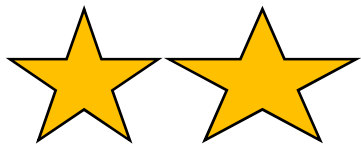


ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/technique	<i>Target standards</i>	Target date	Progress	Date ACHIEVED
1	Fold the map	<i>Do it neatly and quickly, every time.</i>			
1	Set the map using visible features	<i>Do it confidently, with little hesitation. Always keep it set.</i>			
1	Thumb the map	<i>Routinely do it.</i>			
1	Know/recognise main map features & symbols	<i>Confidently recognise and describe all main map symbols</i>			
1	Set the map using compass	<i>When using a compass, always do this.</i>			
1	Avoid distractions, don't follow others	<i>Understand reasons for not following.</i>			
2	Compass use	<i>Confidently use compass to set map, know main directions.</i>			
2	Identify tick-off features on map	<i>Spot useful features that will be seen during a leg.</i>			
2	Recognise and use tick-off features in terrain	<i>Recognise tick-off features previously identified.</i>			
2	Judgement of relative distance	<i>Show understanding and judgement of approximate relative distance, eg. the boulder is half way along the path.</i>			
2	Adjust speed sensibly	<i>Know when to slow down and think; understand that there's more to orienteering than running fast.</i>			
2	Check direction of line features	<i>Usually check direction with compass before setting off on path/track etc..</i>			
2	Leave line feature and return to it	<i>Recognise controls on nearby features and be confident to visit them and return to line feature.</i>			
2	Choose correct direction from path junction without a control	<i>Recognise junctions and make correct decisions by checking map.</i>			
3	Using the map, identify opportunities for cutting corners	<i>Identify obvious opportunities and describe terrain/features.</i>			
3	In terrain, cut corners using map only	<i>Cut corners previously identified.</i>			



Date standard achieved:

Comments/next steps:

Coach name:

Coach signature:

Date:

