

Coaching Page.

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The second coaching day for this year was held at Cocked Hat Creek, for orienteers at Orange and Red level. Exercises were set to focus on the skills of deciding **Attack Points**, **Route Choice**, **Distance Estimation**, and the philosophy of **Traffic Light Orienteering**.

Often the Route Choice is simple - around the paths or straight, over the hills or round. The choice may become more difficult as the terrain becomes more complex. To be able to make the best choice needs experience, of navigation and of yourself:

- How fast do you travel over different terrain?
- How far round should you go to avoid a given height of climbing?
- Have you confidence to go fast across country away from line features?
- Is it early in a race (play safe)?
- Have you just made a mistake (lost concentration)?
- Are you tired, physically or mentally?

If you are fairly new to orienteering, or you have just made a navigation mistake it is wise to choose a simpler route following line features.

We all need to be aware of when it is wise to be more careful.

Here is some more Armchair Route Choice examples borrowed from Russell Rigby, course setter at Brokenback Slopes.

Draw in the your route choice, and write in what skills you will be using at certain points along each leg.

