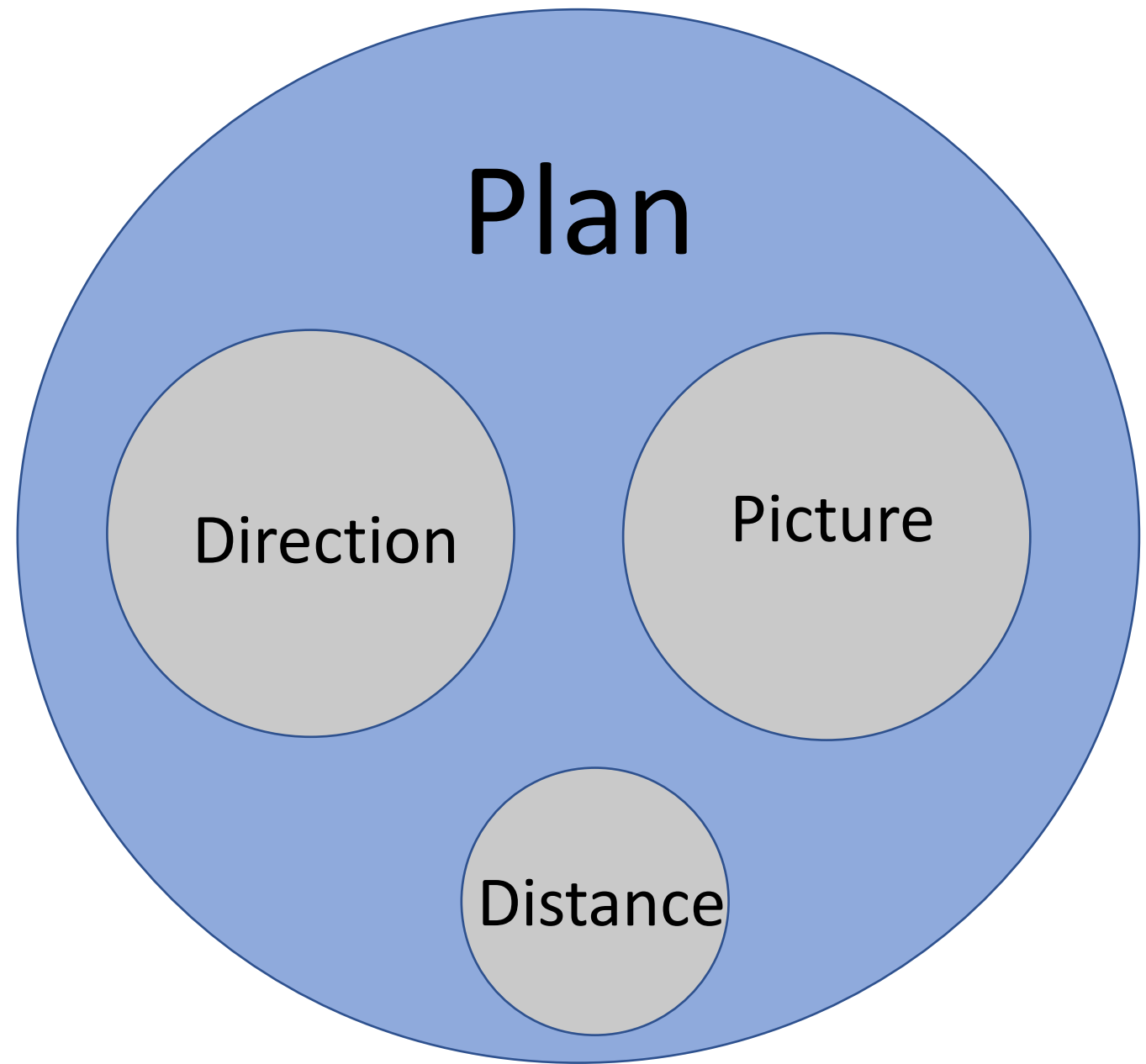


How to orienteer in 10 minutes

- About learning and improving
- Those that learn the most (how to physically train, how to nav, how to prep) succeed

Make a plan

- Leapfrog between beacons
- To get between beacons:
 - Direction (compass)
 - Picture (features)



Plan

1. Read the map
2. Choose a route
3. Make a plan
 - a. Beacon features
 - b. For the whole leg
 - c. When to be accurate

Planning is different to route choice



A good plan...

