

TERRESTERIAL RECREATIONAL TOURISM

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PREFACE

Terrestrial Recreational Tourism book was developed based on aspirations to help create new reference materials for the field of recreational tourism. In addition, it is hoped that this book can also be a good reference for polytechnic students during their learning and teaching process in order to obtain more up-to-date knowledge related to recreation and tourism.

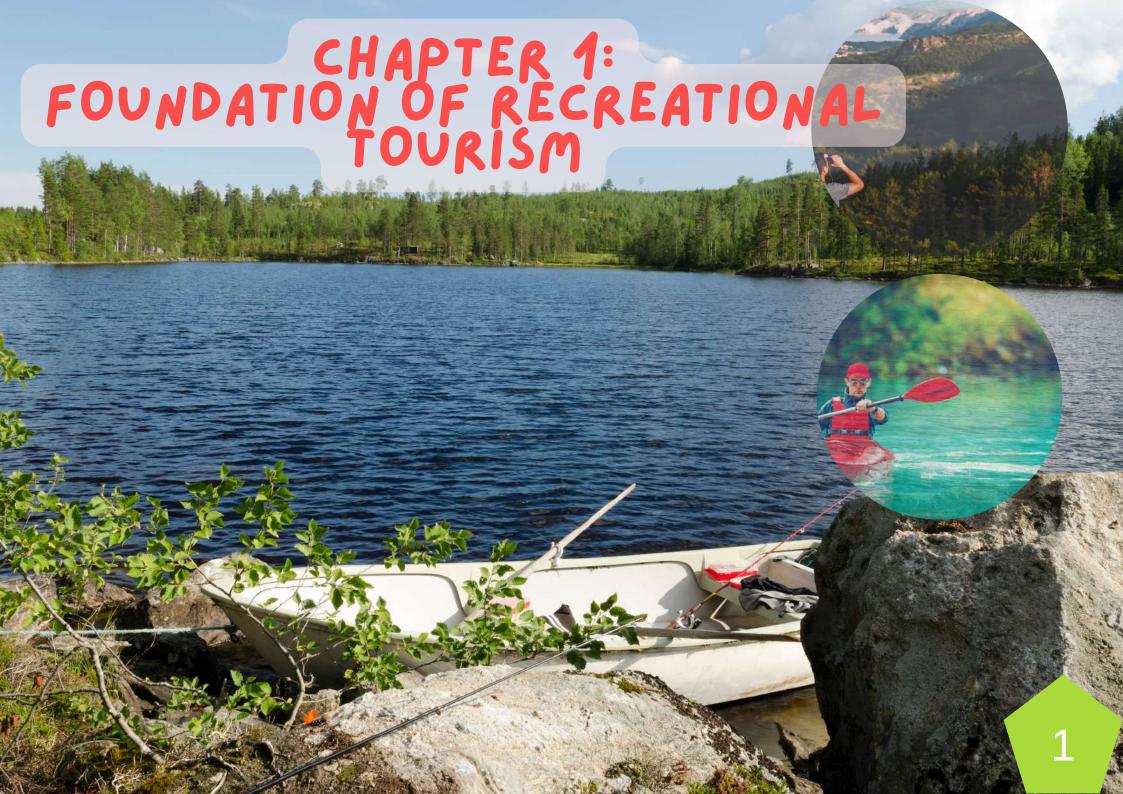
What is the content of this book?

This book contains several topics that tell about recreational activities that are popular and often done by many people, among them the foundation of recreational tourism, recreational safety and risk management plan, recreational camping, orienteering, flora & fauna observation and jungle trekking.

We, as the authors and as the parties that produced this book from Polytechnic METrO Betong Sarawak (PMBS), would like to express our gratitude and thanks to all parties involved directly and indirectly in helping to produce this book, in the hope that it can be a medium of delivery and knowledge sharing to all parties who need it especially for students who follow the DTO20044 Terrestrial Recreational Tourism course. we are also always ready and open to receive your suggestions and views to further improve the quality and scholarly value of this book.

Thank You





1.0 FOUNDATION OF RECREATIONAL TOURISM

The main aims of recreational tourism include active participation in some kind of recreational activity, or, participating in a sport or cultural event as spectator. Intellectual recreational activities are also realized within the framework of tourism.

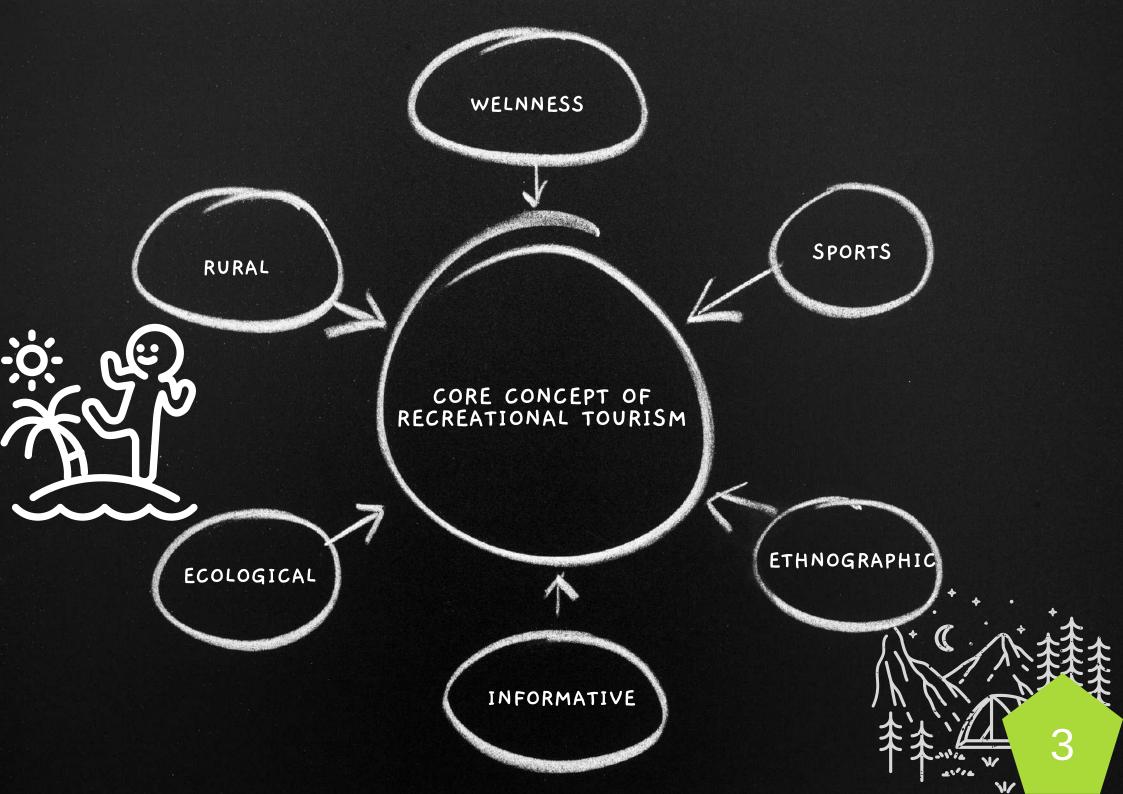
Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".



