

Three Brooks Local Nature Reserve, Bradley Stoke, South Gloucestershire

Permanent Orienteering Course

Information for teachers and group leaders

An orienteering course involves participants navigating around a course of 'controls' using a map. Controls must be visited in a given order, although participants decide on and follow their own route. This pack includes the information necessary to ensure a safe and successful orienteering experience at the Three Brooks Local Nature Reserve in Bradley Stoke.

THE CONTROLS

There are 22 controls permanently sited in the Three Brooks Local Nature Reserve. On the reverse of the map are suggested courses for groups using the area. Each course comprises of a number of fixed controls, which consist of a letter and a picture of an animal or plant that can be found on the reserve.

A SAMPLE CONTROL







The plaques measure 76cm by 76cm and are made from stainless steel. Using a wax crayon or pencil you can make rubbings from the plaques.

Participants collect a letter and/or identify the picture to show they have visited the correct locations in the right order. In addition to mapping skills the orienteering course can be used to support the teaching of wildlife identification.



WHAT SHOULD USERS BRING?

The orienteering courses cover a variety of terrains, and it is therefore vital that participants are dressed appropriately.

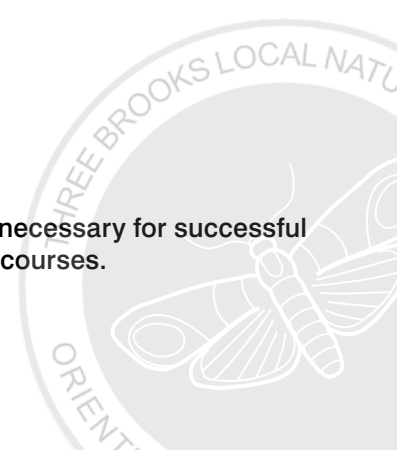
As a minimum students will need:

-  Sensible waterproof footwear with non-slip soles
-  A waterproof coat
-  Clothing appropriate to weather conditions – jumper, hat and gloves in the winter, sun hat and sun screen in summer
-  A drink and snack

In addition participants will need:

-  A pen or pencil
-  At least one watch between two participants.

A compass is not necessary for successful completion of the courses.



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BEFORE YOUR VISIT

Participants will need a basic understanding of orienteering before they arrive at the nature reserve. It would be useful for students to have knowledge of the following:

- ☐ Map colours and symbols
- ☐ Map scale, the map they will be using is 1:7,500 (1cm=75m on the ground)
- ☐ Map set to features on the ground.

THINGS TO COVER ON ARRIVAL AT THE THREE BROOKS LOCAL NATURE RESERVE

Cover the following, as appropriate, with students before they start:

- ☐ Basic map colours, symbols and scale
- ☐ Map setting
- ☐ It is useful to do a 'map walk' with participants to check understanding of and reinforce the above points
- ☐ Explain about control points. The map includes a 'control card' for users to record the letter codes for each control visited, alternatively there is a separate worksheet for recording the plant and animal names
- ☐ Ideally put participants into pairs or threes. Always start with a 'Star course' and only extend to loops and longer courses when you are satisfied that they understand the task.
- ☐ For younger groups split them into groups of 5-6, each with an adult. Each participant can navigate between a control
- ☐ Issue at least one map per pair
- ☐ Brief the participants about the course you expect them to follow. Suggested courses are given on the reverse of the map. NB Start with an easy course, if they are successful let them try a more difficult course
- ☐ Give a time limit for the orienteering activity and a meeting point

- ☐ Brief participants on what to do if they get lost. Highlight the perimeter boundaries of the area, any out of bounds areas and hazards. The area is fenced, participants should be instructed not to cross the perimeter fences or roads
- ☐ If you are using compasses give a safety bearing to bring them back to your starting point
- ☐ Consider issuing whistles and appropriate instruction on how to use them in an emergency.

HEALTH AND SAFETY

- ☐ Consider the health and safety issues relating to taking groups out of school and participating in orienteering activities. A sample risk assessment for the course can be downloaded from the website www.southglos.gov.uk/orienteering
- ☐ Be aware of other users within the reserve. There may be cyclists, joggers, dog walkers, conservation workers and other visitors
- ☐ Take notice of any permanent or temporary warning signs on the reserve
- ☐ It is good practice to have an assistant at all exit points
- ☐ Ensure that all your helpers understand their specific roles e.g. marshal exit points
- ☐ State to the group that there is no need to cross over any roads.

