

All About Orienteering



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Let's get started!

The triangle = the start
The circles = the checkpoints
(find the checkpoints in order)
The double circle = the finish

The **legend** has lots of useful info too!

Map scale

1:5,000 = 1 cm on the map equals 50 meters on the ground
1:10,000 = 1 cm on the map equals 100 meters on the ground
1:15,000 = 1 cm on the map equals 150 meters on the ground

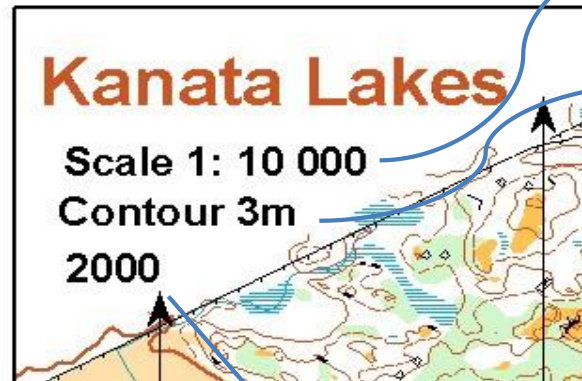
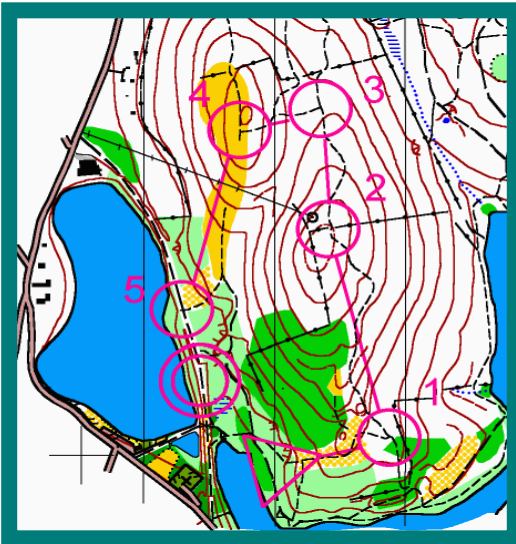
Contour interval

how many meters of elevation change in between each contour line

Your #1 most important tip:

Orient the map

How? Use the terrain, the compass, even the sun to help you figure out where north is so that you always hold your map in the same orientation as the terrain



The north lines

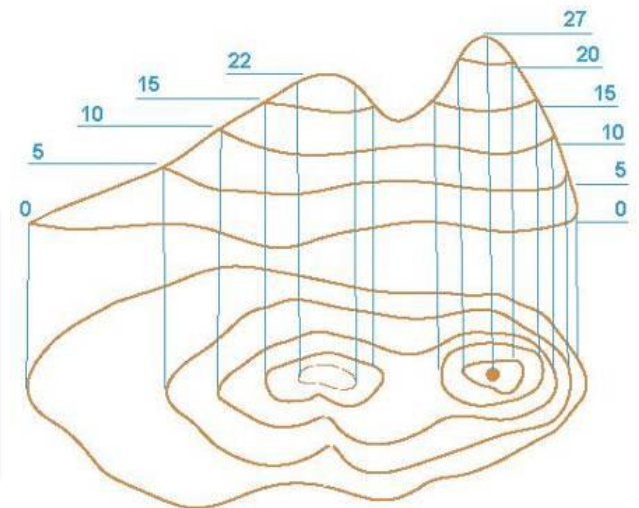
the top of the map is north and the north lines point to north, so.....

What are all the colours on the map?

1. White (the forest)
2. Green (thicker forest – the thicker, the greener)
3. Yellow (open spaces and clearings)
4. Blue (water features like rivers, lakes, marshes and streams)
5. Black (man-made features like trails and building & rock features like cliffs and boulders)
6. Brown (contour lines)

Tell me more about those contours please!

- Check the contour intervals (eg 5m apart)
- The closer together the contour lines, the steeper the hill





What do I do with this finger stick?
Insert it in the device at the checkpoints, it records your times.



Your #1 safety tip: You must report to the finish
...even if you don't find all the checkpoints. If you don't check in at the finish, we will initiate a search for you.

Don't forget to check the control code to confirm that you've found the right flag. There's lots of flags out there!

Where am I?

Use your thumb to keep track of where you are and move it along as you move in the terrain. This makes it way easier to keep track of where you are.



The control descriptions

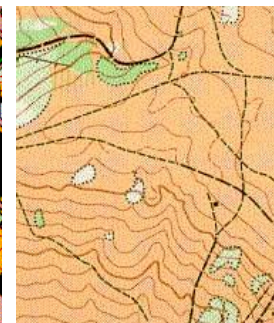
IOF Event Example			
M45, M50, W21			
5	7.6 km	210 m	
▷	↘ ↗		
1 101	⋯		<
2 212	▲	1.0	○
3 135	⊗ ⊗		⊖
4 246			○
5 164	→		○
○ --- 120 m --- →			
6 185	↘ ↗		└
7 178	└		○
8 147	=	2.0	
9 149	↘ ↗		×
○ --- 250 m --- → ○			

Control Descriptions for IOF Event Example		
Classes M45, M50, W21		
Course number 5	Length 7.6 km	Height climb 210 m
Start	Road, wall junction	
1	101	Narrow marsh bend
2	212	North western boulder, 1 m high, east side
3	135	Between thickets
4	246	Middle depression, east part
5	164	Eastern ruin, west side
Follow taped route 120 m away from control		
6	185	Stone wall, ruined, south east corner (outside)
7	178	Spur, north west foot
8	147	Upper cliff, 2 m high
9	149	Path crossing
Follow taped route 250 m from last control to finish		

Types of terrain...



neighbourhoods



parks



forests

Types of events...

- on foot, by bike, on xc skis
- point to point or score
- sprint, middle, long, rogaine