## LEICESTERSHIRE ORIENTEERING CLUB

## How many orienteering skills do you know and use

✓ to show which applies

0 = I never do this / don't know what it is

1 = I know in theory, don't often use in practice

2 = I often try to use this but am not always successful

3 = I am confident I apply this well whenever it is needed

Name:  1. Keep map rotated to north all the time (Orientating the map).  2. Fold the map to a manageable size and use thumb to pinpoint where I am all the time (Thumbing),  3. Use compass to check orientation of the map.  4. Use features to monitor progress along a route. (Collecting features)  5. Use map colours and map symbols to choose best route.  6. Use a direct route rather than following easy features (Corner cutting)  7. Use an easier point to navigate into a control. (Attack point)  8. Use features beyond a control to make sure I don't go too far. (Catching features).  9. Head slightly to the right or left of a direct route so I know which side the control will be on (Aiming off)  10. Count paces to estimate distance (Pacing)  11. Work out the hills and valleys on the map from the contours  12. Choose a route which keeps to the same height. (Contouring)  13. Work out where I am when I get lost (Relocating)  Strategies (to apply the skills)  Route planning using CAR (Control / Attack point / Route)	0		0 1	2	3
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Traffic Lights - adjust speed according to skill and care needed		lanning using CAR (Control / Attack point / Route)			
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Control Flow		Flow	ı	I	
Know the control code and description before I enter the circle		e control code and description before I enter the circle			
Know which way I need to leave the control before going in to the circle.		hich way I need to leave the control before going in to the circle.			
Plan routes for legs before I get to them		ites for legs before I get to them			

British Orienteering has links to club websites that have useful coaching tips.