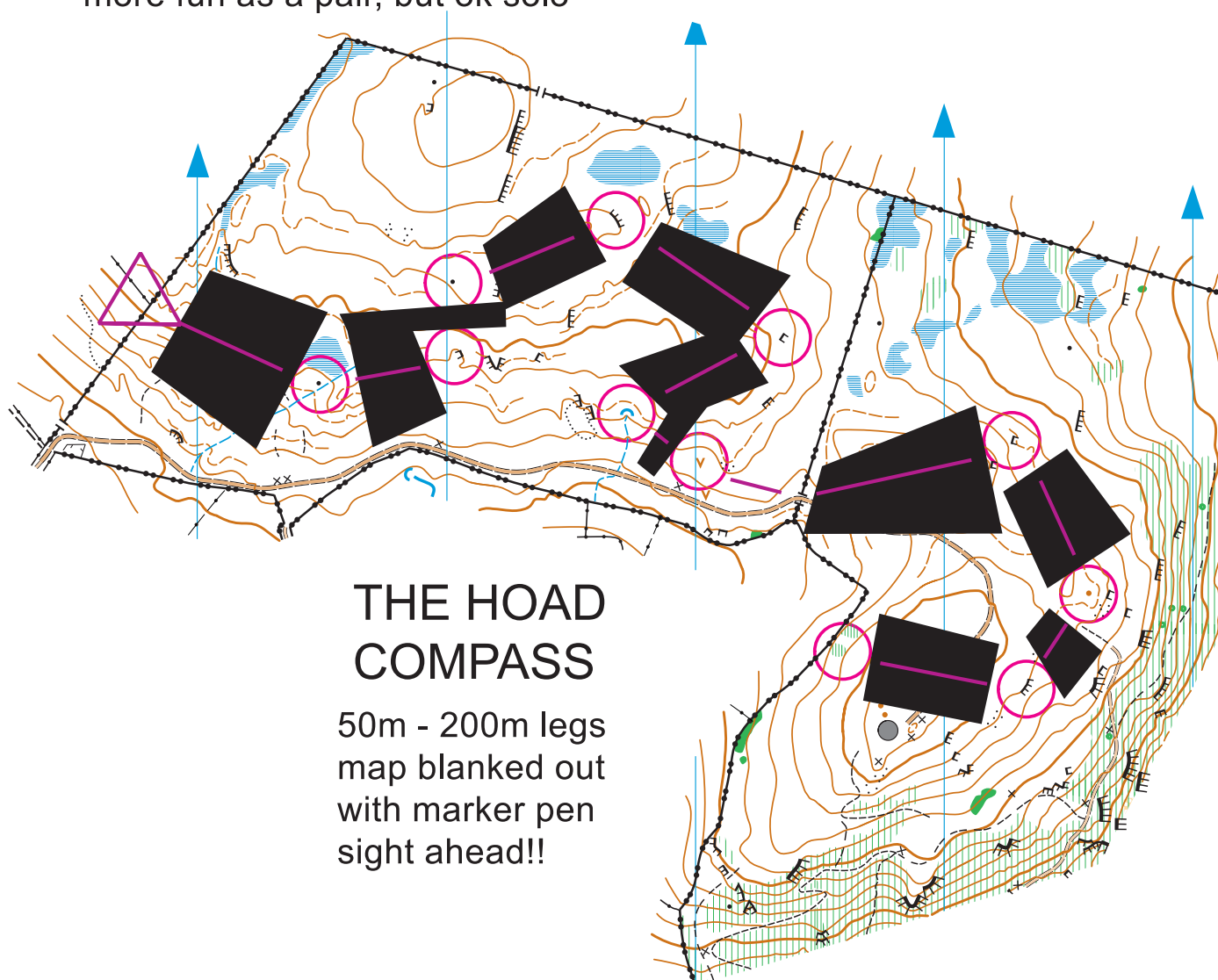


ideas for training on your doorstep

some exercises you can plan yourself and run without breaking the law...
how to use a familiar local area with an old map
more fun as a pair, but ok solo



THE HOAD COMPASS

50m - 200m legs
map blanked out
with marker pen
sight ahead!!

we did not cover the compass in the zoom meeting, but its just as important as the map

every orienteer should be able to run in a straight line (but we dont always!)

if you are on the straight line, following the map becomes much, much easier

it takes a few minutes to learn how to use the compass (unlike map-reading, which takes years)
however we are all guilty of ignoring the compass or using it badly

use the compass on every leg

TOP TIP - dont just follow the compass arrow! - use it to sight on the furthest object you can see
and run to that object!

any kind of compass is ok, if it is used well - very few people use a thumb compass well
if you cant run straight with a thumb compass, try a base-plate

if the map seems to say one thing and the compass another, go with the compass and push on