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 your 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.