

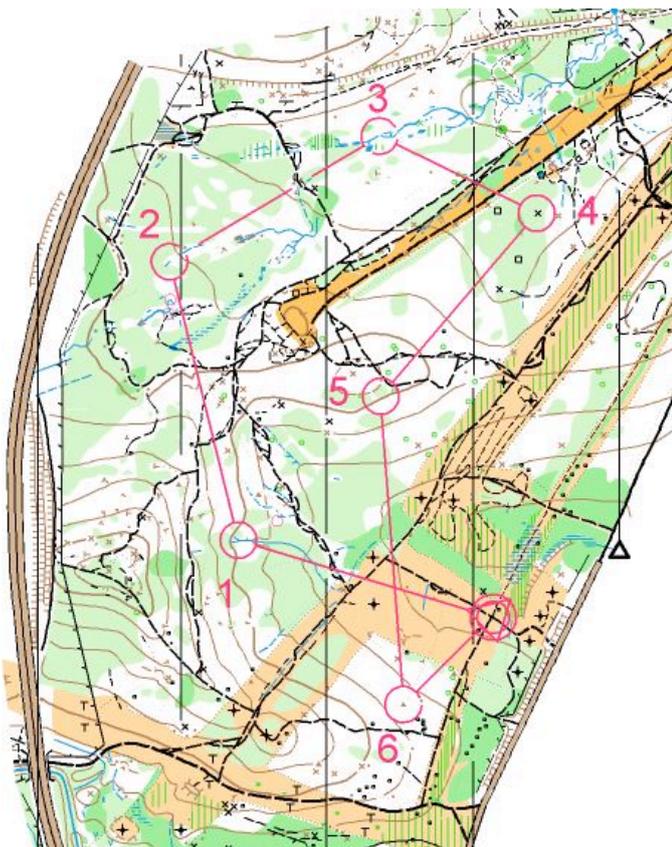
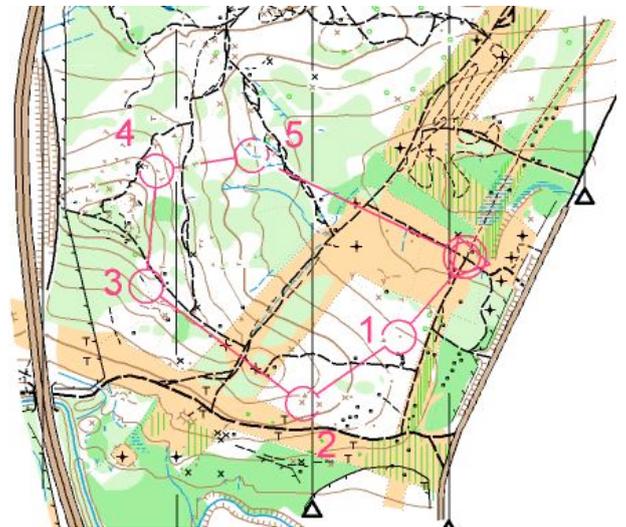
Coaching Page.

No 43.

In the last issue I began the section on Intermediate Techniques. The issue covered Compass Bearings, Contour Interpretation, Collecting Features and Aiming Off.

At the second Coaching Day, the participants got to practice these skills from the newsletter and also to develop their fine navigation skills by focused on developing their map-reading skills. Exercises focused on recognising the detail on the map, to aid with route choice; and around the control circle to be more positive in their approach to the control site.

The first exercise covered a small distance with Moderate standard navigation. This may look like a reasonably simple exercise. The complication was that I placed a number of control stands on nearby features. The skill was to read the control descriptions and be able to go straight to the correct stand and not be influenced by the incorrect stands. As an armchair orienteer, you might try to choose which were the other features used and how you ensure that you could be positive that you would complete the exercise correctly.



The second exercise was again focused on map reading but this time to determine a good attack point and when to use the skills from the newsletter. I suggested attack points for the first two controls (the small circles), but after that, participants had to determine their own attack points and then their route choice.

On their return, they had to describe their route choice and the skills they used. You should draw you chosen route on the map and note the skills that you have used along the way.

At Control 6 the participants were again greeted by multiple controls on the feature, again forcing them to more carefully read the descriptions.

I've detailed this information purposely at this time of the year. Many of us will travel for the NSW Champs and even further to Tasmania for the Australian Champs. It is very easy to be focused on not wasting time in these championship events, but experience has told me it is better invest time in using correct technique and that time will be saved by not making dumb mistakes because you have a clear plan and good execution.

- Geoff Todkill