

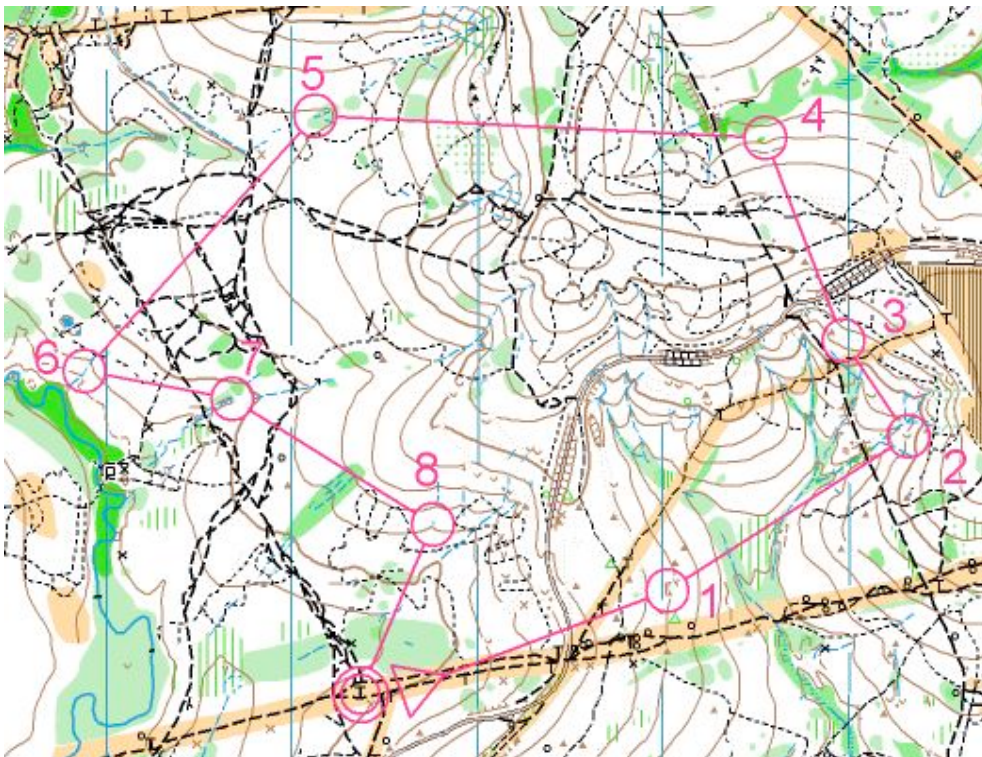
In the newsletters in 2012 I begun a series of articles detailed some intermediate navigation skills. In the coming newsletters I will continue with that theme. It would be worthwhile, to revisit the intermediate techniques. All previous Coaching Pages are available on the NOC web site under the Coaching link.

Section 2 Intermediate Techniques (continued)

In particular I detailed techniques of: Compass Bearings, Contour Interpretation, Collecting Features and Aiming Off.

Here the second exercise from the first Coaching Day (Easy to Moderate) from this year, where I set some route choice exercises for the participants. The idea was to give them choices as to how they should navigate to the attack point, and also recognise the collecting feature.

Remember that I am an advocate of the Traffic Light System (Green Light- faster movement early in the leg with rough navigation; Orange Light- slower, increasing accuracy of navigation close to the attack point; and Red Light- careful pacing and navigation into the control). For this exercise, I'd like you to draw the route choice options for each leg, and identify the intermediate points that you intend to use along the leg, to ensure you maintain map contact. Then label each section of the leg with the skills required to execute that section of the leg.



Finally, I'd like to offer my congratulations to club members, Andrew Morris and Kate Alborough. They met at the Easy to Moderate Coaching day and three years later were married on the same day as the Easy to Moderate Coaching day. Just goes to show how productive these Coaching days can be!

- Geoff Todkill