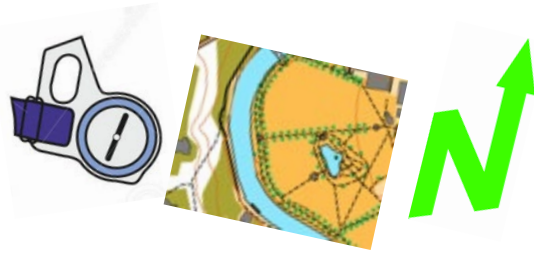


Better Orienteering

Basic Navigation Routine



scale 1:10000, contours 10m
500m

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

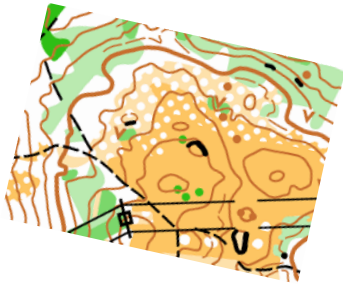


Red – *go carefully in to control*

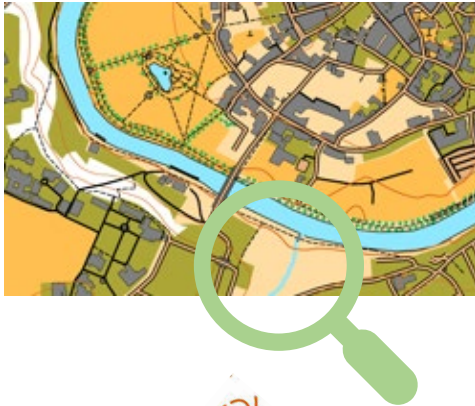


Go steady to No. 1 and get into the flow

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

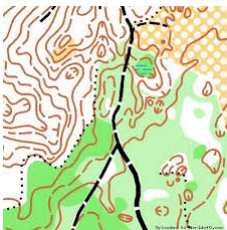
Review where you have been

Match large features to map

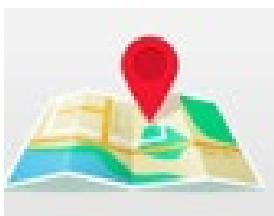
Consider possible errors

Then if you need to

Move out to a firm feature,
and come back in



Walk when the map
reading requires it



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

Know your control descriptions

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>

A	B	C	D	E	F	G	H
1	123	↓	○	⊙	15 x 5	○	☐

- A Control number
- B Control code
- C Which of any similar feature
- D Control feature
- E Appearance
- F Dimensions/combinations/bend
- G Location of control 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

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

F - Dimensions

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

H - Other Information

- First aid post
- Refreshment point
- Manned control
- Distance to Start Triangle from point of timed start
- Follow Taped Route away from control
- Follow Taped Route between controls
- Mandatory crossing point or points
- Mandatory passage through out of bounds area
- Follow Taped Route to Map Exchange
- Follow Taped Route to Finish
- Navigate to Finish Funnel, then follow tapes
- Navigate to Finish, no tapes

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

Rock and boulders

- Cliff, Crag
- Rock pillar
- Cave
- Boulder
- Boulder field
- Boulder cluster
- Stony ground
- Bare rock
- Narrow passage
- Trench

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
- Special item