- Simplified to big, obvious, visible features
- To kick-start thinking about planning:
- Talk-O
- Ask yourself two questions:
 - 1. What next?
 - 2. Am I going straight / left / right of that?



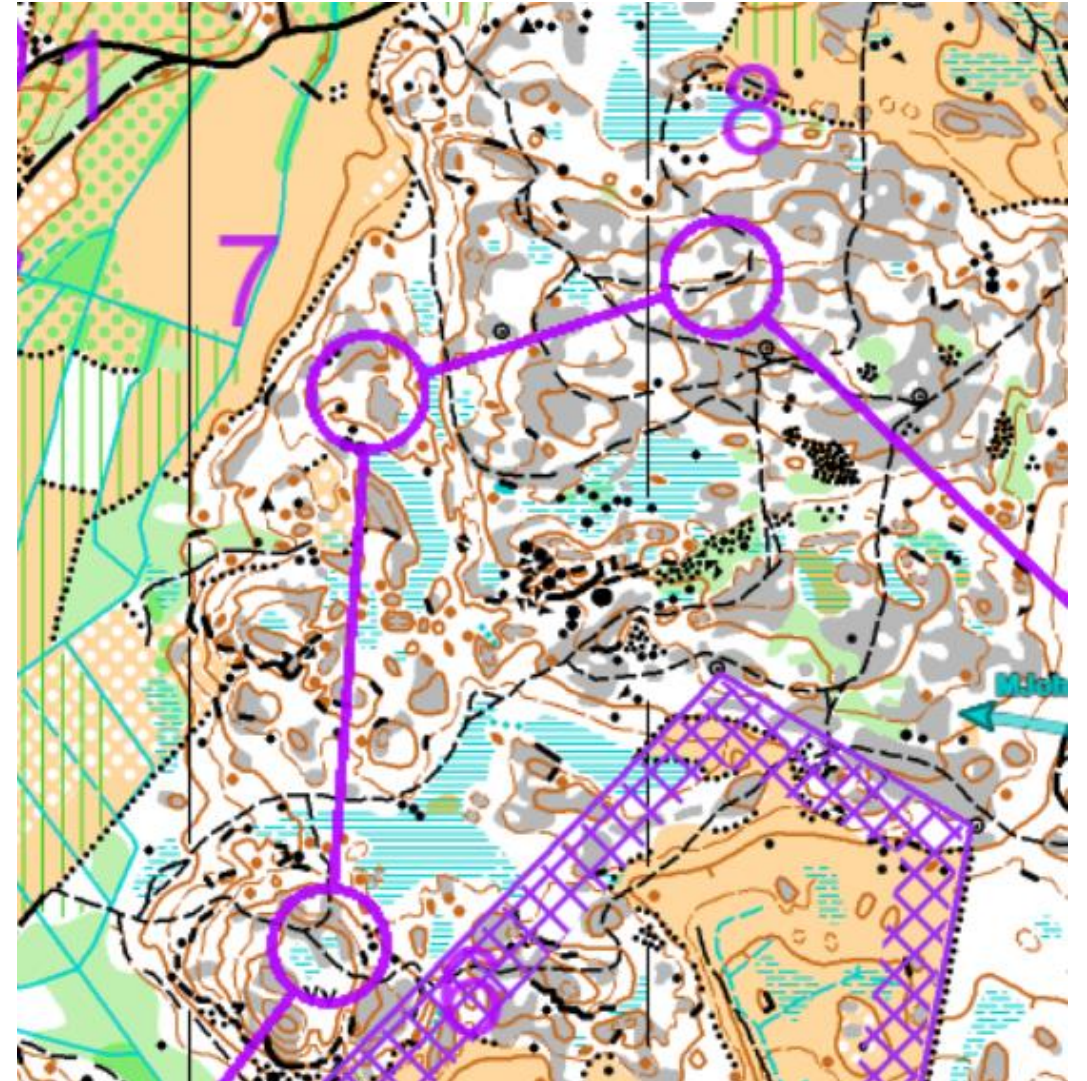
Direction

- Compass
- Pointer features
- Compass running in the background, with features too
- Important times to check:
 - Exit direction
 - Changes in direction



