

EXPERIENCE AN ADVENTURE, TRY ORIENTEERING!

Orienteering is a sport that challenges both the mind and the body. The aim is to navigate between control points marked on a unique orienteering map and decide the best route to complete the course in the quickest time.

Orienteering can take place anywhere from remote forest and countryside to urban parks and school playgrounds. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.

To start orienteering all you need is a sense of adventure, a pair of trainers and comfortable sports clothes. It's a great sport for runners, joggers and walkers who want to improve their navigation skills or for anyone who loves the outdoors.

Orienteering is very popular with all age groups and is truly an adventure sport for all! Young children and pensioners can enjoy the sport equally as there is always a course to suit their ability. Many school children take part with both their families and in school competitions. Some of these youngsters may even go on to compete as elite orienteers for Great Britain which involves very high levels of skill and fitness.



Orienteering which combines outdoor adventure and fun, is ideal for people of all ages, shapes and sizes and is brilliant for families. It's perfect for children who can run around in a fun, safe, controlled environment and also excellent for adults wanting to shape up, try something new and meet new friends.

For further information about orienteering or to find orienteering activities and events in your area, please visit www.britishorienteering.org.uk

Tel: 01629 734042
Email: info@britishorienteering.org.uk

British Orienteering
8a Stancliffe House
Whitworth Road
Darley Dale
Matlock
DE4 2HJ



ORIENTEERING

THE ADVENTURE SPORT FOR ALL!

GETTING STARTED

A great way to get started in orienteering is to attend your local Community Orienteering Club that provides weekly training and activities that will enable you to develop your orienteering skills in a non-competitive and social environment. If you have never orienteered before this is the ideal place to learn the basic skills and meet people from the local club. Community Orienteering venues can be found at

www.britisshorienteering.org.uk/page/community_o

To experience the full excitement of orienteering in a more traditional way, you will need to attend an orienteering event. To find an orienteering event near to your home please visit

www.britisshorienteering.org.uk/page/events

Permanent Orienteering Courses (POCs) are also great fun. To find a POC near to your home please visit

www.britisshorienteering.org.uk/page/pocs

EVENTS

There are four types of orienteering events from Level A to Level D. Level A events are major events such as a British Championships, Level B events are high quality competitions for people wishing to travel, Level C events attract participants from around the region and Level D events are usually aimed at participants in a 'localised' area. Level D events are ideal for newcomers as they will offer simple courses and usually provide coaching.

EQUIPMENT

All you need to start orienteering is a pair of trainers and comfortable sports clothes. At the event you will be provided with a map, control description sheet and a mechanism for recording your visits to the control points marked on the map. Most events now use electronic punching cards (dibbers) to prove you have visited the controls in the correct order.

COURSES

Courses are graded by colour according to their length and technical difficulty. A youngster would be expected to start on either the white or yellow course, whilst an adult novice would begin with either the yellow or orange course. A competitor's progression can then be made either towards longer courses with the navigation remaining the same, or on to courses with more challenging navigation, up to the appropriate length for their fitness.

Navigational Difficulty	Course Length				
	XS 0-2.5km	S 2.6-5.0km	M 5.1-7.5km	L 7.6-10.0km	XL 10.1km +
Very Easy	White				
Easy		Yellow			
Medium			Orange		
Hard				Green	
Very Hard					Blue

AGE CLASSES

At larger competitions orienteers run courses based on their age and gender. Your age class is determined by how old you will be on the 31st December in the year of the competition. The age class is always prefixed by either M (Men) or W (Women). The age classes run in multiples of 2 years for juniors e.g. M/W10, M/W12 and in multiples of 5 years for veterans e.g. M/W35, M/W40 up to M/W85! There is also an open class, M/W21.

ORIENTEERING MAPS

Orienteering maps are drawn to a large scale, most commonly 1:10000 (1cm = 100m) and use an internationally agreed set of symbols (as shown on the map legend). The 'start' of the course is shown by the triangle, the 'control points' you must visit in order are shown by the numbered circles and the 'finish' is shown by the double circle. You will also receive a 'control description sheet' to help locate the controls and check they are correct via the code.



Course Description Sheet

Course 3.4km, 60m Climb

No	Code	Description
1	125	Path Junction
2	136	Path/Vegetation Boundary
3	108	Boulder
4	148	Depression
5	168	Ride End
6	151	Ride Crossing
7	172	Ride Crossing
8	158	Earthwall Corner
9	128	Vegetation Boundary
10	100	Distinct Tree

Follow tapes to finish



ROUTE CHOICE

Use the map, legend and course description sheet to decide what the best route choice would be to navigate from controls 2 to 3. The three most obvious are:

- Continue to follow the path until you reach the forest road where you will then turn left. Go past the first path junction on your left, and the next one on your right, then look for the change from trees to rough open land. Take the next path on your left and continue until you reach the boulder on the right hand side of the path.
- Follow the earth wall until you meet the path, then turn left until you reach the wide ride. Turn right and follow the wide ride until you reach a path junction where you will turn right and locate the boulder.
- The first two ways involve following clear features on the ground like paths, earthwalls and rides but you could follow a more direct route using a compass and go straight across the wood and the rough open land until you reach the second path. If you do, it will be best to 'aim off' so when you reach the path you will know you need to turn left to find control 3. If you aimed straight for the control but couldn't see it when you reached the path, you would not know which way to turn.

TOP TIPS

Below are five basic skills that you need to practice to help you progress with orienteering.

- Fold your map** - Always make sure that you fold your map so that you can easily see the part of the map where you are.
- Orienteate your map** - Always make sure that your map is the correct way round or orientated. This means that the features which are in front of you on the ground are in front of you on the map.
- Thumb your map** - To help you know where you are on the map it helps if you mark your position on the map with your thumb. As you move along the ground you should move your thumb to your new position on the map.
- Check the control code** - Once you have found a control you always need to check that the code on your control description sheet matches the code on the control.
- Have fun and enjoy yourself** - This is the most important skill to remember. Orienteering should always be fun and enjoyable!

