

# 15/02/20 FINE-ORIENTEERING SKILLS

Accurate compass and close map-reading - important skills on short legs in middle-distance races, or when approaching the control at the end of a longer leg. These exercises are all difficult - take your time - aim to get round successfully rather than race the clock! Run A or B first, C last.

## A. COMPASS EXERCISE

purpose: to practice, gain confidence and ingrain the habit of using the compass on every leg. Use your compass to run in a straight line to the control feature. See how far off you are to either side. Thumb or Base Plate are fine - just use them well!

Important! always use the compass to sight on a distant feature (DONT just look down at the compass needle!)

## B. LINE EXERCISE

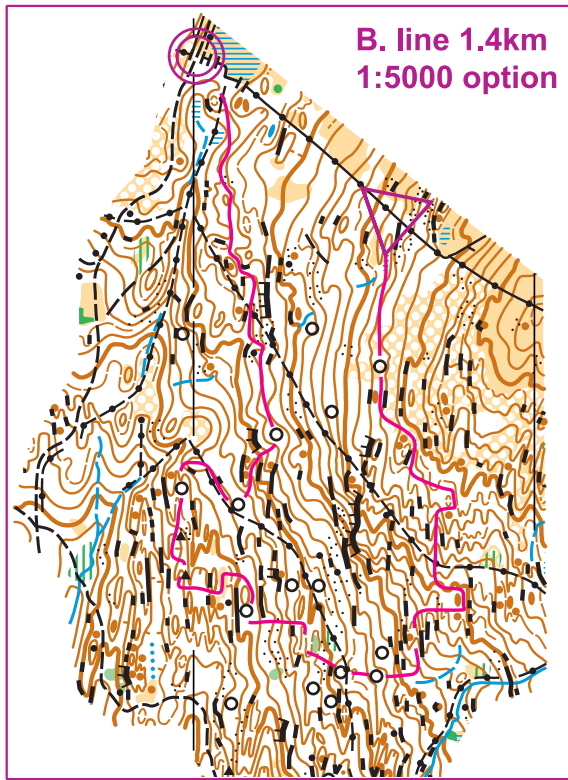
purpose: to practice continuous-contact map-reading. Use 1:7500 or 1:5000.

Follow the purple line. Try to read everything on the map, especially the contours. Go as slow as you want. Keep the map turned so that it lines up with the ground. It can also help to use the compass to keep the map aligned.

C. PUTTING IT ALL TOGETHER - run this last. purpose: to combine the fine-orienteeing skills of accurate compass and continuous map-contact practised in the first two exercises. Line features have been removed from the map! Run straight on the compass. Try to follow the map features.

# RUSLAND BEECHES

B. line 1.4km  
1:5000 option



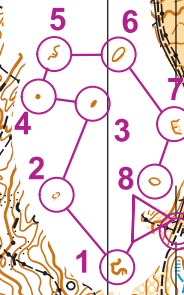
line features removed from map!

## C. putting it all together 2.0km

- 1. ●
- 2. ●
- 3. ∩
- 4. ○
- 5. ●
- 6. ∩
- 7. ⊙
- 8. ∩
- 9. ∩
- 10. ⊙
- 11. ≡
- 12. ∩

## A. compass

0.9km



B. line 1.4km  
1:7500

