

HAWK 10 4 14 15
BEAR 16 3 4 7
FAWN 17 4 14 18
LION 19 22 20 18
WOLF 14 20 19 17
BOAS 16 20 4 5
FISH 17 22 5 10
OWLS 20 14 19 5
MOLE 21 20 19 3
CROW 9 7 20 14
MINK 21 22 18 15
FROG 17 7 20 23
MOOSE 21 20 20 5 3
BATS 16 4 1 5

Compass Zig-Zag Course

Objective:

To gain confidence in taking compass bearings.

Skills, Techniques:

Precision compass

Venue:

Outdoor

Skill Level:

Y-O-Br, G, R, B

Time Required:

15-30 min

Activity Level:

Walk

On Map:

No

Materials:

One compass per person, one card per person with start letter and five bearings, pencils, stakes, ten cards (4" x 6") labeled A-J, hammer, thumbtacks, pencils.

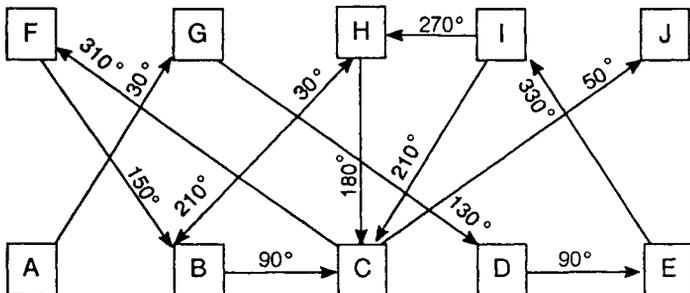
Preparation:

Select an open area. Make two lines of stakes in an E-W direction. Stakes should be two paces apart within each line and four paces apart between lines. Bearing from A-G should be 30°. Tack a card to each in the order shown. Make three sets of bearing cards as follows:

(Set 1)	(Set 2)	(Set 3)
Start at A	Start at C	Start at E
30° to ___	310° to ___	330° to ___
130° to ___	150° to ___	270° to ___
90° to ___	30° to ___	210° to ___
330° to ___	180° to ___	90° to ___
210° to ___	50° to ___	310° to ___

Delivery:

Distribute compasses, cards and pencils. Participants should begin at stake indicated by card (e.g., A), set compass to first bearing (e.g., 30°), and look at stake on bearing. Write letter of stake next to bearing, walk to second stake (e.g., G), then take next bearing. Coach reviews cards and assists when series goes awry. Correct sequences should read: Set 1: A, G, D, E, I, C; Set 2: C, F, B, H, C, J; Set 3: E, I, H, B, C, F.



	G	D	E	I	C
1. A:	30°,	130°,	90°,	330°,	210°
	F	B	H	C	J
2. C:	310°,	150°,	30°,	180°,	50°
	I	H	B	C	F
3. E:	330°,	270°,	210°,	90°,	310°

Comments:

Check accuracy of stake placement with bearing cards.

The Four C's:

1C. **CHECK-OUT**

- before leaving, - ALWAYS!

2C. **COURSE**

- **Choose right (color) course for your skills**
White, Yellow when you are new
Orange for learning navigation skills
- **Br,G,R,BI need advanced Navigation skills**

3C. **COURTESY**

- **Be quiet**, don't distract others,
- WHISTLES are for EMERGENCY only

4C. **CLOCK**

- **be back within 3 hrs** of your start time
- or
- **before course closure** whichever first

AND

5C. **CHECK-OUT**

- before leaving, - ALWAYS!

Please Remember:

ALWAYS CHECK IN...

...before leaving, finished or not.

CHOOSE THE RIGHT COURSE

...for your skill level.

PUNCH in SEQUENCE...

...don't punch #9 before #8, go back to #8

HAVE FUN

but don't distract other competitors

DON'T FOLLOW...

...other competitors. You never know where they may lead you! Improve your own skills.

DON'T ASK OTHERS...

..where you are. They are competing.

PLEASE BE QUIET...

...it distracts from the competition. NO shouting, Whistles for emergency only. Stay with your group

HUSH!

Please be quiet out there!

DON'T SHOUT

Other orienteers want to concentrate

WHISTLES are not for FUN

Your whistle is for **emergencies**

3 short blasts every minute,
and we will stop and help you

olive keeney

STOP!

be back here in 3 hrs of your OWN start time
and always check in

WHY ? - SAFETY

All courses are planned well within this limit.

If you have difficulty come back and we will help you with some more 'O' skills so your next course will be even more enjoyable

WHY ? - CONSIDERATION

for organisers and other orienteers

Don't let us even START to worry about
Search and Rescue.

WHAT'S IN A COLOR?

White and Yellow courses are for beginners and small groups.

WHITE is extremely safe, keeping you on or very very close to the trails. On this course you will learn the rudiments of Orienteering controls, clue sheets and punching. It may seem simple, but take time to study the features on the map. What is that small yellow area? That x? etc, so when you move to Yellow you will be prepared

OCIN requires newcomers to do one of the beginner courses. You may go out a second time, on same map for not extra cost (new maps \$2)

Intermediate course - Orange.

Any newcomer must get Meet Director's approval before venturing on an Orange Course

The ORANGE course offers navigational challenges but within a 'safe' environment. Attack features will be close by and strong, and catching features obvious. This course is the one to hone your techniques. It is suggested you stay in Orange until you are consistently in the top three. ORANGE is a terrific place to learn cross-country navigation techniques and map-reading.

Advanced Courses (Brown, Green, Red and Blue)

Challenging navigation for the very experienced orienteer, requiring precision skills and techniques to navigate in areas of very intricate features, make difficult route choices and recognize fine attack points and catching features.

The Advanced color choices (Br, G, R and BI) offer different degrees of physical challenge, but all advanced courses require same navigational ability.
