

# 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:	0	1	2	3
1. Keep map rotated to north all the time ( <b>Orientating the map</b> ).				
2. Fold the map to a manageable size and use thumb to pinpoint where I am all the time ( <b>Thumbing</b> ),				
3. Use compass to check orientation of the map.				
4. Use features to monitor progress along a route. ( <b>Collecting features</b> )				
5. Use map colours and map symbols to choose best route.				
6. Use a direct route rather than following easy features ( <b>Corner cutting</b> )				
7. Use an easier point to navigate into a control. ( <b>Attack point</b> )				
8. Use features beyond a control to make sure I don't go too far. ( <b>Catching features</b> ).				
9. Head slightly to the right or left of a direct route so I know which side the control will be on ( <b>Aiming off</b> )				
10. Count paces to estimate distance ( <b>Pacing</b> )				
11. Work out the hills and valleys on the map from the contours				
12. Choose a route which keeps to the same height. ( <b>Contouring</b> )				
13. Work out where I am when I get lost ( <b>Relocating</b> )				

### Strategies (to apply the skills)

Route planning using <b>CAR</b> (Control / Attack point / Route)				
Traffic Lights - adjust speed according to skill and care needed				

### Control Flow

Know the control code and description before I enter the circle				
Know which way I need to leave the control before going in to the circle.				
Plan routes for legs before I get to them				

British Orienteering has [links](#) to club websites that have useful coaching tips.