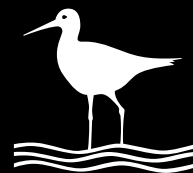
We strongly recommend that you walk the course to familiarise yourself with locations before bringing your group.

FURTHER INFORMATION

For further information about developing orienteering in school and beyond contact the local British Orienteering Development Officer Celia Watkinson, Tel 0117 9688627 or email: celia@britishorienteering.org.uk

And finally...HAVE FUN!





WHAT ARE THE LINES AND COLOURS ON THE MAP?

As with any other map, the symbols and colours on our orienteering map represent different features in the landscape. However, although these symbols are easy to recognise they are NOT necessarily the same as those found on a standard Ordnance Survey map. It is therefore valuable to go through the map with pupils to ensure they understand the map before sending them out on the course.

THE COLOURS

There are five basic colours on orienteering maps:

Black Often represents 'man made' features such as buildings, walls, bins and fences. It is also used to represent rock features and boulders. Paths and tracks are also shown in black, but not roads, which are shown in brown.

Green Various shades of green represent different types of woodland. Often the shade of green indicates how easy or difficult it is to move through. For example, light green or white areas are suitable for running or walking through, whereas dark green areas indicate thick, dense bushes or scrub and are best avoided.

Yellow Indicates open areas. Bright yellow usually represents open areas such as playing fields or larger open spaces. Pale yellow is often used to show thinly wooded areas or rough grassland that may be less accessible.

Brown Pale brown normally indicates a hard or artificial surface such as gravel, tarmac and playgrounds etc.

Blue As with other maps, blue represents water such as rivers, ponds, brooks and lakes.

THE LINES

All orienteering maps have parallel lines drawn vertically on the map. The tops of these lines have an arrow indicating magnetic north. These lines will only be relevant if using a compass.

FOOD CHAIN NATURE TRAIL

The Three Brooks Local Nature Reserve in Bradley Stoke has a number of different habitats within its boundary. The Orienteering and Nature Trail is an innovative and fun way to introduce participants to the concept of food chains and encourages uses of the trail to learn about the different habitats we have in the reserve and the animals and plants that live in these areas. Each habitat has a number of plants or animals associated with that habitat.

Using the control points, collect the rubbings associated with the habitat and then ask participants to put the plants and animals in the right order to create the food chain.

There are five habitats to discover:

Grassland habitat
Woodland habitat
Orchard habitat
Wetland habitat
Hedgerow habitat

Use the orienteering map to find the location of the control markers

The Orienteering & Nature Trail information is available to download from our website:
www.southglos.gov.uk/orienteering

For further information about the nature reserve please visit our website:
www.three-brooks.info

Please respect the wildlife on the reserve and follow the countryside code



The Orienteering Course

Control number	Control letter	Picture	Habitat associated with picture
1	J	Millipede	Woodland
2	A	Woodlouse	Woodland
3	V	Tawny owl	Woodland
4	R	Oak leaf	Woodland
5	Q	Vole	Woodland
6	I	Buzzard	Grassland
7	U	Toad	Grassland
8	G	Sparrowhawk	Hedgerow
9	M	Blue tit	Hedgerow
10	N	Ash leaf	Hedgerow
11	E	Privet hawk moth caterpillar	Hedgerow
12	K	Grass	Grassland
13	B	Grasshopper	Grassland
14	P	Grass snake	Grassland
15	S	Holly leaf	-
16	C	Earthworm	-
17	D	Roach	Wetland
18	L	Heron	Wetland
19	H	Diving beetle	Wetland
20	F	Codling moth	Orchard
21	O	Apple blossom	Orchard
22	T	Pipistrelle bat	Orchard

Food Chain Nature Trails

Grassland habitat (control numbers 12, 13, 7, 14 & 6)
Grass → grasshopper → toad → grass snake → buzzard

Woodland habitat (control numbers 4, 2, 1, 5 & 3)
Oak leaf → woodlouse → millipede → vole → tawny owl

Orchard habitat (control numbers 21, 20 & 22)
Apple blossom → codling moth → pipistrelle bat

Wetland habitat (control numbers 19, 17, & 18)
Diving beetle → roach → heron

Hedgerow habitat (control numbers 10, 11, 9, & 8)
Ash leaf → privet hawk moth caterpillar → blue tit → sparrowhawk