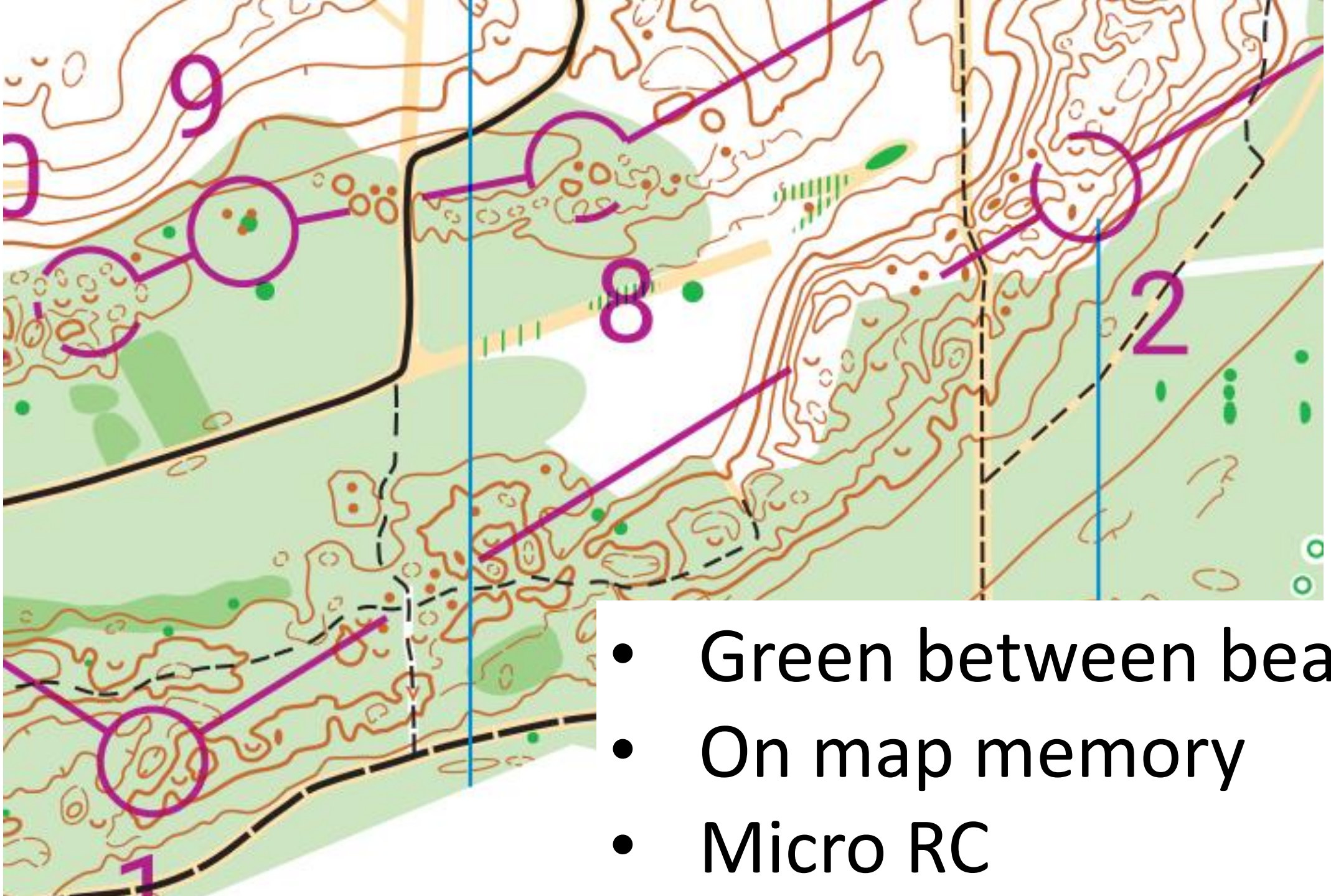
Picture

- Picking out key features from the map
- Finding them on the ground
- Simplify



Plan

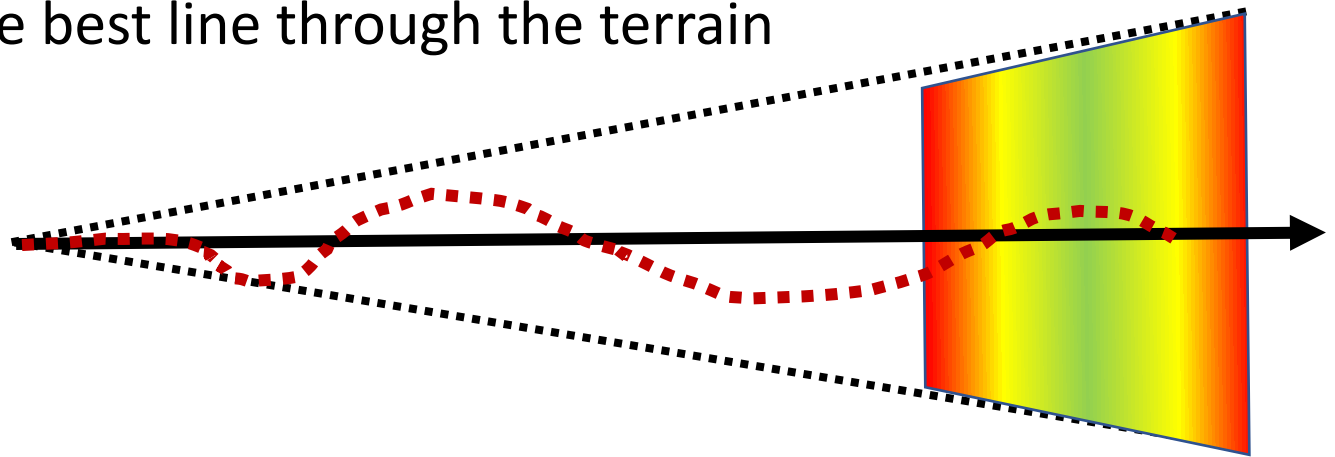
- Plan is the most important part of orienteering
- Leapfrog between beacon features
- What makes a good beacon?
 - Visible, obvious, simple, unique
- Good plan = simplification & map memory = fast and confident

