

ORIENTEERING SKILLS CHECKLIST

NAME:



White course skills Technical Difficulty 1 (TD1)					
I folded my map so I could see the course and reach it with my thumb					
I always orientated the map and held it in the direction I was going					
I thumbed the map all the time					
I used paths to get to controls					
I made a decision at every decision point marked by a control					
Yellow course skills Technical Difficulty 2 (TD2)					
I can do all the skills related to TD1					
I navigated along obvious line features (handrails) such as paths, stream, ditches					
I made a plan of how to get to the next control					
I made a decision at a decision point (junction) without the need for a control					
I understand spacing and distance and know how many double paces I take to go 100m					
I left a line feature to go to a visible control site near to it, then returned to that line feature.					
Orange course skills Technical Difficulty 3 (TD3)					
I can do all the skills related to TD2					
I made simple route choice decisions.					
I looked at my map regularly					
I used a compass to allow shortcuts through the terrain between two line features.					
I navigated a short leg on a rough compass bearing to a control on or in front of a collecting feature.					
I've started to learn the control description symbols					
I used an attack point to get as close to my control as possible					
I pictured what I'm going to see and simplified legs with several decision points					
I used a collecting feature (between two controls) to slow me down near the control					
I used a catching feature (after the control) to tell me when I'd gone too far					
I used traffic lighting (green – go fast along paths, amber - slow down to take a decision or at a collecting feature, red – stop at a catching feature, to take a bearing or consider the terrain)					
I plotted my route on RouteGadget and reviewed other route choices					

Light Green course skills Technical Difficulty 4 (TD4)

I can do all the skills related to TD3					
I know the control description symbols					
I know all the map symbols					
I know how to read contours					
I know what spurs, re-entrants, earthwalls and earthbanks are					
I used beacons and simplification on a long leg. Map memory coaching is a good way to practice this.					
I used aiming off on a bearing to ensure I knew which way to turn					
I navigated a long leg on a rough compass bearing to a collecting feature, remembering to look up and ahead when taking a bearing.					
I did fine orienteering on short legs using an accurate compass bearing.					
I navigated for short distances using simple contour features – hills, ridges, large re-entrants and spurs.					
I plotted my route on RouteGadget and reviewed other route choices					

Green, Blue, Brown course skills Technical Difficulty 5 (TD5)

I can do all the skills related to TD4					
I navigated for long distances using only major contour features – hills, ridges, large re-entrants and spurs.					
I read and interpreted complex contours and know what the tags on contours mean.					
I concentrated over long distances.					
I recognised indistinct features.					
I used all the different skills and adapted my speed and technique to changes in the terrain and orienteering difficulty					
I plotted my route on RouteGadget and reviewed other route choices					

Notes: What to practice