I.I LEISURE DEFINITION

Leisure has often been defined as a quality of experience or as free time. Free time is time spent away from business, work, job hunting, domestic chores, and education, as well as necessary activities such as eating and sleeping. Leisure as an experience usually emphasizes dimensions of perceived freedom and choice.

People seek to be involved directly or indirectly with recreation activities for a variety of reason including un, excitement, relaxation, social interaction, physical or mental challenge, and lifestyle enhancement.



1.3 RELATION BETWEEN RECREATION, LEISURE AND TOURISM INDUSTRY

Boundaries between recreation and tourism are blur, as both activities often share the same environments and facilities and compete for space and finance:

- · Steps taken to improve the environment and to conserve and restore the national heritage benefit both recreation and tourism;
- High-quality provision for local recreation (ice rinks, yacht moorings, golf courses) will often enhance tourism interest in the area and generate demands for accommodation and other services. Tourism products may also be created by improvements in cultural resources (museums, concerts halls, theatres);
- Exotic leisure developments such as theme parks or ski resorts invariably need to attract tourists as well as day users. Hotels and resort facilities may partly rely on revenues generated by local users (functions, club membership, restaurant usage etc.).

It is really hard to draw a line where recreation ends and tourism starts. When not talking about statistics then it is also not so important. It is important to understand that both try to save the environment and use it as sustainable as possible. Also, both have to main target groups - locals and tourists. Both groups can use and benefit from facilities developed in the area.



1.4 DEVELOPMENT AND DEMAND FOR TERRESTRIAL RECREATIONAL TOURISM INDUSTRIES

I. PHYSCHOLOGICAL

NEEDS

SELF ACTUALIZATION

EGO (SELF ESTEEM)

SOCIAL (LOVE, AFFECTION)

SAFETY(HOME, JOB)

PHYSIOLOGICAL NEEDS

2. SURFACE FACTORS



 Physical motivators: related to health (sport, maintenance & preventive health program, tension releasers



Cultural motivators: desire to learn more about culture, architecture, food, art and folklore other people. Conformation and curiosity



Interpersenol motivators: escape from familiar environment (family). Prime motivators is to see or escape from family



Status and ego factors: need for recognition, attention, appreciation, and good reputation



1.4 DEVELOPMENT AND DEMAND FOR TERRESTRIAL RECREATIONAL TOURISM INDUSTRIES

3. PUSH AND PULL FACTOR

PULL FACTOR

Tangible things that draw visitors to a destination. This include people, place and activities

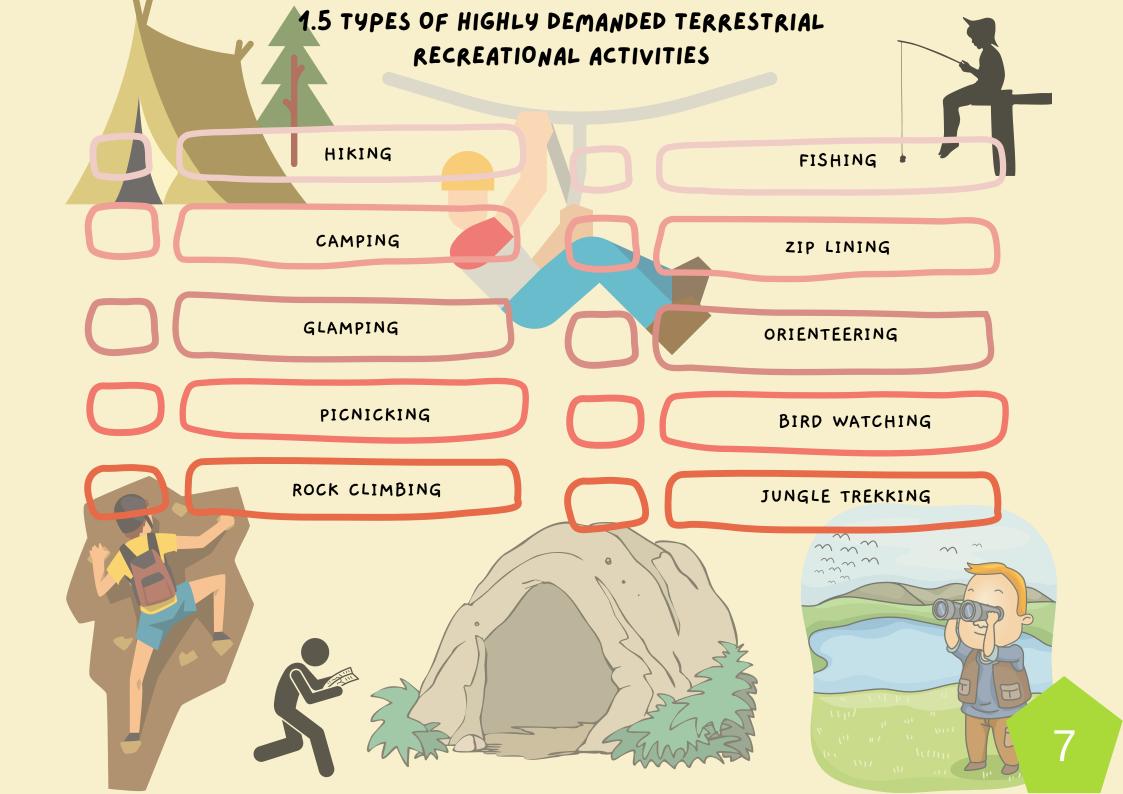
Examples: friends, relatives, celebrities, scenic areas, recreational event, culture, festivals

PUSH FACTOR

Intangible things (forces) that come within us. Needs, motivation and way of thinking

Examples: adventure, challenge, escape, self discover, prestige, rest and relaxation





1.6 TERRESTRIAL RECREATIONAL TOURISM ISSUES, TREND AND IMPACT TO THE MALAYSIA'S ECONOMY AND TOURISM INDUSTRY

Development of leisure travel budget

With the easing of restrictions and impact of COVID, people are now booking more in advance than they did during the pandemic, but are still placing more value on flexible booking.

