

ORIENTEERING STAR AWARD SCHEME CERTIFICATE

TD	Skill/technique	Target standards	Target date	Progress	Date ACHIEVED
1	Fold the map				
1	Set the map using visible features	<i>Habitual.</i>			
1	Thumb the map				
1	Avoid distractions, don't follow others	<i>Focus on YOUR orienteering.</i>			
2	Adjust speed sensibly	<i>Run hard/move quickly when you know you're going the right way and you know what's going to stop you. Slower final approach to control.</i>			
2	Check direction of line features	<i>Always - quickly - check with compass before setting off.</i>			
3	Cut corners using map and rough compass	<i>Do when obvious opportunities arise.</i>			
3	Recognise major contour features	<i>Identify on map hills etc. with more than 2 contours; recognise them in terrain.</i>			
3	Know/recognise all common map features & symbols	<i>Recognise and be able to describe all common symbols and features.</i>			
3	Identify attack points on the map	<i>Understand purpose of AP; when appropriate, select APs on map</i>			
3	Plan route to AP and navigate to it	<i>Without prompting, plan backwards starting at AP and execute plan.</i>			
3	Identify alternative routes on map	<i>Understand there's often a choice; identify and describe options involving paths versus cutting corners.</i>			
3	Weigh up advantages and disadvantages of basic alternative routes	<i>Discuss main pros and cons; make a decision based on them and your own technical and physical strengths. (TD3)</i>			
3	Estimate distance on map	<i>Roughly estimate on map distances of 50-400m, referring to map scale</i>			
3	Judgement of absolute distance	<i>Know own pace count for 100m and effect of terrain; walk or run mapped leg 50-100m direct with reasonable accuracy and consistency.</i>			
3	Simplify the map	<i>Describe legs in terms of major landmarks/tick-off features</i>			
3	Identify & use catching features	<i>Identify legs with catching features; consistently use them where appropriate.</i>			

Comments/next steps:



Date standard achieved:

Coach name:

Coach signature:

Date:

