

TRAINING RECORD : name ;

Skill/technique

Guidance

Sureness level		
vague	tricky	happy

Know main colours used on an orienteering map

Know what is meant by dark & light green, white, yellow, blue, brown, black and purple .

Know/recognise main map features & symbols

Recognise and be able to describe standard symbols for path, track/road, stream, wall, fence, pond, marsh, boulder, tree, building. Know the purple Start & Finish symbols.

Set the map using visible features
Keep the map set (walk round the map)
Thumb the map
Fold the map

Understand what to do, how to do it, and why it matters; know what is required and usually do it without prompting.

Choose correct direction from path junction with a control

Set the map at every junction and leave a control in the correct direction.

Follow line features

Progress confidently along paths, tracks, fences and distinct vegetation boundaries.

Set the map using a compass needle

*Know why, how and when to do it. Be confident which end of the compass needle points north.
Know North, South, East and West*

LEVEL ONE



AWARD DATE:

AWARDED BY:

TRAINING RECORD : name ;

Skill/technique

Guidance

Sureness level		
vague	tricky	happy

Understand the hazards and risks of Orienteering

Have a discussion about this.

Break long legs between controls down into shorter legs.

Identify major features along a long leg and navigate between them.

Make a plan for every leg of the journey

The plan should always consist of Direction, Distance, Tick-off points Attack point, Destination, Catching feature.

Take a careful heading using the compass "direction of travel" arrow.

Show the use of the set map and compass direction of travel arrow to navigate towards an aiming point.

Identify & use simple contour features to use as handrails.

Use valleys, ridges etc. to navigate short distances.

Maintain map contact

Be sure of own location to appropriate level of accuracy using thumbing and folding.

Relocation skills

Discuss map memory. Relocation methods; reset map, change position to gather information, locate by the direction of a line feature, resection, transit, direction of slope. Practise relocation away from the pressure of competitions.

Identify your current place on the BOF learning ladder

Have a discussion about this, point towards further coaching.

LEVEL FOUR



AWARD DATE:

AWARDED BY: