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# *Sport Orienteering*



The aims of my work are the following:

1. To learn about orienteering as a sport;
2. To learn sport orienteering history;
3. To learn how this sport is established in my home town Dubna.

Orienteering is a group of sports that requires skills using a map and compass to move from point to point in unfamiliar area.

### ***History of orienteering.***

The history of orienteering begins in the late 19th century in Sweden as a military exercise. The term "orienteering" was first used in 1886 and meant the crossing of unknown land with the aid of a map and a compass. Nevertheless the first sport orienteering competition was held in Norway near Oslo in 1897. The distance was 10,5 km and had three control points.

New born of orienteering as a massive sport started 1930s in Sweden. The father of sport orienteering was scouting leader Major Ernst Killander. With the invention of inexpensive but reliable compasses, this sport become more popular. In 1933 Sweden company Silva invented new compass on a rectangular plate. By 1934, a lot of people in Sweden have become participants of the competition. Then orienteering spread to Finland, Switzerland, Russia, and Hungary.

After Second World War orienteering was spreading all over the world. In Australia the first orienteering competition was held in 1955. In 1959 first rules and standards were discussed on international conference in Sweden by 12 countries. The International Orienteering Federation (IOF) was established in 1961 and the first world championships were held in 1966. In 1967 Canadian Orienteering Federation was established and US one 4 years later.

Nowadays, world championships are held every year. Traditionally Sweden participants are the best in the world. Jerker Lysell is the leader among the men, Helena Jansson and Tove Alexandersson – among the women.

### ***Orienteering types***

There are some kinds of orienteering:

- 1) foot orienteering;
- 2) ski orienteering;
- 3) bike orienteering;
- 4) trail orienteering.

Foot orienteering is oldest and the most popular variant. Participants are given a topographical map which they use to find control points (CP). The aim is to find all CP in less time.

Ski orienteering is an orienteering on cross-country skis. Standard orienteering maps are used, but with special green overprinting of trails and tracks to indicate their navigability in snow; other symbols indicate whether any roads are snow-covered or clear. Standard cross-country ski equipment is used, along with a map holder attached to the chest.

Bike orienteering is an orienteering on a bike. As bikes are usually not permitted to leave the path system, the major focus becomes route choice while navigating at bike speed. Special equipment required is a map holder attached to the handlebar of the bike. Maps are usually smaller scale and less detailed than standard orienteering maps.

Trail orienteering is an orienteering form accessible to disabled competitors as well as able bodied, where the object is accuracy, not time.

There are also different kinds of competitions:

- 1) orienteering in fixed direction;
- 2) orienteering on a marked route;
- 3) orienteering on choice.

Competitions can be held during the day or at night, and they can be individual or relay race.

### ***An orienteering map and control points***

Orienteering competitions use special maps. They are topographic maps. They are a larger scale and much more detailed than general-purpose topographic maps. Participants get maps just before the start; nobody can get it in advance. A triangle is used to indicate the start and a double circle indicates the finish. Circles are used to show the control points. All these signs are in red color.

Control points are usually placed on distinct features, and clarified on a "control description sheet". They are marked in the terrain by white and orange (or white and red) prism, like that illustrated above. A competitor registers his or her visit by punching a "control card" with a needle punch, or using an electronic chip.

### ***Clothes***

All participants must have long sports costumes for participants not to hurt themselves. Competitors must put on trainers; sandals and open shoes are forbidden. If it rains they must put on wellingtons. In the winter clothes should be warm and convenient.

## ***My club***

There are orienteering clubs all over the world; in Dubna we have such clubs too in most the schools. There you can learn how to read a map, how to use a compass, you can learn all the signs used in orienteering maps. Each club holds its own small competitions prepare its participants for bigger and important competitions. They give chocolates and sweets as presents.

There are all-town competitions for all clubs in Dubna. It takes 7 or 8 rounds during school year. In my opinion my club is the best. We are the united team. Our club head is Simonova Tamara Georgievna, she is very friendly and kind person.

## ***Conclusions***

Preparing my presentation I learn a lot of new:

1. about orienteering as a sport;
2. about sport orienteering history;
3. about this sport in my home town Dubna.

## ***Bibliography***

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