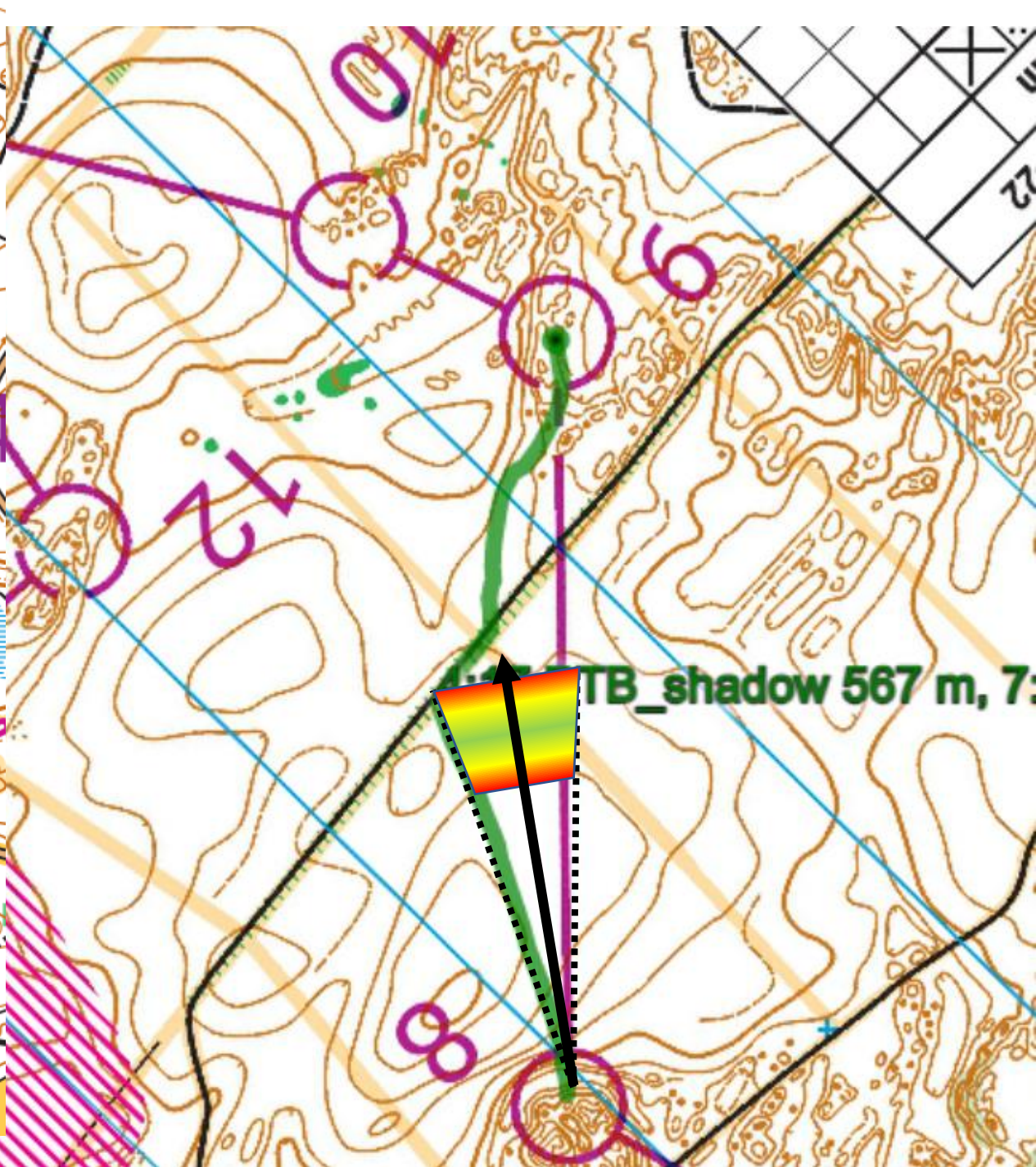
