

Orienteering Skills for Orange and Red Courses.

Orange and Red courses expect the orienteer to travel cross-country by determining their own route choice. A compass is therefore necessary.

Orange.

1. Orient the map
2. Determine a route choice, that includes a series of features to keep you in contact with the map.
3. Recognise the “attack point” to find the control
4. Interpret the contour lines (know uphill or downhill)
5. Follow a handrail or set a compass bearing, and recognise features being passed (eg. watercourse, hill, rockface)
6. Estimate distance travelled
7. Recognise the “catching feature” that tells you that you have gone past the control (eg. watercourse, track, top of hill)

Red.

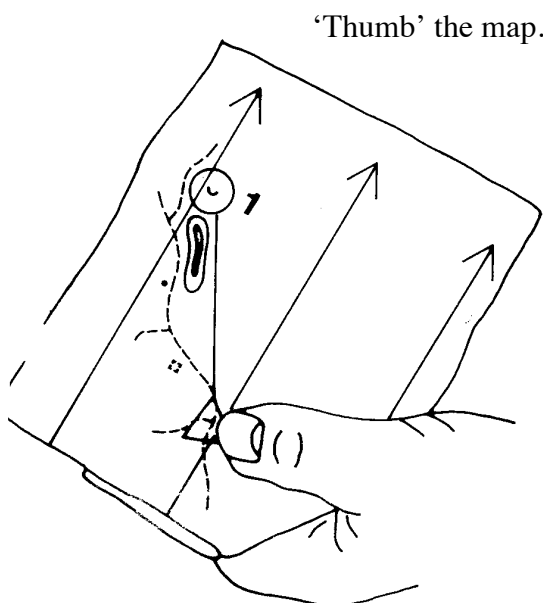
1. Orient the map
2. Determine the best route choice, that allows to keep you in contact with the map.
3. Recognise the “attack point” to find the control
4. Interpret the contour lines (know uphill or downhill)
5. Use the features in the terrain as handrails or set a compass bearing, and recognise features being passed (eg. watercourse, hill, rockface)
6. Accurately estimate distance travelled

Last newsletter covered how to orient the map. When reading a map it must be turned around so the Map always points North and always faces the same way as the ground it represents

Thumbing the Map

To help the orienteer keep in contact with where they are on the map, it is essential that they do three basic things at all times:

1. Fold the map to make it easier to hold and read. This may be needed to be done constantly as new sections of the map come into consideration.
2. Keep the map oriented at all times.



Thumb on the map, think ahead—
on the left a ruin, then the track junction...
there it is, move your thumb up...

Means that you grip the map with your thumb just below the exact spot where you are. This is a very simple but effective way of avoiding a common mistake—reading the wrong part of the map. Because you have to constantly glance up from the map to the terrain and back because there are many similar-looking features on the map— it is easy to mistakenly start reading the wrong part of the map, with disastrous results. This is called a parallel error.

The essence of success in orienteering is to maintain contact with the map, always knowing exactly where you are. Moving your thumb along the map as you move through the terrain helps you keep this contact.

Think ahead, read both the map and the terrain, moving your- thumb along the map as you pass the major features.

- Geoff Todkill