This shift is part of an understandable need for consumers to regain control, and be able to plan trips with confidence, as well as having something to look forward and avoid the nasty surprise of "sold-out" hotels and flights. But with so much COVID-inflicted red tape removed, why are a quarter of respondents not planning to go on holiday at all this summer?

Financial hardship is the most common reason to avoid travel

The rising cost of living has caused most of us to review our spending habits. For many people, price is the first thing to be scrutinized when booking a vacation. Tellingly, one in three of those not going on holiday this year have based their choice on financial hardship.

More than ever before, the consumer's willingness to pay is directly tied to how much value they think they will receive – in the traveler's mind, it's got to be 'worth it'.

Bigger budgets, smarter travelers

For many, some rising costs won't come as a shock. People expect to pay 25 percent more for accommodation this summer compared to last year.

This is higher in the UAE, where people expect to pay 40 percent more.

So, rather than simply pushing down rates of travel, the cost-of-living crisis has inspired consumers to book smartly – think discounts, promotions, and off-season trips.

People are spending strategically in other ways too:

Fewer people are willing to pay a premium for higher quality service: Let's start by looking at flying in a premium cabin or staying in a luxury hotel.

This kind of spending is down to 42 percent in 2022 from 50 percent in 2021.

On the other hand, consumers are willing to pay extra for booking flexibility. In today's environment, that higher level of reassurance means the world to consumers.

People are booking further in advance: Last-minute bookings aren't as appealing or relevant as they used to be during the pandemic, when people were more concerned about if they would be able to travel and ensure their money was safe.

As the travel industry picks up pace, consumers are planning ahead to book before the top-rated destinations sell out. Consumers don't want to misrout on the best deals, which they feel are more likely to get if they book in advance.

1.6 TERRESTRIAL RECREATIONAL TOURISM ISSUES, TREND AND IMPACT TO THE MALAYSIA'S ECONOMY AND TOURISM INDUSTRY

Three additional travel trends for 2022

It's clear that cost is a big focus this year and is central to most decisions made by holidaymakers. But what else has changed?

Business trips are recovering

The number of business trips is set to increase by around 36 percent in the next 12 months. The biggest increase (+66 percent) will be in the UK, and the lowest (+7 percent) in the Netherlands.

Cost is still a big deciding factor, even for business trips, with 33 percent of our respondents prioritizing price.

Conversely, 'workations', where people travel to work remotely, have dipped in popularity. This is likely due to many returning to the office and pre-COVID ways of working.

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Travel goes green

Consumers – particularly young, wealthy, and those living in cities – are willing to spend more on sustainable holidays. In fact, 61 percent of respondents said they would pay more for an environmentally-sustainable holiday, showing no change from last year, in spite of higher prices.

It could be argued that green travel has become more than a trend and is now a consideration that is here to stay.

Things get personal

Travel agents are still in demand though, especially when it comes to the much-loved all-inclusive. 72 percent of those who book through a travel agent opt for an all-inclusive holiday. Because after such a draining few years, what could be better than a trip where everything is already taken care of?

Of course, booking through a travel agent also offers some much-needed certainty on price. Consumers want to know precisely what they're paying for.





2.0 RECREATION SAFETY AND RISK MANAGEMENT PLAN

For those that appreciate the outdoors, being outside is a major part of living. Whether you're a backpacker, hiker, cyclist, runner, surfer, skier, snowboarder, rafter, or a mixture of these and more, the outdoors are your playground. However, even the most seasoned outdoor sports enthusiast should remember some key outdoor safety tips. Though the wilderness and outdoor activities are amazing, they can also be extremely dangerous. Getting lost, getting hurt, and withstanding the elements can be hazardous aspects to outdoor adventuring. For that reason, it's important to take precautions.

Tell Someone Where You Are

No matter how many times you head out to experience the outdoors, even if it's a location you're familiar with, you have to tell someone where you are. There have been plenty of fatal or near-fatal experiences attributed to this mistake. Telling someone where you're going and when you should be back will help to find you in a timely manner if you get lost or hurt. Text a friend, leave a note, or call a loved one if you're headed out to explore the outdoors. Even the most experienced outdoorsman can find themselves in a bad situation. Precautions are necessary regardless of your skill level.

Bring the Right Gear

What gear you'll need will vary depending on what you're doing, where you're going, and the elements you're dealing with. Not having the right gear can be dangerous. It's important to take your surroundings into account when you're spending time in the outdoors. If you're participating in a water activity, for instance, having the wrong wetsuit thickness for the temperature can mean the difference between warmth and hypothermia. This can also mean extra socks, the right boots, or even the right type of bike. Wear your helmet, have your life preserver, and follow any other safety precautions for your sport. Research your area and the elements/terrain you should anticipate and pack accordingly.

2.0 RECREATION SAFETY AND RISK MANAGEMENT PLAN

Pack the Essentials

Again, the essentials you'll need will vary depending on your situation, but it's important to understand what is essential in each situation. In many situations, it's important to at least have plenty of food and water. When packing food or snacks, be strategic about the type of the types of proteins you bring along in order to provide yourself with the most fuel while you're active or if you find yourself in a survival situation. Think soy, nuts, or jerky — all proteins that provide energy and travel well.

You'll also need water, warmth, shelter, and navigation. Of course, not every excursion will lend itself to having a tent around. Instead, in a smaller pack, be sure you have some tools such as a rope, matches, a knife, and a compass. This will allow you to create the things you don't have — like making a fire or a shelter.

Basic First Aid and Survival Skills

Any basic first aid and survival you'll want to know should be built around the area you're in. Such as understanding avalanche survival in snowy regions or how to help dehydration in hot climates. However, having a first aid kit is pretty universal regardless of your terrain. A first aid kit will help with minor wound dressing, burns, pain, insect bites, and swelling. Take the time to learn some basic first aid like taking care of cuts, how to make a sling, taking care of shock, the importance of CPR, how to stop bleeding, and preventing and treating conditions related to extreme weather. In terms of survival, be sure you know how to build a fire and understand the threats in your area such as wildlife or poisonous plants. Knowing some basic first aid and survival skills can make all the difference in an emergency situation.