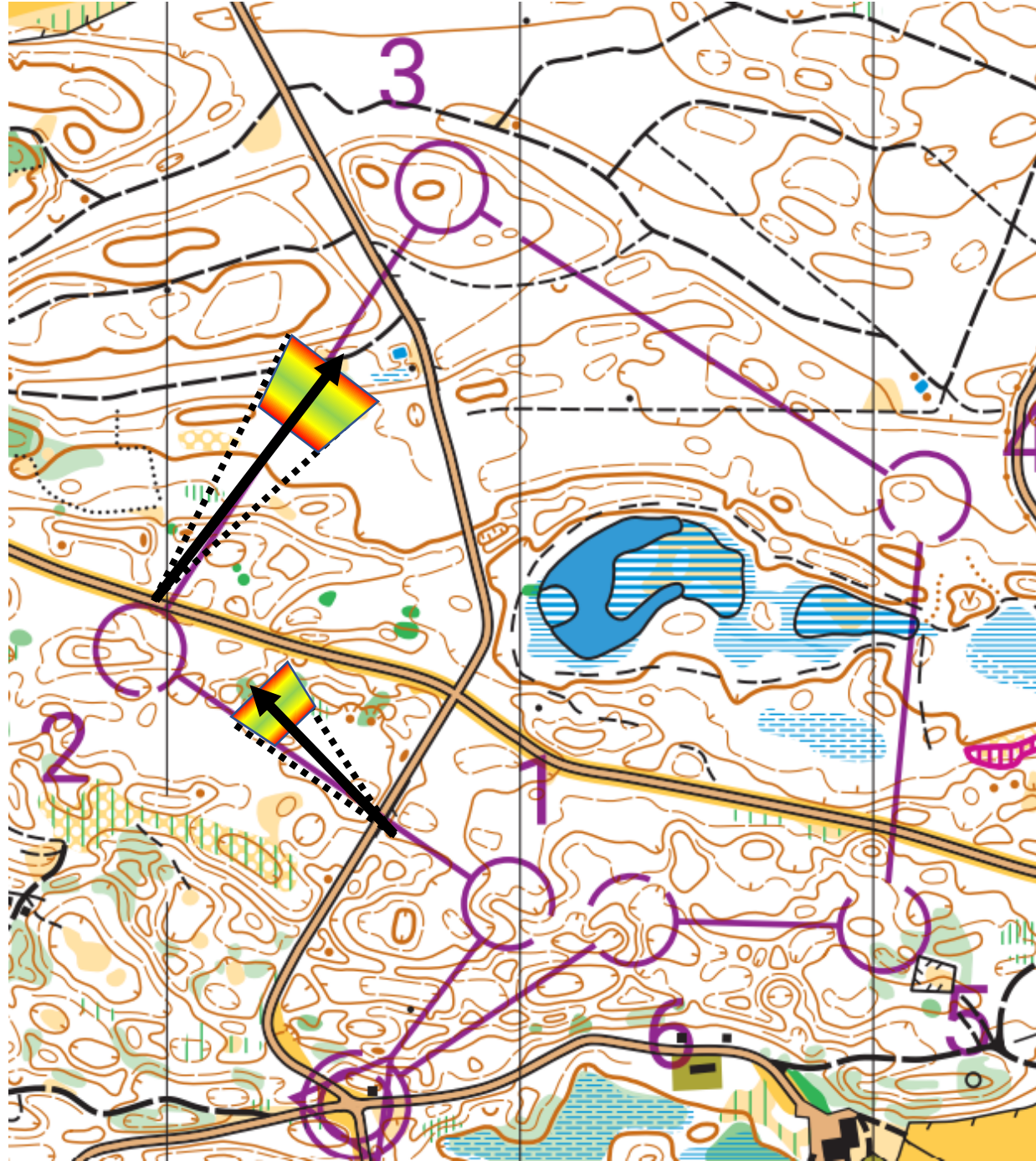


