

Flow / Control Circle

SPOTT Session 9

Flow - Moving Smoothly

- Beginner Orienteers are constantly starting and stopping
- Stopping and starting take extra energy
- In the perfect orienteering race you would never stop
- You are always moving, but slow down through the controls

Smooth Control Circles

When you see the Control - Don't run for It!

Instead, slow down and run through a control circle checklist

Make your own checklist- Personalize it!

Control Circle Checklist

List of tasks to complete between seeing the control and leaving the control

Ex. Slow, Re-fold, Attackpoint, Leavepoint, Look, Center-Wide-Decide, Punch-Check, Look, Bearing, Execute













White Forest Orienteering Technique






- When the forest is mostly white, straight is usually the best option
- Two techniques - Use both
 - 1) Check off features along the way
 - 2) Bearing, Visualise the control circle, Lookup
. + scan for the circle

Feature is PART of circle

- What makes up the rest of the control circle
- Add any other significant features in/ just outside of the control circle to your mental picture of the goal
- Searching for the ENTIRE circle makes the target bigger so it is easier to spot in the terrain

What does each row mean?

IOF Event Example						
M45, M50, W21						
5		7.6 km			210 m	
						
1	101					
2	212				1.0	
3	135					

A	B	C	D	E	F	G	H
2	225				8x4		

Control Description

A	B	C	D	E	F	G	H		
2	225	↘	⋯	⏏	8x4	•<	人		
A	B	C	D	E	F	G	H		
								A	Control number
								B	Control code
								C	Which of any similar feature
								D	Control feature
								E	Appearance
								F	Dimensions / Combinations
								G	Location of the control flag
								H	Other information

Column A-E

Column A - Control number

Numbering of controls is in the sequence they are to be visited, unless the description is for a Score competition.

Column B - Control code

The control code should be a number greater than 30.

Column C - Which of any similar feature

This column is used when there is more than one similar feature within the control circle; e.g. south eastern.

Column D - Control feature

The feature, as shown on the map, at the centre of the circle defining the control site; e.g. clearing; boulder. The description of each control is based on the International Specification for Orienteering Maps (ISOM 2000).

Column E - Appearance

Further information on the nature of the feature if it is required; e.g. overgrown; ruined.

In certain circumstances also used for a second control feature where the description requires this.

Column F-H

Column F - Dimensions / Combinations

Dimensions of the feature should be given where the size of the control feature on the map is symbolic rather than to scale.

Also used for the two combination symbols (crossing; junction).

Column G - Location of the control flag

Position of the control flag with respect to the feature; e.g. west corner (outside); south foot.

Column H - Other information

Other information that may be of importance to the competitor; e.g. radio control; refreshments.

Special Instructions

These lines go in the body of the descriptions and give specific information about the nature of the route that must be followed at that point; e.g. follow taped route for 50m away from the control; use mandatory crossing point.





Ex. Special Instruction






4	246		⊖			⊙	
5	164	→	□			⊙	
○----- 120 m ----->							
6	185		↗	↻		⊥	
7	178		⌋			⊙	
8	147	⇌	≡		2.0		
9	149		↗	↘	×		
○----- 250 m ----->⊙							







-Follow Taped route 120 m away from the control





-Follow taped route 250 m from last control to Finish





Quiz Time!







11.1	
11.2	
11.3	
11.4	







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11.10	
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11.15	





Ref.	Symbol
12.1	
12.2	
12.3	
12.4	

Ref.	Symbol	Name	Description
11.1		North east Side	Used where the feature extends above the surface of the ground; e.g. Boulder, north east side; Ruin, west side.
11.2		South east Edge	Used where: a) The feature extends down from the surface of the surrounding ground and the control is situated on the edge at ground level; e.g. Depression, south east edge. b) The feature extends over a significant area and the control is situated on the border of that area; e.g. Marsh, west edge; Clearing, north west edge.
11.3		West Part	Used where the feature extends over a significant area and the control is located neither at the centre, nor on any of the edges; e.g. Marsh, west part; Depression, south east part.
11.4		East Corner (inside)	Used where: a) The edge of a feature turns through an angle of 45-135 degrees; e.g. Open land, east corner (inside); Ruin, north west corner (outside).






11.4			<p>a) The edge of a feature turns through an angle of 45-135 degrees; e.g. Open land, east corner (inside); Ruin, north west corner (outside).</p> <p>b) A linear feature turns a corner; e.g. Fence, south corner (inside); Stone wall, south west corner (outside).</p>
11.5		South Corner (outside)	The orientation of the symbol indicates the direction in which the corner points.
11.6		South west Tip	Used where the edge of a feature turns through an angle of less than 45 degrees; e.g. Marsh, south west tip.
11.7		Bend	Used where a linear feature makes a smooth change of direction; e.g. Path bend; River bend.
11.8		North west End	The point at which a linear feature ends or starts; e.g. Ride, north west end; Stone wall, south end.
11.9		Upper Part	Where the feature extends over two or more contours and the control is located near the top; e.g. Erosion Gully, upper part.