Be Mindful of Your Companions

When you're experiencing the outdoors with someone else, it's not just your own safety you should be concerned with. It's your companion's safety as well. Whether you're with another outdoor enthusiast, your children, or your pet, be sure to protect them from the outdoors as well. For adult companions, be sure you're working to check each other for the right gear and safety precautions. With children, be sure they are protected from the elements and staying safe. For pets, know the signs of heat stroke in dogs and never put them in dangerous situations. This way, everyone can keep stay safe while experiencing the outdoors.

2.1 TERRESTRIAL RECREATION RULES AND REGULATIONS AND SAFETY STANDARDS IN RECREATION ACTIVITIES

EMPLOYER FOCUS

- ENSURE SAFETY AT
 WORKPLACE
- ENSURE CLEANLINESS
 AT WORKPLACE
- PROVIDE EMPLOYEE
 WELFARE
- ENSURE FIRE SAFETY

MAIN EMPLOYER ASPECT

- ENSURE SAFETY OF
 ACTIVITIES PROVIDED
- ENSURE STANDARD
 PROCEDURE FOLLOWED
 BY EMPLOYEE
- DO NOT MISUSE
 EQUIPMENT PROVIDED
 FOR HEALTH AND
 SAFETY

EMPLOYER DUTY

- PREPARE WRITING
 STATEMENT REGARDING
 SAFETY AND HEALTH
 AND ENSURE RULES
 HAVE TO BE FOLLOWED
- ENSURE STANDARD

 PROCEDURE FOLLOWED

 BY EMPLOYEE IS SAFE
- ENSURE HANDLING STORAGE AND HANDLING EQUIPMENT IS SAFE
- PROVIDED FACILITY
 FOR WORKERS WELFARE

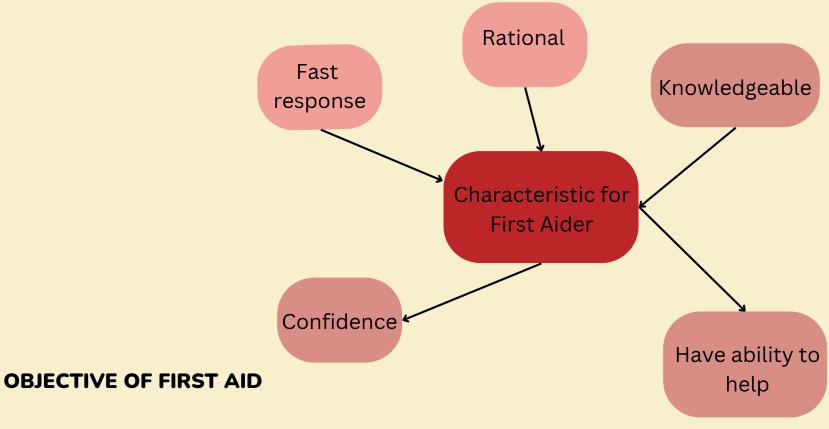
2.2 RATIO FOR TRAINER AND PARTICIPANT FOR OUTDOOR RECREATONAL ACTIVITIES

Trainer for Outdoor Recreational Activities	Participant Ration
Jungle Trekking	1:10
Swimming (Open Water)	1:5
Swimming (Private area)	1:10
Children Swimming	1:5

2.3 FIRST AID AND CARDIOPLUMONARY RESUSCIATION (CPR)

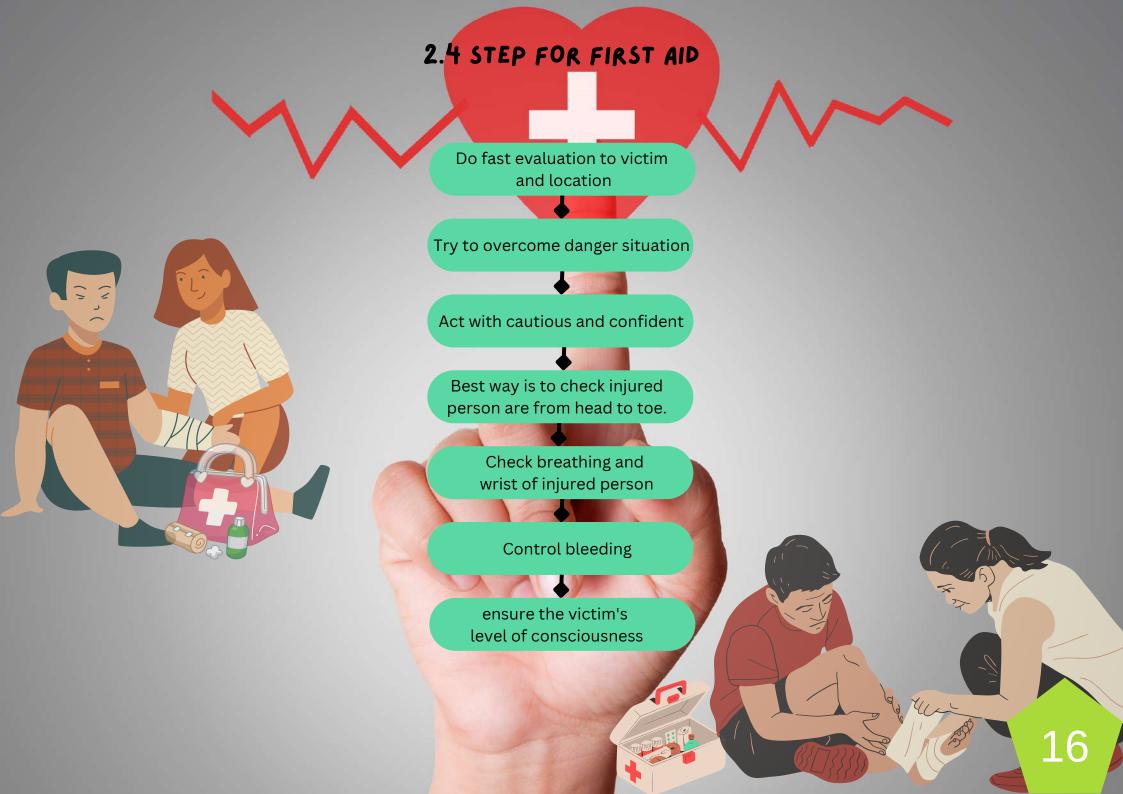
DEFINITION

First aid is an act of urgent treatment for patient before arrival of doctor for full treatment. There are few practices one must have to give first aid.





