**Xs and Os**

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**ACTIVITY DETAILS**

**AGE**
10+

**MATERIALS**
- Maps
- Two colours of pinflags

**TIME**
15 minutes - 30 minutes

**GOAL**
- To teach how handrails can be used to find nearby control points
- To develop awareness of speed; when it is beneficial to run slow vs fast
- To teach juniors to choose good attackpoints

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**INSTRUCTIONS**

**SET UP**
- Plan an exercise with two hub controls. From the hubs there are several lines each ending in an x. The xs are placed on the attackpoints for nearby controls.
- Place one colour of pinflags at the attackpoints and the other colour of pinflags at the controls

**ACTIVITY**
- Provide a map to each participant
- Explain attackpoints
  - i. An attackpoint is a distinct, easy to find feature near to the control
  - ii. Attackpoints simplify orienteering and allow participants to run quickly in the early part of a leg
  - iii. From the attackpoint, participants should navigate carefully to the control
- Instruct the participants to spread out to the various hubs and controls.
- Participants should run quickly to the attackpoint (marked by an x on the map and a flag in the terrain) and then proceed carefully to the control
- Participants continue until they have found all controls or run out of time
- Follow this exercise with a course. Allow participants to look at the map beforehand and mark the attackpoints they will use

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