

Control Flow - Your routine at each control

Establishing a routine which you follow instinctively will reduce errors, save time and free the brain to concentrate on the specifics of the terrain and course. This can be seen as comparable to instinctive routines, such as changing gear and turning at junctions, allowing drivers to concentrate on the traffic conditions.

The following routine is an example. Although it has 9 steps it can be 4 separate routines and worked on separately.

1. Slow Down (traffic lights¹ - Red)
2. Confirm Control description – feature, position and number
3. Decide direction out²
4. Re-orientate map to yourself
5. Check number
6. Dib box
7. Wait for bleep/light
8. Turn to orientate yourself to the terrain or compass
9. Go for it! (you are back on the GREEN light)³

¹ **Traffic lights** concept indicates the speed you should be running at: **GREEN** - fast along line features and in straight lines across terrain; **ORANGE** - slower when you need to spot features and near to your control, **RED** - slow right down as you approach the feature and kite.

² You may have already planned the next leg. You need not have a full plan if a route to a catching feature is clear.

³ Always last in routine – never before orientation. If you have not fully planned the next leg, leave the control at a slower pace whilst you plan