- For saving life, such as drowning, electrocuted and serious bleeding.
- to reduce suffering or reduce pain
- to avoid injury worsening
- preparation before arrival of ambulance and doctors



2.5 THE ROLE OF THE FIRST RESPONDER IN EMERGENCY SITUATIONS

Actions that need to be taken when there is an emergency against several factors. ie assessment, diagnosis, treatment and transfer of patients

Assessment (facing emergency situations)

- · Ensure self and patient safety
- ask for help from others
- make sure serious patients get treatment first
- give complete and accurate information to the hospital

Diagnose (history, symptoms and signs)

- ensuring the patient's medical history
- see signs and symptoms
- · examine the patient's entire body
- · check patient equipment

Treatment (way to treat the patient)

- priority must be given according to airways rules
- · check pulse and breathing
- ensure the victim's level of consciousness
- · control's bleeding

Patient transfer

- try to overcome any danger and remove the victim from the dangerous situation
- make an emergency call to move the patient
- be sure to bring the patient if the patient's condition does not show side effects





FLORA & FAUNA

OUR ENVIRONMENT IS A GIFT THAT OUR GOD HAD CREATED AND PROVIDE TO MAN INTO THIS WORLD FOR USE AND ENJOY IT IN GOOD MANNER. ENVIRONMENT IS VERY COMPLICATED, IT FULL WITH VARIOUS ELEMENTS. SOME PART OF THE VERY IMPORTANT ELEMENT IS FLORA AND FAUNA. FLORA AND FAUNA COULD BE CONSTITUTED AS OUR MAIN ENVIRONMENT ELEMENT. THE ROLE OF FLORA AND FAUNA TO THE EQUILIBRIUM OF WORLD AND ALL THE ACTIVITY OF ECOSYSTEM IS MASS, BUT IT FIXES TO DEPEND ON THE PROSPERITY OF THE ECOSYSTEM STABILITY. AS HUMAN BEING, MAN MUST PLAY ROLE TO ENSURE THE PRESERVATION AND CONSERVATION OF FLORA AND FAUNA, IT MUST BE PLACE AS THE PRIORITY.

IN TOURISM ASPECT, TOURISM IS VERY DEPENDING ON THE WELL-BEING OF FLORA AND FAUNA. ANY ISSUES RELATED WITH THE ENVIRONMENT WILL RELATE WITH FURTHER FLORA AND FAUNA CONFLICT. FURTHERMORE, MOSTLY ENVIRONMENT SUCH AS SCENERY, LANDSCAPING AND RARE OF PLANT AND ANIMAL FREQUENTLY ARE THE MAIN ATTRACTION THAT COULD MAKE PEOPLES VISIT TO CERTAIN DESTINATION.







THE RESPONSIBILITY TO DEFEND OUR ENVIRONMENT TO BE SUSTAIN IN FUTURE ARE VERY DEFEND ON OUR TODAY EFFORT. THERE IS WISDOM WORD "WHAT WE HAVE TODAY, IS NOT OUR, WE JUST BORROWING IT FROM OUR FUTURE GENERATION". SO, WHAT WE MUST UNDERSTANDING IS, THE SUSTAINABILITY OF OUR FLORA AND FAUNA IN FUTURE IS FALL ON OUR SHOULDER TO THINK AND CARRYING. OUR NEXT GENERATION ARE WAITING IT FROM US.

FLORA AND FAUNA OBSERVATION

OBSERVATION MEANS AN ACT OR THE POWER OF SEEING OR TAKING NOTICE OF SOMETHING. FLORA AND FAUNA OBSERVATION COULD BE KNOWN AS A PRACTICE OF NOTING THE OCCURRENCE OR ABUNDANCE OF FLORA AND FAUNA SPECIES AT SPECIFIC LOCATION AND TIME. FREQUENTLY THE PURPOSE OF OBSERVATION ACT IS FOR RECREATION AND RECREATION.

FURTHERMORE, THERE ARE FEW OTHER OBJECTIVE PEOPLES DOING THIS OBSERVATION. WE CAN SAY IT AS BELOW: -

- I. AS AN EFFORT IN CREATING THE AWARENESS AND EXPOSE KNOWLEDGE ABOUT THE IMPORTANCE OF NATURE.
- II. TO ENCOURAGES PEOPLES OR RESPONSIBILITY PARTY TO CONCERN AND VISITING THE AREA THAT HAVE FLORA AND FAUNA THAT NEED CONSIDERATION AND CONCERNING.
- III. TO COLLECT, ARRANGE AND SHARE DATA WITH PEOPLES TO FORM OF AWAKENING THE IMPORTANCE OF A SPECIES.



MAY I ASK YOU?

FROM YOUR OWN VIEW, WHY WE MUST TAKE CARE AND CARING FLORA AND FAUNA?

FLORA AND FAUNA, WHAT IS IT?

FLORA IS PLANT, IS IT RIGHT? BEFORE WE GOING FURTHER TO DISCUSS THIS TOPIC, WE MUST REALLY UNDERSTAND THE TERM OF FLORA AND FAUNA FIRST. BASICALLY, WITHOUT KNOWING AND UNDERSTAND THE ROOT OF DEFINITION OF TERM THAT WE WANT TO LEARN, IT WILL MAKE HARD TO REALLY UNDERSTAND THE IMPORTANT POINT.

IN SIMPLE WORD, FLORA IS ALL THE PLANT LIFE PRESENT AT AN AREA, REGION ALSO ABOUT TIME, SUCH AS CERTAIN SEASON. FORMALLY, OUR NATURAL CONSIST WITH SO MANY NATIVE PLANTS THAT VERY AMAZE US. WHILE, ACCORDING TO CONSERVE FUTURE ENERGY WEBSITES, FAUNA IS A GROUP OF INDIGENOUS ANIMALS OF ANY GEOGRAPHICAL REGION.