- Green between beacons
- On map memory
- Micro RC

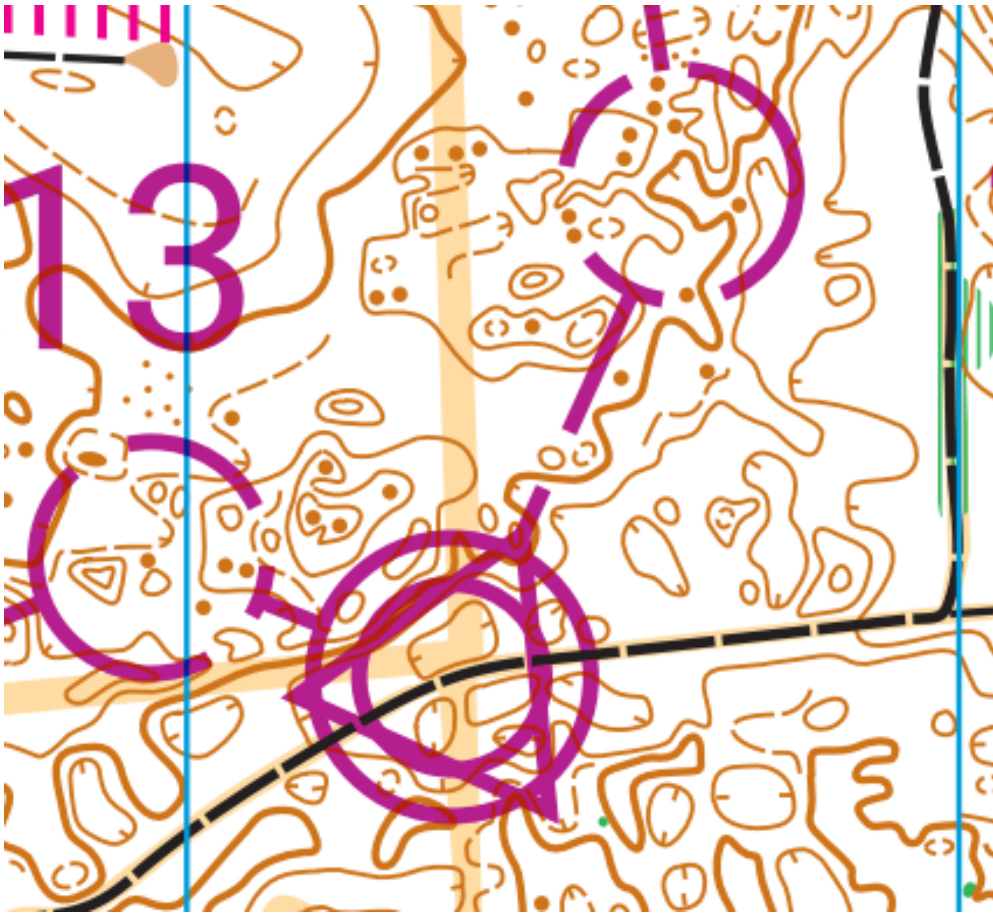
How to take a bearing

- 10% orientate the map
- 10% set your compass
- 80% sighting
 - To a definite point
 - Pick the nice micro RC: the best line through the terrain





