits among students

**EXPLORE NATURE.
PRESERVE THE FUTURE.**

**ENVIRONMENTAL
AWARENESS &
SUSTAINABILITY**

CREATING PATHWAYS TO EXCELLENCE.

Pathway to Competitive Sport

- Opportunities to compete at district, state, and national levels
- Exposure to international orienteering events

Life Skills Development

- Navigation and survival skills
- Critical thinking and decision-making
- Independence and leadership

Talent Identification

- Early identification of promising athletes
- Opportunities for advanced training and development

LONG-TERM IMPACT & OPPORTUNITIES

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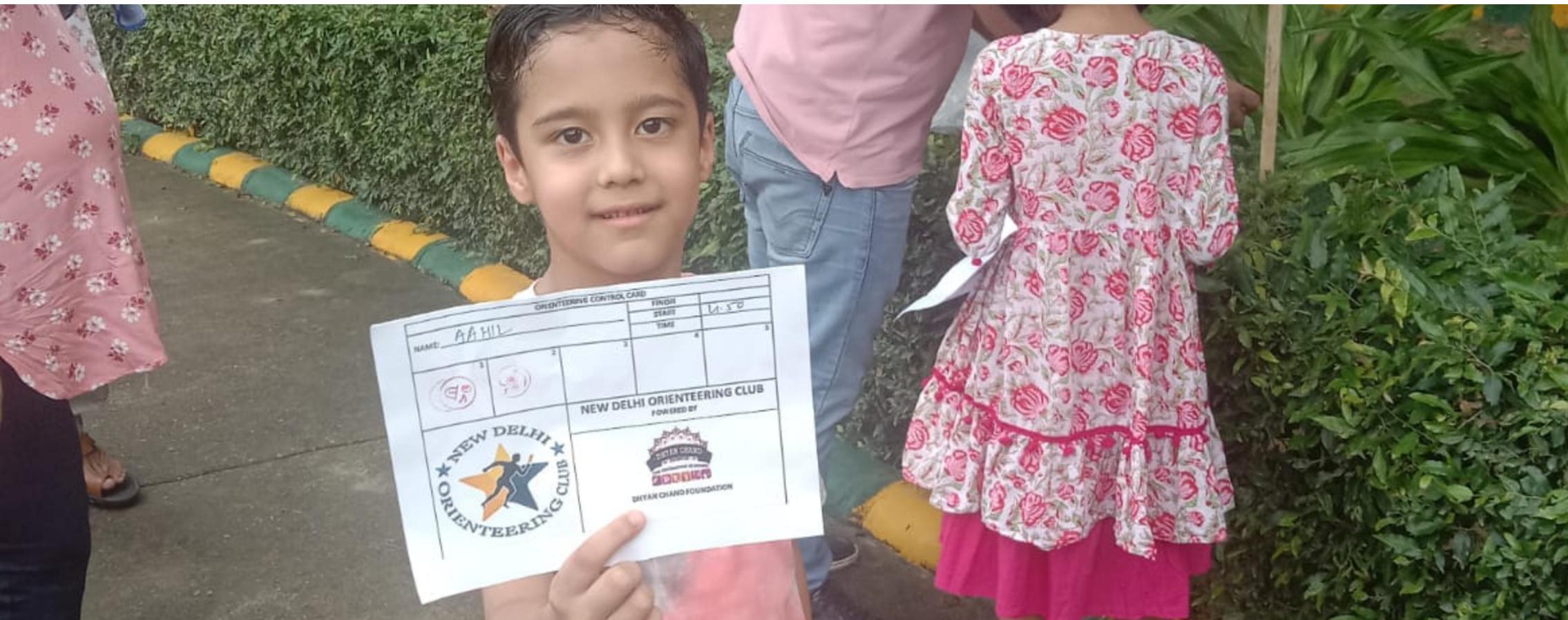


SMART SPORT FOR MODERN SCHOOLS.

WHY SCHOOLS SHOULD ADOPT ORIENTEERING

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- Innovative addition to the school curriculum
- Enhances both academic and sports profiles
- Cost-effective with long-term reusable resources
- Inclusive and adaptable for all students
- Aligns with experiential learning and modern education policies





CONCLUSION

The Orienteering Program offers a unique blend of sport, education, and environmental awareness. It equips students with essential life skills while promoting physical fitness and mental agility.

By adopting this program, schools can provide their students with an enriching, engaging, and globally recognized sporting experience that extends beyond the classroom.

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