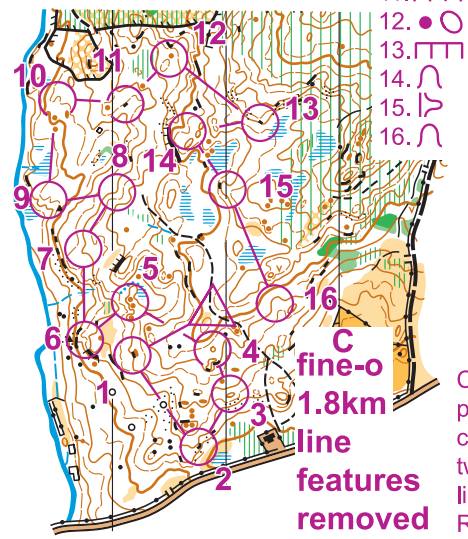
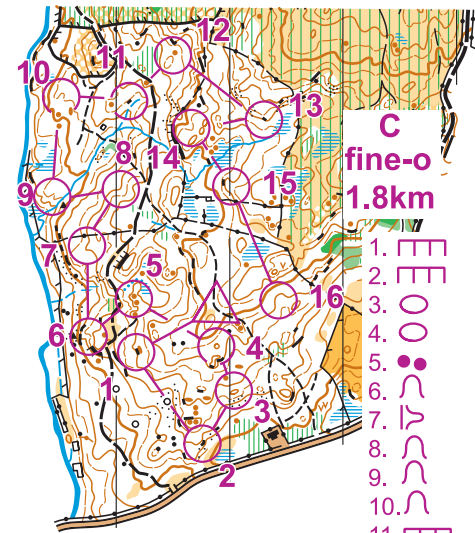
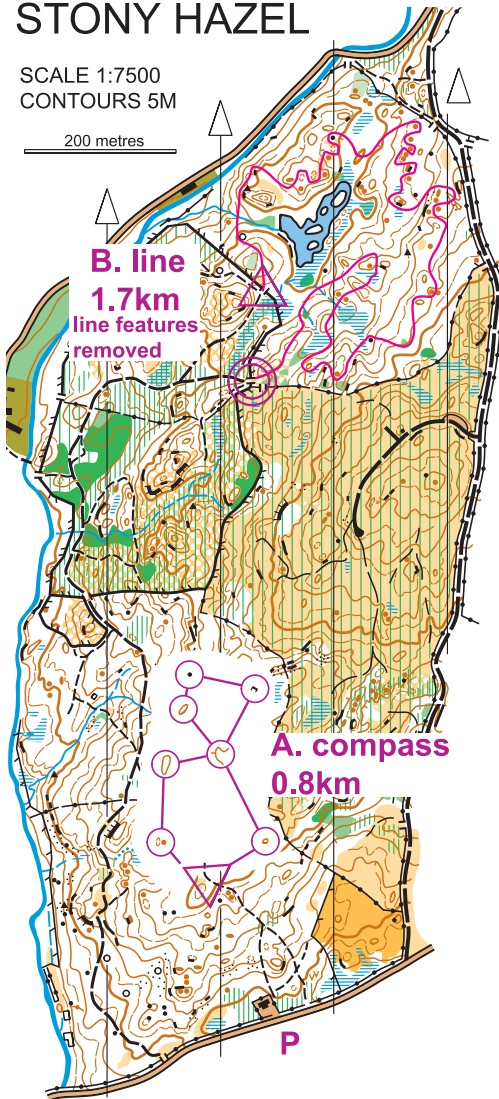


# STONY HAZEL

SCALE 1:7500  
CONTOURS 5M

200 metres



## FINE-ORIENTEERING SKILLS 22/02/20

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.

These exercises are the same format as last week at Rusland. For variety, you could run as a pair, alternating the lead and giving a running commentary on what you are seeing.

### 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 either side.

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. 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 set the map.

### C. PUTTING IT ALL TOGETHER - run this course last

purpose: to combine the fine-orienteeing skills of accurate compass and continuous map-contact practised in the first two exercises. There is the option of using a map with the line features removed!

Run straight on the compass.

Try to follow the map features.