



Ed Hicks

3 Jan Ridge Rd. Somers, NY 10589-3007

(914) 248-5957

edhicks@orienteeringunlimited.com

www.orienteeringunlimited.com

*map adventures exercising both body and mind – customized for any age group, in any setting
state-of-the-art maps that serve a multitude of purposes – from member programs to facility brochures*

Orienteering Map Adventures

9:30am – 4:30pm each day

Description

Orienteering is an international sport suitable for all ages in which participants use a map as their primary tool to navigate to a series of specific locations, and then prove they found them. In a camp setting, the proof can be items or information to gather, problems to solve, skills to practice, anything you want. Map Adventures make it easy to infuse a treasure hunt sense of play into any objective, from team-building to facility orientations. This training will lead staff members through a progression of activities and formats that can be adapted immediately to camp programs.

Here's a sample progression of activities we can provide. These can be customized to match your needs and wishes.

Day One

- Basic Introduction to Orienteering
- Name Tag Game
- In-Room Map Adventure
 - Basics of Map Reading and Navigation
- Power Point Presentation
- Map Symbol Relay
- Introduction to Control Descriptions
- Picture-Mapping Team Exercise
- Trivia Orienteering

Day Two

- Survey of Available Formats and Objectives
 - Specialty Events for All Ages and Populations
 - Mass Starts – Individual Starts
 - Competitive – Cooperative – Team-Building
- Designing Control Descriptions
- Individual Relay Orienteering
- Distance Estimation and Compass Bearings
- Team Score-Orienteering
- Lifelong Sport and Fitness
- Q and A / Brainstorming – Summary and Evaluation

Format

This will be both an **experiential** as well as a **brainstorming** workshop. First the staff will participate in a range of activities that model a variety of objectives and skills. Then we will complete each day exploring specific and concrete situations and opportunities that you face at Ramapo, brainstorming and problem-solving how you can integrate what you have experienced into existing programs as well as inspiring new ways to bring new programs to life.

Instructor Profiles

Ed Hicks lives in Somers, NY, and is a retired NY State teacher who pioneered the outdoor education and computer programs in his school district in the 70's and 80's. For over three decades, Ed has been a tireless champion of orienteering regionally and nationally, especially in how it can integrate and enrich lifetime learning in all settings with any age group. Since founding Orienteering Unlimited in 1979, he has lead Map Adventure programs with countless schools, camps, and youth groups, presented staff trainings and corporate programs, and has taught a 3-credit graduate course on the subject. Ed has also produced over 100 orienteering-quality maps of state parks, camps, school grounds, conference and nature centers.

Bob Burg lives on a lake in South Jersey and has been an avid orienteer ever since discovering the sport 8 years ago. He trains beginner and intermediate orienteers, campers, students, and staffs, designs courses for local and national events, and creates camp maps from initial field checking through computer drafting and production. For the past 30 years, Bob has been a non-medical wholistic doctor (specializing in manual soft tissue therapy), workshop leader and facilitator, personal life coach, and is currently an Adjunct Professor at Drexel University. Bob and Ed have worked together extensively for the past 2 years.

Serving Corporations, Schools, Youth Groups, Nature Centers, Camps and Parks Since 1979

© Orienteering Unlimited, Inc. 2010