

## Trabajo de orientación en El Morlaco

### 1.- ¿Qué son y por qué se practican las actividades en la naturaleza?.

Is a race against the clock, in which the athlete has to go through a series of controls, which are accurately marked on your map, and located on the ground by means of a beacon .It is done in nature because there are maps



### 2.- Definición de orientación. ¿Qué es el deporte de orientación?.

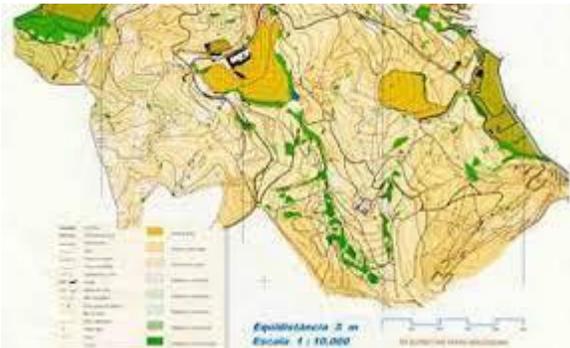
The action of orienting or placing a thing with respect to a fixed point. Orientation Sport constitutes a physical-sporting practice that sets the body and mind in motion, and that provides the opportunity to enjoy direct contact with Nature, without limits of age or physical form.



### 3.- Origen e historia de las carreras de orientación.

The first official orienteering race was organized by the Nordic club Tjalve in

1897. In 1949 it was granted Olympic status at the Winter Olympics in skiing. The international federation was created on May 21, 1961 in Denmark and orientation as a sporting activity emerged in Sweden at the end of the 19th century, where it is, along with the rest of the Nordic countries, one of the most practiced sports. The first test was held on October 7, 1890 in Tjalve, a town in Norway.

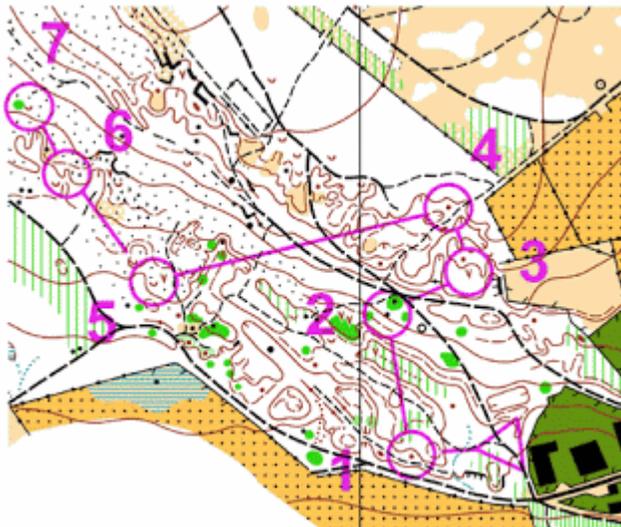


#### **4.- Elementos para la orientación: el mapa y la brújula.**

Compass: it is after the map the instrument most important to the counselor. It's about a instrument that carries a magnetized needle that always points to magnetic north.

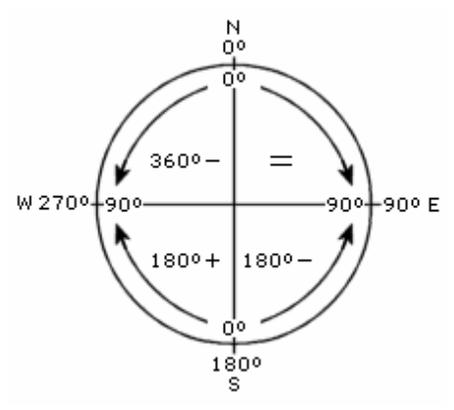
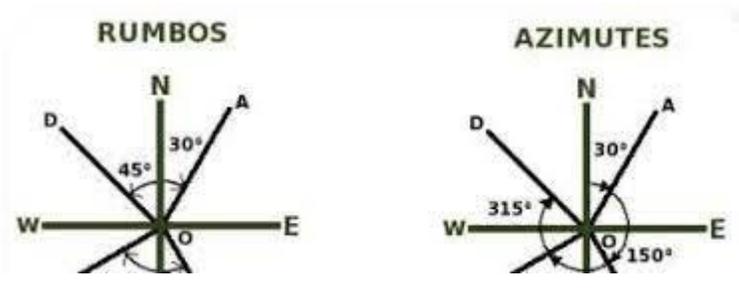
Map: The map is one of the most used tools in sports and activities in the nature. The maps represent graphically the ground on paper. Understanding the map and knowing how to use it is very useful when doing activities in

nature and is essential for do orienteering races.



## 5.- Rumbos: ¿Cómo se halla un rumbo?.

In navigation, heading is defined as the angle measured in the horizontal plane between north and the forward direction of the ship, measured in a circle, that is, from  $0^\circ$  to  $360^\circ$ . The bearing is always expressed in three digits and, if necessary, leading zeros are added.



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