Ref.	Symbol	Name	Description
11.10		Lower Part	Where the feature extends over two or more contours and the control is located near the bottom; e.g. Re-entrant, lower part.
11.11		Top	Where the control is located at the highest point of the feature and this is not the usual location; e.g. Cliff, top.
11.12		Beneath	Where the control is located underneath the feature; e.g. Pipeline, beneath.
11.13		Foot (no direction)	Where the control is located at the lower junction of the slope of the feature and the surface of the surrounding area; e.g. Earth bank, foot.
11.14		North east Foot	As above, but where the feature is large enough for the control to be placed in more than one location around it; e.g. Hill, north east foot.
11.15		Between	Where the control is located between two features; e.g. Between thickets; Between boulder and knoll.



Column H - Other information



Ref.	Symbol	Name	Description
12.1		First aid post	Control site where First aid is available.
12.2		Refreshment point	Control site where Refreshments are available.
12.3		Radio or TV control	Location of a Radio or TV control.
12.4		Control check	Manned control site where the control card is checked.

More Quiz






Ref.	Symbol
8.1	
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Ref.	Symbol
10.1	
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Ref.	Symbol
6.1	
6.2	

Column E - Appearance



Ref.	Symbol	Name	Description
8.1		Low	Where the control feature is particularly low or flat but this is not indicated on the map; e.g. Hill, low.
8.2		Shallow	Where the control feature is particularly shallow but this is not indicated on the map; e.g. Re-entrant, shallow.
8.3		Deep	Where the control feature is particularly deep but this is not indicated on the map; e.g. Pit, deep.
8.4		Overgrown	Where the feature is partially covered in undergrowth or bushes that are not indicated on the map; e.g. Ruin, overgrown.
8.5		Open	Where the feature is in an area where the tree cover is less than the surroundings but this is not indicated on the map; e.g. Marsh, open.









8.5		Open	Where the feature is in an area where the tree cover is less than the surroundings but this is not indicated on the map; e.g. Marsh, open.
8.6		Rocky, Stony	Where the feature is in an area of rocky or stony ground not indicated on the map; e.g. Pit, rocky.
8.7		Marshy	Where the feature is in an area of marshy ground not indicated on the map; e.g. Re-entrant, marshy.
8.8		Sandy	Where the feature is in an area of sandy ground not indicated on the map; e.g. Spur, sandy.
8.9		Needle leaved	Where the tree or trees associated with the control feature have needle shaped leaves; e.g. Distinctive tree, needle leaved.
8.10		Broad leaved	Where the tree or trees associated with the control feature are broad-leaved; e.g. Copse, broad leaved.
8.11		Ruined	Where the feature has fallen to ground level; e.g. Fence, ruined.










Special features







Ref.	Symbol	Name	Description
6.1		Special item	If used, an explanation of its meaning must be supplied to competitors in the pre-race information.
6.2		Special item	If used, an explanation of its meaning must be supplied to competitors in the pre-race information.

Combinations









Ref.	Symbol	Name	Description
10.1		Crossing	The point at which two linear features cross.
10.2		Junction	The point at which two linear features meet.








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Man-made features (ISOM section 4.5)

Ref.	Symbol	Name	Description	ISOM
5.1		Road	A metalled/asphalt surfaced or dirt road, suitable for vehicles in normal weather conditions.	501-504
5.2		Track / Path	A visible route made by people or animals. Tracks may be driven by rugged vehicles.	505-508
5.3		Ride	A clearly visible linear break in the forest which does not have a distinct path along it.	509
5.4		Bridge	A crossing point over a watercourse, or other linear feature.	512-513
5.5		Power line	A power or telephone line, cableway or ski lift.	516-517
5.6		Power line pylon	A support for power or telephone line, cableway or ski lift.	516-517
5.7		Tunnel	A way under roads, railways, etc.	518
5.8		Stone wall	A stone boundary wall or stone faced bank. Used with symbol 8.11 to indicate a ruined stone wall.	519-521





Ref.	Symbol	Name	Description	ISOM
5.9		Fence	A wire or wooden boundary. Used with symbol 8.11 to indicate a ruined fence.	522-524
5.10		Crossing point	A way through or over a wall, fence, or pipeline, including a gate or stile.	525
5.11		Building	A standing brick, wood or stone structure.	526
5.12		Paved area	An area of hard standing used for parking or other purposes.	529
5.13		Ruin	The remains of a building that has fallen down.	530
5.14		Pipeline	A pipeline (gas, water, oil, etc.) above ground level.	533 534
5.15		Tower	A tall metal, wooden or brick structure, usually built for forest observation.	535 536







