

Top Tips for Orienteering!

1. What can you tell me about a map? Do you have any map work or navigation experience?
2. Here is a map – let's try to understand the colours.
3. What about the map scale – what does it mean? Can we use any nearby examples to help with this?
4. Using the map - any clues about a really good technique? Folding, Thumbing.
5. Setting the map:
 - Importance
 - How
 - When
6. What does an orienteering course look like on the map?

Start - Control – Finish



7. Control descriptions – help & importance of them.
8. Use of an e-card.
9. Procedure now. Register. Where is the start?
10. What is your goal for today? You must remember to report to the FINISH and DOWNLOAD. Come & see me afterwards as I'd like to hear all about it.



Map symbols can be grouped by colour:

Black = man made features & rock

Brown = shape of the ground

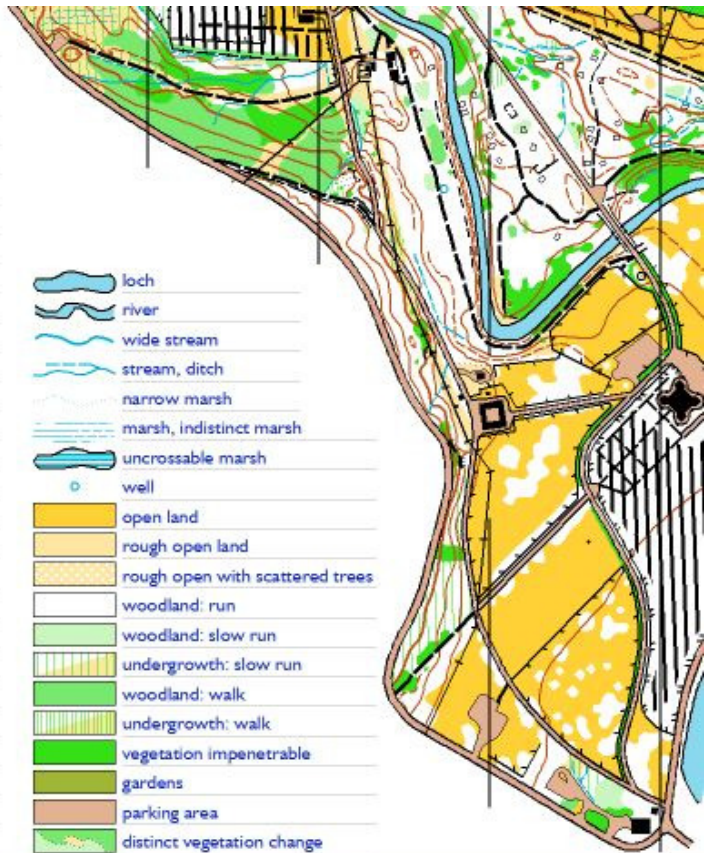
Blue = water

Yellow = open land (no trees)

Green = thicker trees

White = trees

	contour		loch
	index contour		river
	form line		wide stream
	knoll; large, small		stream, ditch
	earth wall		narrow marsh
	small earth wall		marsh, indistinct marsh
	small gully		uncrossable marsh
	broken ground		well
	impassable cliff		open land
	cliff		rough open land
	boulder		rough open with scattered trees
	group of boulders		woodland: run
	boulderfield		woodland: slow run
	stony ground		undergrowth: slow run
	dirt road		woodland: walk
	vehicle track		undergrowth: walk
	large footpath		vegetation impenetrable
	footpath		gardens
	indistinct footpath		parking area
	fence		distinct vegetation change
	ruined fence		
	high fence, gate		
	wall		
	ruined wall		
	building, ruin		
	power line		
	grave		



Top 10 Tips for Adult Beginners (Hilary Q)

What	Key points	Why	Kit needed
Basic aim of orienteering	Navigate between controls in prescribed order (or not if score event); walk, jog or run.	Many beginners don't realise they have to take controls in order.	look the part!
What's at a control, Start & Finish	See sample kite and punching mechanism, demonstrate.	Punching not always required at start; potential for confusion	kite, sample unit, dibber, card...
Map/area familiarisation – look at map of this area	General use of different colours on map: blue, black, brown, green/white/yellow Any OOB? Is legend on map?	White confuses many; help them get picture of whole area, match what see with map. If not, give them one.	map of area or other sample separate legend
Scale	Know what equates to 100m What does 100m look and feel like? How will they measure it?	Many runners go too far	
How the course is marked	start triangle, control circles, finish doughnut; lines linking them. Emphasise they don't need to follow the straight line. Explain any bends or breaks in line.	Unusual symbols; can they see them OK? (e.g. colour blind, need magnifier?)	spare compass with magnifier to lend?
Control codes & descriptions	Work out what's in middle of circle, take translation card if you want. Always check the code!		translation cards to give them
Key skill #1 – set the map	Look around and set the map by what you can see; walk round map. Direction of travel is straight ahead. Optionally also: Place compass on map, hold it level, turn self and map until needle lines up with grid lines.	Important for interpreting the map and knowing which way to turn. If they have a compass they're going to want to use it.	compass to demo. spare compasses to lend perhaps
Key skill #2 – fold & thumb the map	Fold it perpendicular to sides, monitor progress by moving thumb. Also use "tick-off features"	Focus on the important bit of the map, know how far gone.	
Key skill #3 – attack points	Get reliably to idiot-proof point close to feature, check map set (compass?) go in slowly from there.	Much better than heading in vaguely.	
What to do if seriously lost	Go back to last known place, think, work it out. Ask someone (esp. at a control). Safety bearing? You must go to Download.		

Oh, and come and talk to me afterwards, tell me how it went!