Picture



Picture

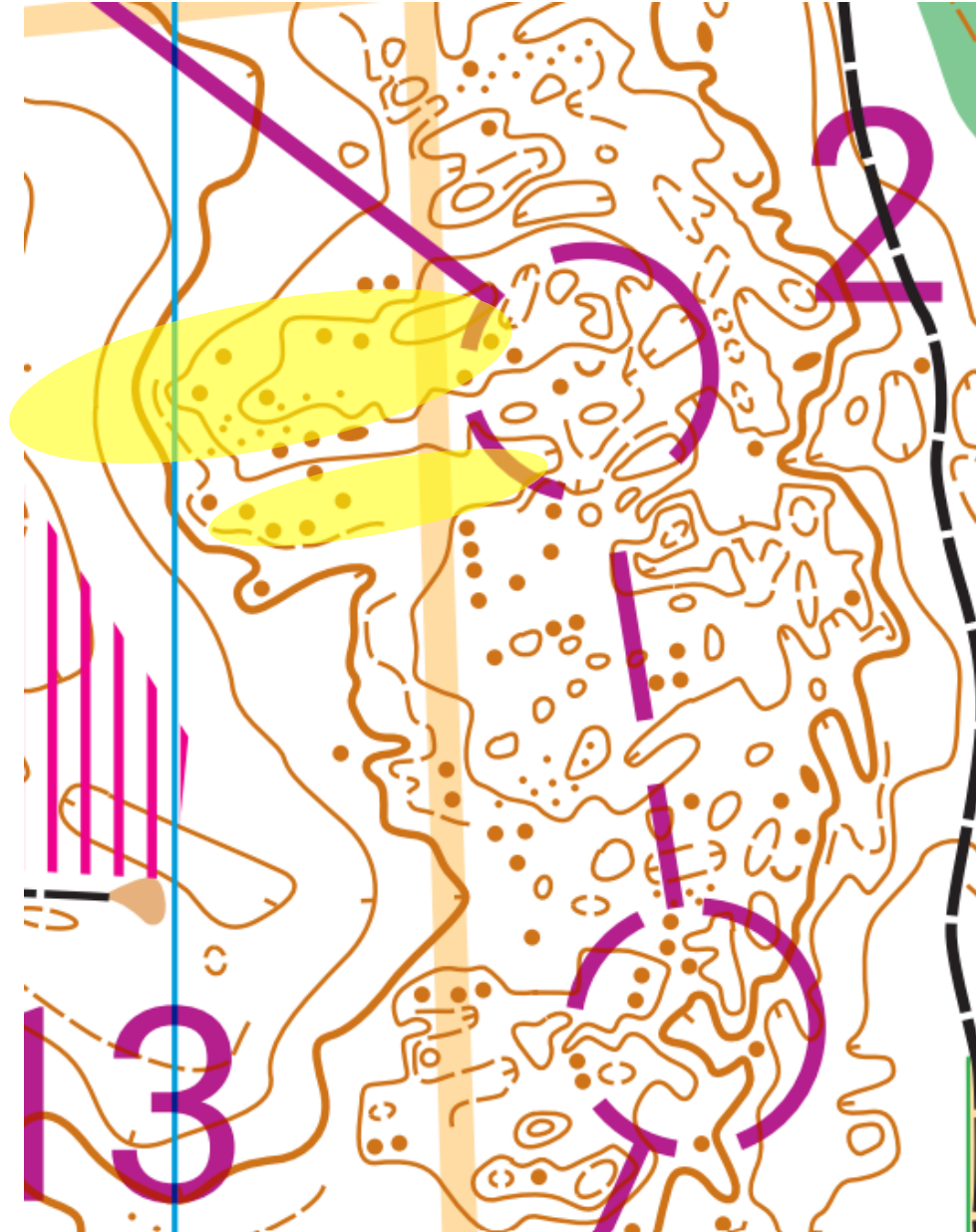
Beacons get you to the circle

“What next?”

You need a picture in the circle

“Where is the control?”

Switch from beacon mode to final picture mode

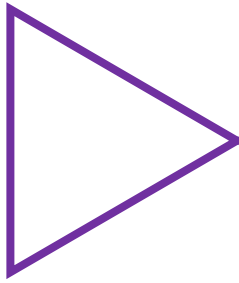


Distance

- Use 'the force'

1. Read the map

- Find the course
- Read the terrain
 - What's the big shape?



2. Pick a route

- What works for you
- Risk vs. reward

3. Make a plan

0 to ∞ beacons

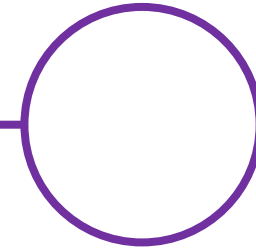
What is a good beacon in this terrain?

