Compass Zig-Zag Course

Objective: To gain confidence in taking compass bearings.

Skills, Techniques: Precision compass

Activity Level: Walk

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.

Time Required: 15–30 min

Venue: Outdoor

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:

<table>
<thead>
<tr>
<th>Set 1</th>
<th>Set 2</th>
<th>Set 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start at A</td>
<td>Start at C</td>
<td>Start at E</td>
</tr>
<tr>
<td>30° to ___</td>
<td>310° to ___</td>
<td>330° to ___</td>
</tr>
<tr>
<td>130° to ___</td>
<td>150° to ___</td>
<td>270° to ___</td>
</tr>
<tr>
<td>90° to ___</td>
<td>30° to ___</td>
<td>210° to ___</td>
</tr>
<tr>
<td>330° to ___</td>
<td>180° to ___</td>
<td>90° to ___</td>
</tr>
<tr>
<td>210° to ___</td>
<td>50° to ___</td>
<td>310° to ___</td>
</tr>
</tbody>
</table>

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.

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, Bl 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.
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 Bl) offer different degrees of physical challenge, but all advanced courses require same navigational ability.