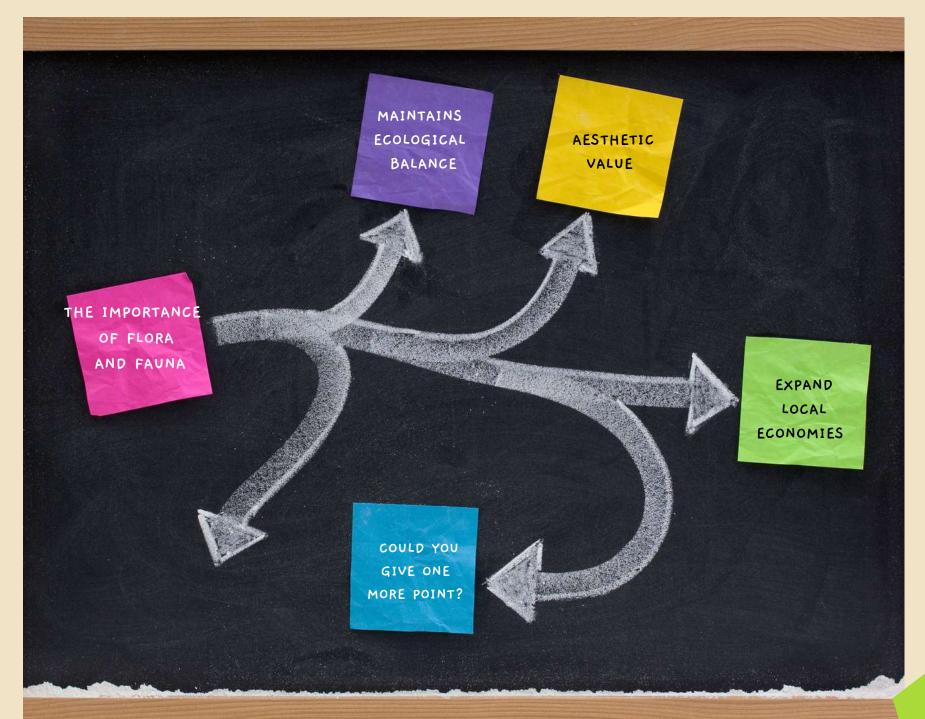




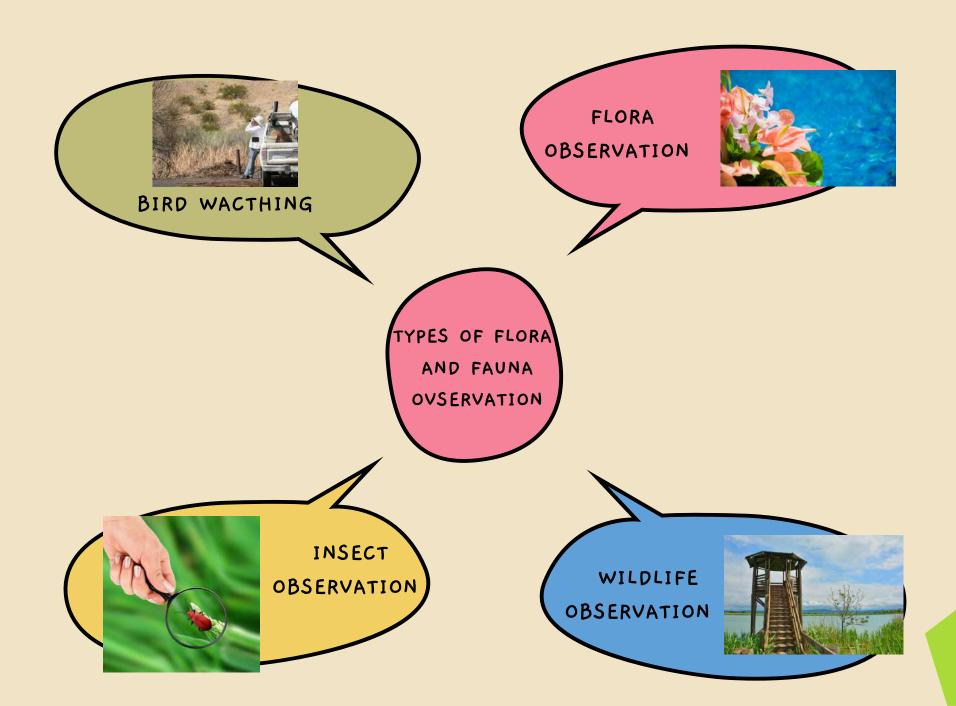
SO, THE TERM OF FLORA AND FAUNA COULD BE UNDERSTOOD AS A COLLECTION OF PLANTS AND ANIMALS IN SPECIFIC TO THE GEOGRAPHIC LOCATION. IN CONCLUSION, FLORA AND FAUNA OBSERVATION ALSO COULD BE KNOWN AS AN ACT PRACTICE OF OBSERVE, EXAMINE AND FIND OUT ABOUT FLORA AND FAUNA, AT AN AREA.

MAY I ASK YOU?

WHY OBSERVATION OF FLORA & FAUNA ACTIVITIES IMPORTANT TO ENSURE THE STABILITY OF ENVIRONMENT ECOSYSTEM?



TYPES OF FLORA AND FAUNA OVSERVATION



FLORA AND FAUNA OBSERVATION AUTHORITY AGENCIES

MALAYSIA HAVE TAKE VERY SERIUS ABOUT CARING AND TAKE CONTINUESLY OF SPECIES LONGELITY. IN ORDER TO ACHIEVE THE MISSION, MALAYSIA HAS DEVELOP AND IMPLEMENT VARIOUS LAW AND LEGISLATION FOR THAT. LEVELS OF LEGISLATION DEVELOPMENT AND IMPLEMENT INVOLVING FEDERAL, STATE AND LOCAL. ALL OF THIS EFFORT ARE PLANNED FOR ENSURE THE WLIDLIFE, NATURAL RESOURCES IS STRICTLY MANAGED, AVOID ILLEGAL TRADE AND OVER EXPLOITATIONS.





Official Portal

Malaysian Timber Industry Board

MTIB Ministry of Plantation Industries and Commodities











AUTHORITY AGENCIES
THAT RELATE WITH
FLORA AND FAUNA









FLORA AND FAUNA OBSERVATION EQUIPMENT AND ACCESSORIES

EQUIPMENT HERE MEANS THE NECESSARY OR THE MOST IMPORTANT ITEMS FOR THE OBSERVATION AVTIVITY. BELOW ARE THE EXAMPLES OF EQUIPMENT: -



BINOCULAR



INSECT NET



FLORA AND FAUNA OBSERVATION EQUIPMENT ANATOMY



SUITABLE LOCATION FOR FLORA AND FAUNA OBSERVATION ACTIVITIES

Theres so many good area for observation activity. but the main point here is, what is your objective of the activity? if the point to observe endengered speciess, rare plant and animal, for collecting data or for seiveilance or for education purpose, you can find and decide the suitable area for achieve your objective.





















