Better Orienteering Navigation Model – simple version

Start by getting the basics right

Have a reliable Basic Navigation Routine

Zoom in and out

Use a range of strategies

Anticipate errors
Maintain concentration
Respond to errors

Parallel error?

Be systematic

Identify Attack point
Plan Route
Map + Compass for direction
Visualise where you are going
Execute the leg in stages

Draw on a Tool Kit of Skills

Skills Tool Kit

Better Orienteering.org

Visualise map in 3D in your mind

Image: worldofo.com
Plan Picture Direction

A model to use when orienteering

Plan, Picture Direction draws on a model by Kris Jones integrated with other elements of navigation on Better Orienteering, Duncan Bayliss, 2019
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## Better Orienteering Navigation Model - systematic description

*The elements Better Orienteering uses to help you build successful navigation*

### Routines

**Pre-race**
- Research the map
- Start well

**Basic Navigation Routine**
- Map to north
- Know scale
- Thumb map
  - Exiting control
  - Route to next control
  - Finding control
- Break leg into sections
- Steady to No.1
- Map contact
- Relocate promptly
- Relate speed to navigation
- Zoom in and out on map

**Post race**
- Record route
- Identify losses
- Track trends
- Plan to avoid repeating errors

### Concepts

**Tool Kit of skills**
- Attack point
- Handrail
- Aiming off
- Catching features
- Corridor
- 2D to 3D
- Simplification
- Notable features

**Advanced**
- Advanced Visualisation
- Library of terrain experience
- Catalogue of errors

### Strategies

**Integration and implementation**

**Intermediate**
- Minimise losses maximise gains
- Positive attitude to mistakes
- Every leg a new beginning
- Ignore other people
- Look at options then commit
- Simplify appropriately

**Advanced**
- Style - don’t get stuck in a rut
- Control Flow
- Virtual corridor
- Planning ahead
- Bigger picture in mind
- Categorize legs by type
- Right approach for course
- Evaluate certainty of features
- Improve distance estimation

**Beyond Advanced**
- Total immersion
- Not all in words
- Improve mental maps and visualisation
- Feelings and the terrain
- Extended race routine
- Plan your own training

### 5 Key Principles

- Route choice
- Plan
- Direction
- Picture / visualisation
- Execution
Better Orienteering Navigation Model

The model Better Orienteering uses to help you explore orienteering navigation

Pre - race
Research the map

Race
Basic Navigation Routine
Concepts – Tool Kit of Skills
Advanced Visualisation

Post race
Analysis

Start well
Route choice and Executing a leg

Strategies to implement routines and concepts
Join it all up - Process model

Training
5 Key Principles
Route choice
Plan
Direction
Picture / visualisation
Execution

Training plan
Better Orienteering - Download, Links, Resources, Books

The resources Better Orienteering connects you with to improve your orienteering

**Videos**

- Think Fast, Run Hard, Go Orienteering
- 10 Elements Full Film from Irish Orienteering Association
- Mountain Bike Orienteering: How To Get Started

**Free resources and downloads**

- Better Orienteering Skills Tool Kit
- New Analysis Checklists
- Cool Awesome and Educational Orienteering in simple English

**Books**

- McNell (2010) Orienteering: skills, techniques, training
- Ferguson and Turbyfill (2013) Discovering orienteering
- Gueorgiou (2019) The winning eye