One at a time

Don't miss any out

4. Control

Final picture



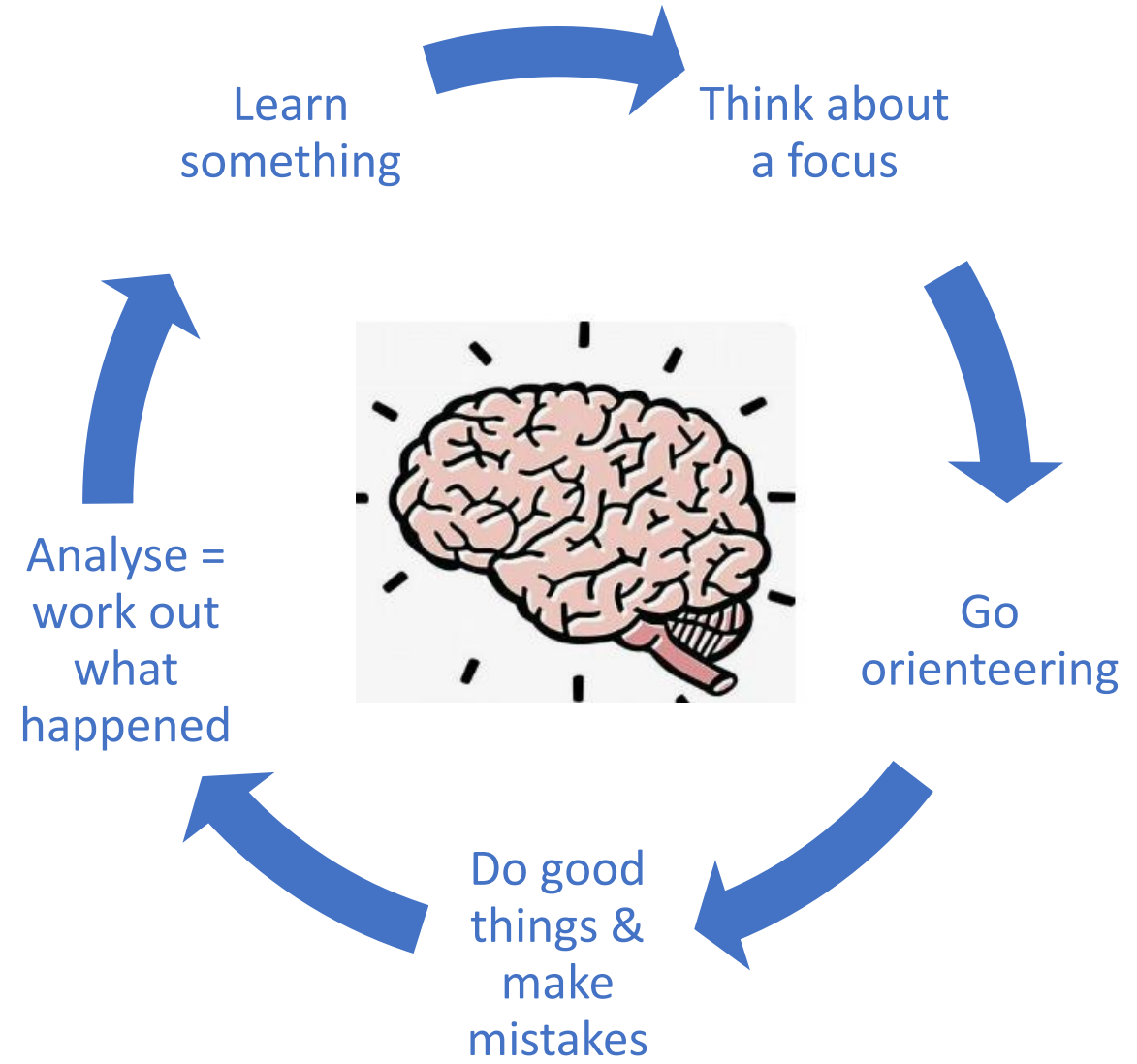
3 & 4. Execute

- Leapfrog between beacons. Using direction & picture (compass & features)
- Make a final picture

Analysis

- Goal is to learn

1. Plan
2. Do
3. Review



What did you learn today?

- Write 2 things you did well today?
- 1 thing you can improve tomorrow?
- Hints: plan, picking good beacons, sightings, direction from compass + features