Better Orienteering

Basic Navigation Routine

- Keep the map lined up to north (orientate it)
- Know the scale, tune in to it
- Keep thumb on map where you are
- Take each leg in sections

Exiting control

- Amber – *go steady careful on direction*

Route to Attack Point

- Green – *move quicker to Attack point*

Finding control

- Red – *go carefully in to control*

Go steady to No. 1 and get into the flow
Better Orienteering

- Its about navigation more than running

- Stay in contact with the map all the time
  Look at it often

- If unsure where you are:
  **STOP**
  **Review** where you have been
  **Match** large features to map
  **Consider possible errors**
  Then if you need to
  **Move out** to a firm feature,
  and come back in

- Walk when the map reading requires it

- It's not the same as using a road atlas or smartphone -
  You **orientate** the map and
  **zoom** in and out of detail

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# IOF Control Descriptions 2018

This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at http://www.orienteering.org

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<th>Control number</th>
<th>Control code</th>
<th>Which of any similar feature</th>
<th>Control feature</th>
<th>Appearance</th>
<th>Dimensions/combinations/bend</th>
<th>Location of Flag</th>
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- **A**: Control number
- **B**: Control code
- **C**: Which of any similar feature
- **D**: Control feature
- **E**: Appearance
- **F**: Dimensions/combinations/bend
- **G**: Location of Flag
- **H**: Other Information

### C - Which Feature
- Northern
- Upper
- Lower
- Middle

### D - Control Feature
See below.

### E - Appearance
- Low
- Shallow
- Deep
- Overgrown
- Open
- Rocky, Stony
- Marshy
- Sandy
- Needle leaved
- Broad leaved
- Ruined

### F - Dimensions
- Height or Depth
- Size
- Height on slope
- Heights of two features
- Crossing
- Junction
- Bend

### G - Location of Flag
- West Side
- South East Edge
- East Part
- South West Corner (inside)
- North Corner (outside)
- North West Tip
- South East End
- Upper Part
- Lower Part
- Top
- Foot
- North East Foot
- Beneath
- Between

### H - Other Information
- First aid post
- Refreshment point
- Manned control

### Land forms
- Terrace
- Spur
- Re-entrant
- Earth bank
- Quarry
- Earth wall
- Erosion gully
- Small erosion gully
- Hill
- Knoll
- Saddle
- Depression
- Small depression
- Pit
- Broken ground
- Ant hill, Termite mound

### Water and marsh
- Lake
- Pond
- Waterhole
- River, Stream, Watercourse
- Minor water channel, Ditch
- Narrow marsh
- Marsh
- Firm ground in marsh
- Well
- Spring
- Water tank, Water trough

### Vegetation
- Open land
- Semi-open land
- Forest corner
- Clearing
- Thicket
- Linear thicket
- Vegetation boundary
- Copse
- Prominent tree
- Root stock, Tree stump

### Man-made features
- Road
- Track, Path
- Ride
- Bridge
- Power line
- Power line pylon
- Tunnel
- Wall
- Fence
- Crossing point
- Building
- Paved area
- Ruin
- Pipeline, Bobsleigh track
- Tower, Pylon
- Shooting platform
- Boundary stone, Cairn
- Fodder rack
- Platform
- Monument, Statue
- Canopy
- Stairway
- Out of bounds area

### Special features
- * Special item
- o Special item