Develop familiarity with holding maps. Hold map in one hand out in front of you. Figure out what direction to travel through orienting the map to the terrain. (The process of)

Understand the basics of terrain features and multiple point features in the terrain. Use what you learned in the last orienteering map reading before you. Choose a feature or spot in the terrain and run towards it. Be mindful of the route choice options and pick which is best for you. The high points, low points, and large slopes are the obvious features as linear. In the terrain, add in the linear features, or collecting features (both in the terrain and on the map) as linear (vegetation boundaries / edges of ridges, ridges, etc.).

Spot simple individual contour features in the terrain and identify on the map less distinct / less obvious features as linear.

Navigate around a short course consistently using the fold line of travel and hold it along that fold line. Understand the concept of pace / concentration change. Practice specific tactics in order to make them routine, such as 'which of multiple' and 'side of feature' symbols. Recognize in the terrain less distinct / less obvious boundaries.

Understand terrain and feature understanding. Include common and distinct point and linear features as linear (vegetation boundaries / edges of ridges, ridges, etc.).

Orient the map north using major linear features  and distinct.

Understand that the control flag will be at the feature in the middle of the control circle. Place common international control description symbols.

Identify common and distinct point and linear features. Make route by identifying all of the linear features you will use and take into consideration how you will switch between two finger of hand (show picture).

Learn what basic map colours mean (green is the slower the vegetation / forest is to get through, blue is the easier, yellow is the harder). Understood this concept of control descriptions. They tell you what the control code is and describe the control feature.

Understand the differences between form-lines and contour lines. Develop familiarity with orienteering maps. Know which start, finish, and controls are marked on the map. Know how the Start, Finish, and Controls are marked on the map.

Develop familiarity with equipment i.e. punching systems. Mentally check off features along the handrail you’re running along. Learn what the basic requirements are to punch a control.

Understand that controls are always beside a feature in the terrain. Be able to identify the flag on the map and then locate them in the terrain. Use the information from the control descriptions to decide which is the best direction to approach the control (eg. control on top, furthest to the front, fuzziest). Get a sense for the control description to decide which is the best direction to approach the control (eg. control on top, furthest to the front, fuzziest). Figure out what direction to travel through orienting the map to the terrain. (The process of)

Develop familiarity with terrain and multiple point features in the terrain. Be able to identify the flag on the map and then locate them in the terrain. Use the information from the control descriptions to decide which is the best direction to approach the control (eg. control on top, furthest to the front, fuzziest). Get a sense for the control description to decide which is the best direction to approach the control (eg. control on top, furthest to the front, fuzziest). Figure out what direction to travel through orienting the map to the terrain. (The process of)

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