

Level	Step	Skills	Techniques introduced	Colour	Course length ratio	Age class Men	Age class Women
5+	O	Longer distances from and/or indistinct attack points & catching features		<b>Black</b>	1.00	M21	
				<b>Brown</b>	0.85	M35, M40	
				<b>Short Brown</b>	0.69	M18, M20, M45, M50 M21S	W21
5	N	Long Legs (1+km)		<b>Blue</b>	0.56	M16, M55, M60 M35S, M40S	W18, W20, W35, W40
				<b>Short Blue</b>	0.45	M65 M18S, M20S, M45S, M50S	W45, W50 W21S
5	M	Using complex contours; generalising contour detail		<b>Green</b>	0.39	M70 M55S, M60S	W16, W55, W60 W35S, W40S
	L	Use simple contour shapes for most/all of leg		<b>Short Green</b>	0.33	M75+ M65+S	W65+ W18S, W20S W45+S
				<b>Very Short Green</b>	0.28	M70+S	W75+ W50+S
4	K	Use simple contour shapes over short distances on their own or with other information for longer distances	Reading contours	<b>Light Green</b>	0.30	M14 M16B	W14 W16B
	J	Fine orienteering on short legs	Pacing				
	I	Navigate long legs (0.6 – 1km) on rough compass bearing against catching features	Bearings, catching features				
3	H	Making simple route choices	Route choice	<b>Long Orange</b>	0.50	M21N	
	G	Simplification of legs with several decision points	Attack points, absolute distance judgement (e.g. 100m along)	<b>Orange</b>	0.25	M12 M14B	W12 W14B W21N
	F	Orienteer over short distances against catching features	Compass directions				
	E	Cutting corners	Aiming off				
2	D	Leave a line feature to go to a visible control site, then return to the line feature	Catching features, distance judgement (e.g. halfway between)	<b>Yellow</b>	0.22	M10 M12B	W10 W12B
	C	Orienteer along obvious line features (handrails). Decisions at 'decision points' without the aid of a control to identify it as such	Check points				
1	B	Orienteer along tracks & paths. Decisions at 'decision points' identified by control points	Thumbing, handrails	<b>White</b>	0.14	M10B	W10B
	A	Understand map colours and commonly used symbols. Set the map using compass & terrain	Folding the map				
Ground level		Understand the map; get used to being in the woods/independent					

At each level:

1. Master the individual steps.
2. Learn to select & apply the correct technique when just one technique is required.
3. Learn to select & apply the correct technique when more than one is required.
4. Adjust speed to technical difficulty of the orienteering.
5. Develop relocation techniques appropriate to skill level.