5.16		Shooting platform	A structure attached to a tree where a marksman or observer can sit.	536
5.17		Boundary stone, Cairn	A man made stone or pile of stones. A cairn, memorial stone, boundary stone or trigonometric point.	537
5.18		Fodder rack	A construction for holding feed for animals.	538
5.19		Charcoal burning ground	The clear remains of an area where charcoal was burned. A small level man made area on a slope. (A platform).	
5.20		Monument or Statue	A monument, memorial or statue.	
5.23		Building pass through	An arcade, indoor passage or route through a building.	852
5.24		Stairway	A stairway of at least two steps.	862

Ref.	Symbol
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Ref.	Symbol
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Vegetation (ISOM section 4.4)

Ref.	Symbol	Name	Description	ISOM
4.1		Open land	An area with no trees. Grassland, a meadow or a field. Also heath or moorland.	401 403
4.2		Semi-open land	An area of open land with scattered trees or bushes.	402 404
4.3		Forest corner	The corner or tip of a forested area projecting into open land.	
4.4		Clearing	A small area of land free from trees within the forest.	401 403

Ref.	Symbol	Name	Description	ISOM
4.5		Thicket	A small area of forest where the tree cover or undergrowth is so dense that it is difficult to pass.	408 410
4.6		Linear thicket	A man-made line of trees or bushes that is difficult to cross.	410
4.7		Vegetation boundary	A distinct boundary between different types of trees or vegetation.	416
4.8		Copse	A small area of trees in open ground.	405 406
4.9		Distinctive tree	An unusual or distinctive tree in either open land or forest; frequently information is also given as to its type.	
4.10		Tree stump, Root stock	The stump of a tree. The upturned root of a fallen tree, with or without the trunk.	










Ref.	Symbol
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


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Ref.	Symbol
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Ref.	Symbol	Name	Description	ISOM
1.11		Saddle	The low point between two higher points.	
1.12		Depression	A depression or hollow from which the ground rises on all sides. Shown on the map with contour lines.	114
1.13		Small depression	A small, shallow, natural depression or hollow from which the ground rises on all sides.	115
1.14		Pit	A pit or hole with distinct steep-sides. Usually man made. Used with symbol 8.6 to indicate a rocky pit.	116 204
1.15		Broken ground	Clearly disturbed ground with features too small or too numerous to be mapped individually; including animal earths.	117
1.16		Ant hill (termite mound)	The mound made by ants or termites.	

Ref.	Symbol	Name	Description	ISOM
2.1		Cliff, Rock face	A cliff or rock face. May be passable or impassable.	201 203
2.2		Rock Pillar	A high, natural rock projection.	202
2.3		Cave	A hole in a rock face or hill side, often leading to underground workings.	205
2.4		Boulder	A prominent free-standing block of rock or stone.	206 207
2.5		Boulder field	An area covered by so many boulders that they cannot be individually mapped.	208
2.6		Boulder cluster	A small distinct group of boulders so closely clustered together that they cannot be individually mapped.	209
2.7		Stony ground	An area covered with many small stones or rocks.	210
2.8		Bare rock	A runnable area of rock with no earth or vegetation cover.	212
2.9		Narrow passage	A gap between two cliffs or rock faces that face each other.	

Ref.	Symbol	Name	Description	ISOM
3.1		Lake	A large area of water, normally uncrossable.	301
3.2		Pond	A small area of water.	302
3.3		Waterhole	A water-filled pit or depression.	303
3.4		River, Stream, Watercourse	A natural or artificial watercourse with either moving or standing water.	304-306
3.5		Minor water channel, Ditch	A natural or man made minor water channel which may contain water only intermittently.	307
3.6		Narrow marsh	A narrow marsh or trickle of water, too narrow to be shown on the map with the marsh symbol.	308

3.7		Marsh	A permanently wet area with marsh vegetation.	309-311
3.8		Firm ground in marsh	A non-marshy area within a marsh, or between two marshes.	309-311
3.9		Well	A shaft containing water or a captive spring, clearly visible on the ground. Often with some form of man-made surround.	312
3.10		Spring	The source of a watercourse with a distinct outflow.	313
3.11		Water tank, Water trough	A man made water container.	

Control Description Game

<http://www.fortnet.org/icd/index.html>

IOF Control Description Doc

<http://orienteering.org/wp-content/uploads/2010/12/IOF-Control-Descriptions-2004.pdf>