SAFETY AND PROCEDURE FOR FLORA AND FAUNA OBSERVATION ACTIVITIES

SAFETY AND PROCEDURE NORMALLY IMPLEMENT FOR ENSURE THE ACTIVITIES WILL GOING IN GOOD MANNER. EVERYTHING ABOUT ACTIVITY WILL BE UNDER CONTROLL, SUCH AS RISKS. BELOW A RISK MANAGEMENT PROCEDURE TO DETERMINE REQUIRED CONTROL FOR FLORA AND FAUNA RISK ACTIVITIES:-

I. IDENTIFYING HAZARDS THAT COULD RESULT IN ACTIVITIES RELATED INJURY OR ILLNESS





2. ASSESSING THE TYPE, SEVERITY AND LIKELIHOOD OF INJURIES AND ILLNESSES



3. PROVIDING APPROPRIATE EQUIPMENT, FACILITIES AND TRAINING





4. REVIEWING CONTROLS ON A REGULAR
BASIS OR AS CIRCUMSTANCES CHANGE





WHAT IS JUNGLE TREKKING

Jungle trekking is an enjoy activity. Exploring nature is a natural habits and its also a kind of good therapeutic healing to human soul.

This activity frequently doing in group or solo, however, solo is not very suggested to do, its very risky. Beside that, this activity required good fitness and healthy level to the participant.



CONCEPT OF JUNGLE TREKKING

Generally Jungle trekking is known as a very thrilling and adventurous experience. Exploring the lush green forest and with the mystery that surrounds the jungles.



JUNGLE TREKKING AUTHORITY AGENCIES

Authority agencies here means the party that has responsibility in developing, maintaining and managing any facilities and rules of jungle trekking such as trail, amenities (rest hut, signages, direction of arrow and etc).

Furthermore, certain of this party has power to allow for entering the facilities. Below are the example of of authority agencies:-







Questioning? Why peoples sometimes cramp during the jungle trekking activities?





Another supporting agencies

Furthermore, certain of this party are very important to notice before we get into the jungle for activities. Below are the example authority agencies that we should involve or inform them in implement jungle trekking:











Equipment is a very important tool and must be carried during activities. While accessories are items that are not too important to carry.

Everything that is brought is a supply for the entire activity, in fact it can also be used as a preparation for facing risks such as getting lost or injured.

Care should also be taken about the quantity and weight of the goods to be carried. you must know your ability to carry it. don't make it a burden that can make you injured and take away the fun you expect when being active. besides that, among the causes of body spasms and injuries while walking through the forest and even while climbing are also caused by the words issued by the participants as well. For example, if there is a friend who is tired, or moves slowly, it is wrong if we force him to walk fast, beat him or scold him, because at that time the person's physical condition is in a very weak state, and their emotions can also be unstable, at this time, if emotional and physical pressure is applied to them, injuries and accidents are very high risk of occurring. so you have to be a good motivator to give encouragement to these people to make your activity a very interesting experience.

Safety Tips

Jungle trekking is an outdoor activity that has its own risk. the question here is, how we are gonna to manage the risk?. By understanding and able to ready to all of the risk, everything could be under control, everyone must learn, take notice and make it a priority.



A person who is able to manage the risk in the activities he is involved in will definitely be more prepared and calm. Then, the people around them also feel more managed and safer during activities.

Below are the few safety tips for jungle trekking activity

Travel with companion - at least 3 person. In case of an emergency, we still have good enough power in trying to solve the problem.

Notify local authorities - Provide and leave to responsibility authorities our detail of activities, in case of something occur, they had have our detail to proceed any process of rescue.

Be Prepared - remember about list of equipment and accessories? make sure all your essential equipment is carrying with you.

Be weather wise- The weather conditions also often change, in activities always observing the weather conditions is a must and a good practice.

Understand your body fitness— Be fit in physical is a must before doing heavy activities, understand your healthy status, mood and emotional is very important, be professional. good physical is something that could be build, at least control your diet, eating style. By leaving an empty space in the stomach can provide better physical fitness.

Be a good motivator - if there your participant/friends tired, you must keep encourage them to be cool, relax, bring them to take rest, walk by their own pace, don't follow their others even their best friends.

Conclusion

Forest trekking is a very interesting activity to do. nowadays with the development of gadgets, many of us spend a lot of time playing with gadgets, regardless of age. By exposing yourself to physical activity like this can give physical activity to the body to be healthier and more beneficial. however, to carry out this activity not only requires good health, but knowledge in carrying it out is also very important. make sure we are always prepared and always learn new knowledge in all the activities we plan to implement, as well as the activities we are interested in getting involved in. so that all risks that may occur can be avoided or at least minimized.

Test your mind

What does jungle trekking mean?

If your friend get tired during the jungle tracking activities, what are the act should do you do?

Imagine yourself being very tired.

and you find that you are the cause of the jungle trekking journey that you are following to slow down.

State 2 words of motivation that you expect from your friend at that moment?

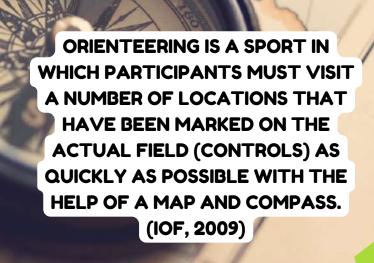
CHAPTER 5: ORIENTEERING



ORIENTEERING COMES
FROM THE SWEDISH WORD,
ORIENTEERING, WHICH
MEANS: "CROSSING
UNKNOWN TERRAIN WITH
THE HELP OF A MAP AND A
COMPASS

WHAT IS ORIENTEERING?

ORIENTEERING MEANS MAP,
FOREST AND ADVENTURE. THIS
SPORT CAN BE LIKENED TO A
COMBINATION OF CROSSCOUNTRY SPORTS, NAVIGATION
AND A TREASURE-HUNT EVENT. IT
COVERS VARIOUS TYPES OF
AREAS, GAME METHODS AND
COMPETITIONS IN ADDITION TO
PROVIDING SPACE FOR
EXPLORATION, CHALLENGES AND
UNIQUE RISKS



TYPES OF ORIENTEERING COURSE



ANATOMY AND ORINTEERING COMPONENT







YOUR PARAGRAPH TEXTMAPS ARE THE MAIN TOOL IN THE SPORT OF ORIENTEERING.

