

How well am I orienteering? 3 self-diagnostic questions

Try to honestly measure yourself against these 3 statements of orienteering ability

1. *I have a solid basic navigation routine that helps me avoid regularly repeating errors such as:*

- *exiting the control in the wrong direction*
- *failing to identify and navigate in from an Attack Point*
- *failing to reliably estimate distance*

NO

Review your basic routines and practice applying them reliably.
Be aware of other techniques but focus on delivering the basics right every time
FOCUS ON BASIC TECHNIQUES

MOSTLY

Reinforce your basic routines
but explore which other techniques you could use more often
EXPLORE INTERMEDIATE TECHNIQUES

2. *I am running within my thinking ability, not forcing errors with oxygen debt or rushing
My route choices are good and I reliably execute them
I am able to deliver good control flow most of the time
I am able to confidently move through terrain without following linear features*

NO

Be aware of Advanced Techniques but
FOCUS ON IMPROVING INTERMEDIATE TECHNIQUES

YES

Systematically identify where you are losing time
Practice different mixes of techniques to see where your strengths and weaknesses lie
REINFORCE ADVANCED TECHNIQUES

3. *I understand all the Advanced Techniques. I can use them as needed and can join them up consistently and reliably*

NO

Try exploring HOW TO JOIN IT ALL UP. Use the suggestions on visualisation and psychology to help you process the Advanced Techniques in race conditions

YES

Congratulations you are orienteering beyond the remit of this guide!
Please do contribute suggestions on further content to include in this guide to help others follow your success.