- ORIENTEERING MAP IS A SPECIAL MAP DRAWN BY A MAP PAINTER (MAPPER) FOR AN AREA.
- ORIENTEERING MAPS HAVE SPECIAL STANDARDS ISSUED BY THE INTERNATIONAL ORIENTEERING MAP COMMITTEE.
- THERE ARE 4 TYPES OF ORIENTEERING MAPS THAT ARE DIVIDED ACCORDING TO SPECIFICATIONS, NAMELY:
 - o ISOM 2000
 - o ISSOM 2006
 - o ISMTBOM 2010
 - o ISSKIOM 2014

MASTER MAPS
COURSE
CONTROL POINT
PUNCHER / SPORTIDENT
CONTROL MARKER
CONTROL CARD
CONTROL DESCRIPTION



PERIA	NDINGAN:				
Nama: Kumpulan:			Masa Mula: Masa Tamat:		
7	8	9	10	11	12
13	14	15	16	17	18





HOW TO PRODUCE AN ORIENTEERING MAP

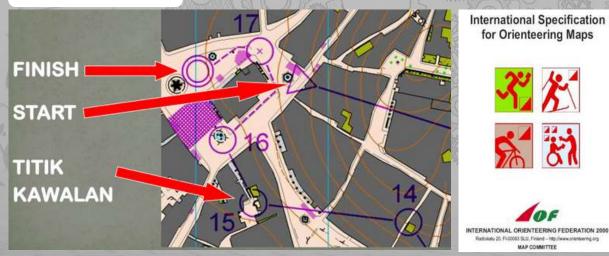






AN INTERNATIONAL ORIENTEERING MAP CONSISTS OF 5 MAIN PARTS.

- SCALE : SCALE SHOWS MEASUREMENTS THE SURFACE OF THE EARTH DEPICTED ON A MAP.
- CONTOUR INTERVAL: INTERVAL CONTOURS ARE DIFFERENCES BETWEEN INTERVALS THE VERTICAL HEIGHT OF THE CONTOUR (THE LINESSHOWS THE HEIGHT OF THE PLACE ABOVE SEA LEVEL ON THE MAP) NEXT TO EACH OTHER IN METERS.
- MAGNETIC NORTH LINES (MAGNETIC NORTHLINES) ARE LINES THAT SHOW THE NORTH DIRECTION COMPASS ON THE MAP.
- COLORS ARE COLORS THAT USED ON AN ORIENTEERING MAP.
- INDICATION (LEGEND) IS THE MEANING OF EACH SYMBOLS USED ON AN ORIENTEERING MAP









(H) (I) (S) (T) (O) (R) (Y)

STARTING FROM AN ORIENTEERING WORKSHOP CONDUCTED BY MR. WAN SABRI WAN MANSOR (DR), UPM LECTURER AT THE AYER HITAM FOREST RESERVE, UPM IN 1983

THE ESTABLISHMENT OF THE PENANG ORIENTEERING ASSOCIATION (POA) IN 1983

THE FIRST MALAYSIAN OPEN
ORIENTEERING CHAMPIONSHIP
(MOOC) WAS HELD IN 1988

MALAYSIA JOINED THE IOF IN 1992
THROUGH THE MOA







THE ESTABLISHMENT OF THE MALAYSIAN ORIENTEERING ASSOCIATION (MOA) IN 1994

MEOSC WAS LEGALLY REGISTERED WITH THE SPORTS COMMISSIONER IN 2013

THE SPORTS COMMISSIONER DUE TO

INTERNAL PROBLEMS

MOA COFFEE. PENANG AND MOA CAW.

SABAH WAS ESTABLISHED IN 1997

ESTABLISHMENT OF 5 STATE BRANCHES NAMELY KEDAH, JOHOR, TERENGGANU, SELANGOR, FEDERAL TERRITORIES IN 1996.

ORIENTEERING ACTIVITIES

WHAT ORIENTEERS NEED TO KNOW?

MOVEMENT TECHNIQUE

The best way to observe fastest track

COMPASS DIRECTION

Dont depend on compass

ISSOM

Learn about colour and symbol





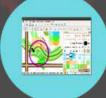


CONDESS READING

Know the symbol and function

MAPS DESIGN

Basic georeferencing and map software



HOW TO PLAY ORIENTEERING SPORT

Foot Orienteering

Foot Orienteering (referred to as Orienteering or FootO) is an endurance sport in which participants start at staggered intervals over an unmarked route and are expected to perform all navigation on their own with a specially produced map and compass between various checkpoints marked with orange-white lanterns known as controls along an unfamiliar course while running. The map gives detailed information on the terrain such as hills, ground surface, obstacles, etc.

Relay

The relay, composed of teams of 3, is a mass start event where different runners are separated by means of forking. The finish order is directly determined at the finish line

Sprint relay

The sprint relay is run by teams of 4, where the first and the last must be women, in urban areas with mass start and forking

Long-distance

The long-distance competition, previously called the classic distance competition, is the longest and toughest individual competition. Long competitions are held in the forest, in physically demanding terrain with large-scale route choices and varying scales of technical difficulties.

Middle distance

The middle distance competition, previously called the **short distance** competition, is a relatively shorter race held in the forest, in technically complex terrain

Sprint

Sprint competitions are high-speed competitions held in urban areas, which are technically easy but with difficult route choices.

OTHER TYPES OF ORIENTEERING SPORT



Ski orienteering (SkiO) is a cross-country skiing endurance winter racing sport and one of the four orienteering disciplines recognized by the IOF. A successful ski orienteer combines high physical endurance, strength and excellent technical skiing skills with the ability to navigate and make the best route choices while skiing at a high speed.

Night Orienteering

Night Orienteering is a variation of foot orienteering or park and street orienteering conducted at night. Controls are marked with reflective tape and participants use headlamps or flashlights to navigate their way

Trail Orienteering

Trail Orienteering is designed for those with disabilities. Participants remain on a footpath or in a park or on a trail. It is an un-timed event where the challenge is mental and achievement is based upon the ability to correctly interpret the map and its relationship to the ground.

Bike Orienteering

Bike Orienteering participants travel to each control point on a mountain bike. Events can be held on both street circuits and mountain bike tracks.

Canoe Orienteering

Canoe Orienteering events are done on a river/creek, a lake, or tidal water area within a canoe or kayak. Events may vary from a single person canoe or kayak to a two-person or four-person canoe or kayak

ORIENTEERING SPORT SAFETY AND PROCEDURE

SPORT ATTIRE

Make sure your attire is suitable for this sport especially the shoes and clothes. Dont bring any load that not a necessity



Fill up your details in control card and choose the right courses based on your ability. Then, pass the control card to an organizer for catch up the starting time at quarantine zone.

STARTING POINT

When your turn is coming, get a map and move to the starting point. Fix your map and control card and copy it after the command release



All participants need to report at finishing point either they not completing the checkpoint for make sure no missing participant cases.

FINISHING POINT

Submit your control card at finishing counter and your time will be note down for the final result

RUN

Get a route to the first checkpoint and complete the next checkpoint after finish as fast as posible



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